Hello,

I am a Research Associate at Teesside University, and I am part of a research team evaluating a self-management tool for individuals with long-term health conditions.  The tool is called MyLifeTool and was co-created with people with long-term conditions. We are looking for support groups/organisations who would be willing to advertise or take part in our study and were wondering if you were interested in aiding the project. We are currently looking for participants from the North East and Cumbria to take part in the study.

The research is led by Dr Stephanie Kilinc, a registered Health Psychologist, who developed the MyLifeTool and has expertise working with people with long-term health conditions.

Participants will be asked to attend an online session, where one of our Peer-Researchers, who also has a long-term condition, will train participants on how to use the MyLifeTool. We will then ask participants to use the tool in their own time for 12 weeks and complete an online questionnaire at the beginning, middle and end of the 12 weeks. This questionnaire will ask participants about certain aspects of their long-term condition.

We are currently looking at recruiting participants in March for them to take part in the study from April to June and were wondering if you could advertise this to your support group or network when we start recruiting participants. If you have any further questions, you can email me at [matthewdobson24@gmail.com](mailto:matthewdobson24@gmail.com) or ring me at 07476902299

Best Regards,

Matthew Dobson

Research Associate

Teesside University