**Participant Information Sheet**

**Knowledge and barriers related to physical activity in type 1 diabetes**

**We’re inviting you to take part in a research study. This study is an anonymous questionnaire and forms part of a MSc Medicine student project by Alex St. John with the University of Dundee.**

**Before you decide whether or not to take part, it’s important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully. Talk to others about the study if you want. Contact us if anything isn’t clear, or if you’d like more information. Take time to decide whether or not you want to take part.**

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| **What is the study for?** |
| There are many clear health benefits from regular physical activity; including reduced risks for heart disease, loss of bone strength, obesity, lower back pain, and depression.  Recent publications have shown that in general, people with type 1 diabetes participate in less regular physical activity than non-diabetic populations.  Barriers to physical activity have been shown to reduce physical activity levels, thus it is important to identify the most restrictive and most common barriers experienced by those with type 1 diabetes.  We want to find out the most significant barriers to physical activity, and why they exist. This survey will ask you about any personal barriers you may have, physical activity habits, and overall knowledge regarding physical activity and type 1 diabetes. |

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| **Why have I been invited to take part?** |
| You have been invited because you are a patient with type 1 diabetes aged 18 or over. We are seeking between 50 and 500 responses from participants. |
| **Do I have to take part?** |
| No, it’s up to you. Deciding not to take part won’t affect the healthcare that you get, or your legal rights. |
| **What will happen if I take part?** |
| We’ll ask you to complete an anonymous short survey at a time and place that suits you. Completing the survey will take about *[5-10]* minutes.  You can access the survey on the internet at:  [*https://dundee.onlinesurveys.ac.uk/kbpa-t1d*](https://dundee.onlinesurveys.ac.uk/kbpa-t1d)  Your survey responses won’t be sent to us until you’ve clicked the ‘Finish’ button at the end.  You might have a paper copy if you are completing the survey in a clinic, and you can hand the survey into the clinic reception desk or to another person as per the spoken instructions you are given.  You won’t receive any expenses or other payment for taking part.  Research data will be kept for five years after the end of study. |
| **Is there anything I need to do or avoid?** |
| It is necessary that you answer all of the questions within the survey. |
| **What are the possible benefits of taking part?** |
| There are no direct benefits to you taking part in this study, but the results from it might help to improve information patients receive in the future regarding physical activity. |

