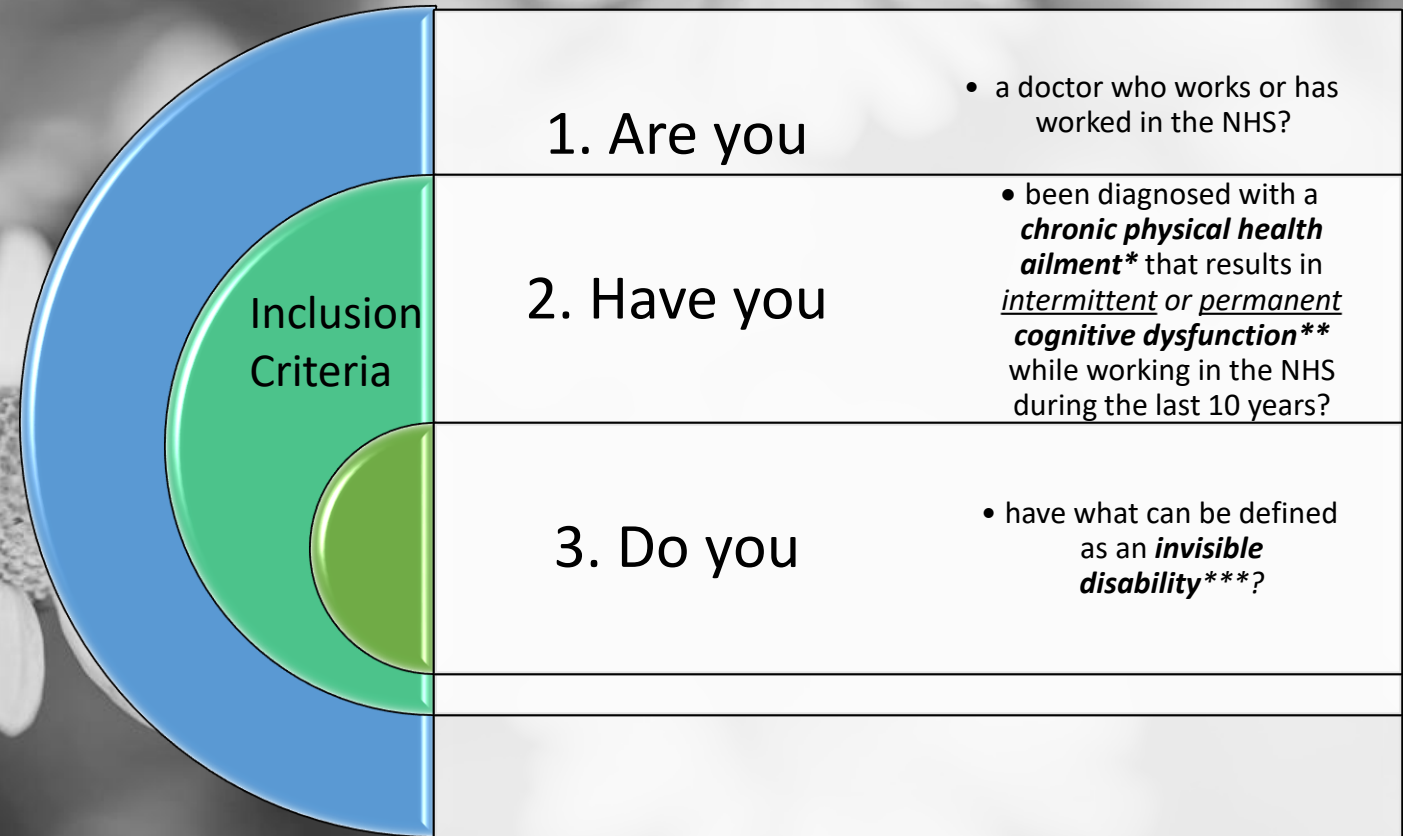


Who am I?

- Dr Amrita Sen Mukherjee BSc MBBS DRCOG MRCGP
- MSc student in Applied Positive Psychology and Coaching Psychology Programme at University of East London

Why I need your help?

- As part of my Master's thesis, I am recruiting participants to be part of an exciting research study. If you would like to take part, please read on.
- The aim is to explore the experiences of *posttraumatic growth* in doctors who have been diagnosed during their medical career with an *invisible disability*.



- *Chronic physical health ailment includes: MS, epilepsy, rheumatoid arthritis, fibromyalgia, dementia, brain tumour N.B not an exhaustive list
- **Cognitive dysfunction is the development/expression of cognitive symptoms such as word finding difficulties, brain fog, mental fatigue, confusion, short or long term memory loss N.B not an exhaustive list
- ***An invisible/hidden disability is “a disability that may not be immediately obvious” and can “significantly impact day-to-day life.” <https://hiddendisabilitiesstore.com/what-is-a-hidden-disability>

Under the Equality Act, 2010, “A disabled person is someone who has a physical or mental impairment which has a ‘substantial’ and ‘long-term adverse effect’ on his or her ability to carry out ‘normal day-to-day activities’.”

If you fulfil the inclusion criteria, have you experienced one or more of the following changes?
Adapted from Tedeschi and Calhoun, 1996.



A new appreciation for life?

Cherishing each moment and feeling lucky to be alive.

Relating to others

The strengthening of existing relationships and the addition of new and close relationships.

New possibilities or a change in life philosophy?

The realisation that many outcomes in life are possible.

Spiritual change

A stronger connection with and deeper respect for a higher power or increased thoughtfulness about existence.

Personal strength

The feeling and knowledge that you can tackle challenging tasks/experiences.

Corporeal change

A new relationship/connection with or awareness of your body.

If you feel that you have experienced the above in your life journey and fit the inclusion criteria, please do consider getting in touch without the fear of being obliged to participate in this research.

What's Involved?

- Approximately a 60-90 minute semi-structured informal interview
- Virtual interface at a mutually agreed time using Microsoft Teams

I look forward to hearing from you:

Dr. Amrita Sen Mukherjee

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