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## Participant Information Sheet

**Project Title:** Wollondilly Diabetes Programme and Research Project: A population based integrated approach for preventing diabetes and its complications.

**Abbreviated title:** The Wollondilly Diabetes Programme

**Project Summary:** You are invited to participate in a research study led by Prof David Simmons, Professor of Medicine, School of Medicine, Western Sydney University and Head of MacArthur Diabetes Service, Campbelltown Hospital, South Western Sydney Local Health District, and a multi-disciplinary team. This study, called the 'Wollondilly Diabetes Programme and Research Project', aims to research changes in the risk of diabetes and its complications among the people of Wollondilly over time. The research study is required to assess the impact of new diabetes services and health promotion/diabetes prevention activities funded by the Wollondilly Health Alliance.

### How is the study being paid for?

The Wollondilly Health Alliance, a partnership between Wollondilly Shire Council, South Western Sydney Primary Health Network and South Western Sydney Local Health District are funding the changes in diabetes services and health promotion/diabetes prevention activities. South Western Sydney Local Health District has funded Western Sydney University to undertake diabetes research through its Academic Unit programme.

### What will I be asked to do?

- To complete a lifestyle/diabetes survey on your diet, physical activity, overall wellbeing and diabetes (hardcopy, online or by telephone). The survey will only take about 20 minutes (plus a further 10-15 minutes if you have diabetes). We request that you please complete the survey within two weeks of receiving it (online/hardcopy/via telephone).

### How much of my time will I need to give?

- The survey completion will only take about 20-35 minutes.

### What benefits will I, and / or the broader community, receive for participating?

Your assistance will help us to conduct a thorough needs assessment regarding diabetes in Wollondilly. You will be helping us to understand Wollondilly-specific causes and consequences of diabetes. This information can then help us to develop future approaches to improve health care services and diabetes management strategies in Wollondilly.

### Will the study involve any discomfort or risk for me? If so, what will you do to rectify it?

Except for time taken to complete the survey (20-35 minutes), there are no known risks associated with your participation.

### How do you intend to publish the results?

Please be assured that only the researchers will have access to the raw data you provide including any personal information and contact details. The findings of the program will be published in scholarly journals and presented at research conferences. All data for publication/presentation purposes will be de-identified -

no personal information or contact details will be revealed in publications. Please note that the minimum retention period for data collection is five years post publication.

### **Can I withdraw from the study?**

Participation is entirely voluntary and you are not obliged to be involved. If you do participate, you can withdraw at any time without giving a reason. If you do choose to withdraw, your contact details will be permanently and securely deleted. The study-data that you have provided up to the point of withdrawal (lifestyle-related survey, permission to access general practice records and contact details) will be used in our analyses. If you decide not to participate, this will not affect your relationship with Western Sydney University or the Wollondilly Health Alliance in any way.

### **Can I tell other people about the study?**

Yes! *We encourage you to tell other people about the study* by providing them with the project contact details. They can contact the project team to discuss their participation in the research project and obtain an information sheet.

### **Data storage**

All data (lifestyle-related survey, general practice records and contact details) will be stored on University password protected computers only. Hard copies of questionnaires will be stored in a secure locked filing cabinet at the University. Data will be accessible to the researchers only. Your contact details will be stored in a password protected computer file and stored on a University computer. All data will be de-identified before it is used for analysis and publication.

### **What if I require further information?**

Please contact Prof. David Simmons should you wish to discuss the research further before deciding whether or not to participate. The contact details are as follows:

Prof. David Simmons  
Professor of Medicine  
Head of the Macarthur Diabetes Service  
School of Medicine  
Western Sydney University  
+61 02 46344570.

### **What if I have a complaint?**

This study has been approved by the Western Sydney University Human Research Ethics Committee. The Approval number is: H11826. If you have any complaints or reservations about the ethical conduct of this research, you may contact the Ethics Committee through the Research, Engagement, Development and Innovation office on Tel +61 2 4736 0229 Fax +61 2 4736 0905 or email [humanethics@westernsydney.edu.au](mailto:humanethics@westernsydney.edu.au). Any issues you raise will be treated in confidence and investigated fully, and you will be informed of the outcome.

If you agree to participate in this study, you may be asked to sign the Participant Consent Form.