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| **What are the possible disadvantages of taking part?** |
| We think the survey will take you 5-10minutes to complete.  Taking part won’t affect any insurance you have. |
| **What if there are any problems?** |
| If you have a concern about any aspect of this study please contact Alison McNeilly ([a.d.mcneilly@dundee.ac.uk](mailto:a.d.mcneilly@dundee.ac.uk))(01382 388573), who will be able to answer your questions.  If you are concerned about your participation in the study you have the right to discuss your concern with a researcher involved in carrying out the study or a doctor involved in your care.  If you have a complaint about your participation in the study first of all you should talk to a researcher involved in the study. You can also make a formal complaint. You can make a complaint to a senior member of the research team or to the Complaints Officer for NHS Tayside:  Complaints and Feedback Team  NHS Tayside  Ninewells Hospital  Dundee DD1 9SY  Freephone: 0800 027 5507  Email: [feedback.tayside@nhs.net](mailto:feedback.tayside@nhs.net)  If you think you have come to harm due to taking part in the study there are not any automatic arrangements to get financial compensation. You might have the right to make a claim for compensation. If you wish to make a claim, you should think about getting independent legal advice but you might have to pay for your legal costs.  **Insurance**  **The University of Dundee is Sponsoring the study. The University of Dundee has a policy of public liability insurance which provides legal liability to cover damages, costs and expenses of claims.**  As the study involves University of Dundee staff carrying out clinical research on NHS Tayside patients, these staff hold honorary contracts with Tayside Health Board. This means they will be covered under Tayside’s membership of the CNORIS scheme. |
| **What will happen if I don’t want to carry on with the study** |
| You’re under no obligation to complete or return your survey.  Once you have clicked “finish” or handed in the paper survey we won’t be able to remove your answers if you subsequently change your mind about taking part. |
| **What happens when the study is finished?** |
| We’ll analyse the responses we get. Our analysis may form the basis of a scientific publication that also includes direct quotation of individual respondents’ responses to free-text questions.  We won’t pass the survey responses on to third parties. |
| **Will my taking part be kept confidential?** |
| This survey is anonymous.  We’ll keep all the information we collect during the course of the research confidential and we’ll meet the strict laws which safeguard your privacy at every stage.  Data about you will not be shared beyond the UK or European Economic Area.  Survey responses will be kept by staff in the research team at The University of Dundee in line with data protection laws. |
| **What will happen to the results of the study?** |
| We’ll write up the study for publication in an open access journal. It will be available right across the world.  You won’t be identified in any published results. |
| **Who is organising and funding the research?** |
| The study is organised by Prof. Rory McCrimmon and Dr. Alison McNeilly, School of Medicine, University of Dundee. The study is sponsored by the University of Dundee.  No funding is required for this study. |
| **Who has reviewed the study?** |
| The NHS Research Scotland Diabetes Network Public and Patient Involvement group commented on the preparation of our study.  This study has been reviewed and approved byLondon - Harrow Research Ethics Committee who are responsible for reviewing research which is conducted in humans. The Research Ethics committee does not have any objections to this study going ahead. The relevant NHS Research and Development departments have also approved it. |
| **Researcher Contact Details** |
| If you have any more questions about the study please contact Alex St John ([a.stjohn@dundee.ac.uk](mailto:a.stjohn@dundee.ac.uk)). |
| **Independent Contact Details** |
| If you would like to discuss this study with someone independent of the study please contact Mr John Kerr (NHS Research Scotland Diabetes Network) on 01382 383595 or [j.kerr@dundee.ac.uk](mailto:j.kerr@dundee.ac.uk). |
| **How will we use information about you?** |
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# **Data Protection Information Sheet**

**Determining barriers and limitations to physical activity in type 1 diabetes**

We will need to use information from you for this research project.

This information will include your:

* Age range
* Gender
* Country/Region of residence
* Duration of type 1 diabetes diagnosis
* Most recent HbA1c

We will keep all information about you safe and secure.

Once we have finished the study, we will keep some of the data so we can check the results. We will write our reports in a way that no-one can work out that you took part in the study.

What are your choices about how your information is used?

* You can stop being part of the study at any time, without giving a reason, but we will keep information about you that we already have.
* We need to manage your records in specific ways for the research to be reliable. This means that we won’t be able to let you see or change the data we hold about you.

Where can you find out more about how your information is used?

You can find out more about how we use your information

* at [www.hra.nhs.uk/information-about-patients/](http://www.hra.nhs.uk/information-about-patients/)
* by asking one of the research team
* by sending an email to A.D.McNeilly@dundee.ac.uk, or
* by ringing us on 01382 388573.
* at www.hra.nhs.uk/patientdataandresearch

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| **Contact for further information** |

You can find out more about how we use your information at: <http://www.ahspartnership.org.uk/tasc/for-the-public/how-we-use-your-information>.

For further information on the use of personal data by NHS sites, please link to the Health Research Authority (HRA) website; <https://www.hra.nhs.uk/information-about-patients/>.

If you wish to raise a complaint on how we have handled your personal data, you can contact our Data Protection Officer who will investigate the matter. If you are not satisfied with our response or believe we are processing your personal data in a way that is not lawful you can complain to the Information Commissioner’s Office (ICO) at <https://ico.org.uk/>

Data Protection Officer contact information:

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| **University of Dundee**  Data Protection Officer  Information Governance  University of Dundee  Nethergate  Dundee  DD1 4HN  [dataprotection@dundee.ac.uk](mailto:dataprotection@dundee.ac.uk) | **NHS Tayside**  Information Governance (SAR) Maryfield House (South) 30 Mains Loan Dundee DD4 7BT  [informationgovernance.tayside@nhs.net](mailto:informationgovernance.tayside@nhs.net) |