**Understanding implementation of national guidelines for people with severe obesity using Tier 3 weight management services before and after COVID restrictions**

**INFORMATION SHEET FOR PARTICIPANTS**

Specialist Tier 3 Weight Management Services offer their support programmes to their patients in different ways. We would like to understand more about how services choose to provide their programmes and how COVID has changed this.

Before you decide whether you would like to participate or not, it is important that you understand why we are doing this and what your role in this would involve. Please read the following information carefully. Do not hesitate to contact us using the details at the end of this document if there is anything that is not clear or if you would like more information.

**What is the aim of this project?**

This project aims to find out the range of ways that Tier 3 service are being delivered, what changes have been made since the COVID restrictions, and what changes are planned for the future.

**Do I have to take part in the project?**

Your involvement in this project is entirely voluntary. We are seeking healthcare professionals in the United Kingdom who lead or deliver Tier 3 services for people with severe obesity.

**What will I be asked to do if I take part in the project?**

We will ask you to confirm that you are happy to take part, and then complete an on-line survey to help us understand how your service works. The survey should take approximately 15 minutes to complete. If you work for the NHS, please do not complete this during your NHS time.

**What are the benefits to taking part in the project?**

The primary goal of the survey is to share knowledge about how services are currently working. There is no particular benefit to taking part in the project but the findings will be of interest to those who want to know more about how their own service compares to others across the country.

**What are the disadvantages of taking part in the project?**

There are no particular disadvantages to taking part in the project. This is a very low risk study. The main disadvantage is the time you will spend completing the survey. We have designed this study not to impact on NHS resources.

**Can I change my mind and withdraw from the project?**

Whilst doing the survey you are able to stop at any point. If you would like us to delete your responses once submitted you will need to provide us with the unique ID you are given after completion. Please contact us to say that you would like this to be done. This will only be possible for 4 weeks after completing the survey.

**What will happen to the data?**

Data will be collected regarding the size and location of the clinic where you work. Following this we will collect information on how you and your clinic supports people with severe obesity through your programme. All data will be anonymised for the purposes of review and analysis, including details of your service name. The data will be kept for a period of 10 years in line with the University of Plymouth data storage policies and then destroyed. Data will be collected and retained in accordance with the UK Data Protection Act 2018, and managed in accordance with the trial-specific standard operating procedure for data management. If you provide an e-mail address for us to get in contact with you for further details this will be kept until the study is completed. If you agree to be contacted about future research then your e-mail address will be kept for 5 years.

**What if you have a concern about the project?**

If you have a concern about any aspect of this project, you should ask to speak to the persons named at the end of the document, who will do their best to answer your questions. If you remain unhappy and wish to discuss this further please contact:

Dr Nick Axford, Associate Professor in Health Services, Community and Primary Care Group, University of Plymouth, ITTC Building, Davy Road, Plymouth, PL6 8BX, [nick.axford@plymouth.ac.uk](mailto:nick.axford@plymouth.ac.uk), Tel: 01752 764260.

If you have any complaints about the conduct of research you may also contact Maurice Bottomley. Maurice is the Research Administrator to the Faculty Research Ethics Committee at the University of Plymouth: [hhsethics@plymouth.ac.uk](mailto:hhsethics@plymouth.ac.uk)

**Who is supporting the project?**

The project is being supported by The National Institute for Health Research Applied Research collaboration, South West Peninsula (PenARC). It has the involvement of Public Health England, the British Dietetic Association and Plymouth University’s Community and Primary Care Group and Medical School.

**What if I have any questions now or at a later date?**

If you have any questions about our project, either now or in the future, please contact:

Dr Dawn Swancutt [Dawn.Swancutt@plymouth.ac.uk](mailto:Dawn.Swancutt@plymouth.ac.uk)

Or Prof Jonathan Pinkney Jonathan.Pinkney@plymouth.ac.uk