International Journal of Global Psychology

Appendix

Implementation Protocols & Governance Documentation

Protocol Reference: Positive PKD Feasibility Study (IRAS ID: 318294) | **Lead Investigator:** Fizza Shah

A. 40-Minute Workshop Facilitation Framework ("Unlocking Inner Strengths")

Time	Focus & Slide	Operational Agenda & Facilitation Activity
00:00-05:00	Welcome & Grounding (Slides 1-2)	Establishes safe space. Reframes treatment: Dialysis supports physical health; positive psychology supports emotional wellbeing. Introduces Mindset Shift from Fixed ("This controls me") to Growth ("How can I adapt?").
05:00-15:00	Strengths ID (Slide 3)	Explores 6 core inner resources: Resilience/Perseverance, Hope/ Optimism, Courage, Kindness, Curiosity, and Gratitude. Participants complete VIA strength self-check.
15:00-20:00	PERMA Model (Slide 4)	Connects strengths to Seligman's 5 Pillars: Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment. Demonstrates intra-dialytic application.
20:00-30:00	Interactive Worksheets (Slides 5-6)	Participants complete Worksheet 1 (Strength Shield) and Worksheet 2 (Growth Mindset Reframing). Guided exercise in shifting fixed thoughts ("Too tired to do anything") to growth reframes.
30:00-40:00	Action Plan & PPI (Slide 7)	Personal commitment setting. Collection of formal Patient & Public Involvement (PPI) feedback on app usability and session duration acceptability.

B. Patient Public Involvement Research WorksheetsWORKSHEET 1: Strength Shield & PERMA Check-In

- Part A (Select Top Strengths): Perseverance, Courage, Curiosity, Hope, Kindness, Gratitude.
- Part B (PERMA Connection):

- P (Emotion): What brings a smile during treatment?
- E (Engagement): What activity absorbs your focus while dialing?
- R (Relationships): Who offers support in your care network?
- M (Meaning): How does sharing feedback build purpose?
- A (Accomplishment): What small win are you proud of today?

WORKSHEET 2: Growth Mindset Reframing Tool

- Step 1 (Identify Fixed Thought): "I am too tired to enjoy anything during treatment."
- Step 2 (Shift Perspective): "My body is working extremely hard right now; my job today is to practice patience and self-kindness while resting."
- Step 3 (Action Plan): Apply inner strength (Hope/Resilience) to create a compassionate, actionable response to physical fatigue.

C. Participant Information & Governance Summary (Nihr / Uk Gdpr Aligned)

- **Study Purpose & Design:** Cluster-allocated feasibility trial (App Group vs. Usual Care Group) evaluating brief intra-dialytic positive psychology micro-interventions (<=20 mins, 2-3x/week) in ESRD patients (PHQ-9 screened).
- **Governance & Ethical Principles:** Fully voluntary participation; no financial compensation; withdrawal permitted at any

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time without impacting standard NHS clinical care. Anonymized data managed under UK GDPR guidelines.

- **NIHR Public Involvement Standards:** Public advisors co-design lay summaries, review consent documents, evaluate digital interface ergonomics, and advise on trial steering committees.



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