**PARTICIPANT INFORMATION SHEET**

**Title of Project: Impact of diet on hyperhidrosis**

**Name of Investigators: Louise Dunford, Vishakha Patel, Manjot Kaur**

**Invitation paragraph**

You have been invited to take part in a research study. Before you decide whether to take part it is 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 and discuss it with friends and relatives if you wish to. Ask us if there is anything that is not clear or if you would like more information via email to hyperhidrosis@dmu.ac.uk. Take your time to decide whether you wish to take part or not. Thank you for reading this.

**What is the study about?**

Very little is known about diet and hyperhidrosis. We want to find out if there are any foods or drinks which make your hyperhidrosis better or worse. We also want to look at your salt intake and see whether this is different in people with and without hyperhidrosis.

**What does the study involve?**

You will be asked to fill in one survey about diet and salt intakes. This should take no more than 5 - 15 minutes of your time.

**Why have I been chosen?**

You have been chosen as you are someone with or without hyperhidrosis. We need people without hyperhidrosis as well, so we have people who sweat normally to compare the salt intake results to. However, if you are a person without hyperhidrosis you will skip the questions about diet and hyperhidrosis, and just take part in a shortened version.

**Do I have to take part?**

It is up to you to decide whether or not to take part. If you do decide to take part you will asked to give your consent before starting the survey.

**I am interested in taking part, what do I do next?**

You can continue on to the next page of the survey. All data will be anonymised as no identifiable data will be required to participate in the study.

**What if I agree to take part and then change my mind?**

You can withdraw from the study at any time by not completing the survey. However, once the survey is completed your data cannot be withdrawn as it is anonymous and we cannot identify your responses.

**What are the possible disadvantages and risks of taking part?**

There are no risks to taking part in this project. However, if you are concerned about your diet, we would advise you to seek advice from your GP.

**What are the possible benefits of taking part?**

The information from this study may be published in a research paper, and will help us to understand more about the impact of diet on hyperhidrosis. This may help improve the guidance given to people with hyperhidrosis.

**What if something goes wrong? / Who can I complain to?**

If you have a complaint regarding anything to do with this study, you can initially approach Dr Louise Dunford at louise.dunford@dmu.ac.uk. If this achieves no satisfactory outcome, you should then contact the Faculty Research Ethics Committee, Faculty of Health & Life Sciences, De Montfort University, The Gateway, Leicester, LE1 9BH or hlsfro@dmu.ac.uk.

**Will my taking part in this study be kept confidential?**

All information collected is necessary for carrying out the research and will be kept on a password protected database. It is strictly confidential and anonymous.

DMU policy is that raw data is normally kept for 5 years after a study has been completed.

Members of the Faculty human research ethics committee may require access to check that the study has been conducted in accordance with the approval.

If you have given a contact name and email address to take part in the prize draw this information will be removed from the survey data and destroyed once the prize has been awarded.

**What will happen to the results of the research study?**

The anonymised data may be used for a research paper or presented at a conference. The results may also be used to help form guidance for people with hyperhidrosis.

**Who has reviewed the study?**

This study has been reviewed and approved by De Montfort University, Faculty of Health and Life Sciences Research Ethics Committee.

**Contact for Further Information**

For any further questions you can contact the lead investigator;

Lead Investigator: Dr Louise Dunford

Email: louise.dunford@dmu.ac.uk

Thank you for taking the time to read this.