

Cornwall and the Isles of Scilly weight management research project

INFORMATION SHEET FOR PARTICIPANTS

We would like to understand more about access to weight management services in Cornwall and the Isles of Scilly.

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?

The aim of this project is to record the views and experiences of residents of Cornwall and the Isles of Scilly who access weight management services and of those who meet the criteria to access these services but do not. In this way, we will better understand how weight management services are currently accessed and identify how they may be made more accessible for everyone.

Do I have to take part in the project?

Your involvement in this project is entirely voluntary. We are looking for residents of Cornwall and the Isles of Scilly, aged 18 or over and who are classified as overweight, or very overweight, to take part. If you know your BMI (body mass index) that would be over 25, or over 35 (obese).

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 your experience of accessing, or not, weight management services. The survey should take approximately 10 minutes to complete.

What are the benefits to taking part in the project?

The primary goal of the survey is to collect feedback about the benefits of weight management services and any ideas for improvements. There is no personal benefit to taking part in the project, however the findings will contribute to the improvement of weight management services in Cornwall.

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. Discussing issues related to weight may cause some participants some distress.

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 keep your unique ID safe in case you decide to withdraw your data).

Please contact us by email to say that you would like this to be done. This will be possible for 1 month after completing the survey. There will be no consequences to your medical or legal rights.

What will happen to the data?

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. To view the University of Plymouth Data Protection Policy click on this link:

https://www.plymouth.ac.uk/uploads/production/document/path/6/6913/Research_Data_Policy.pdf

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 person named at the end of this document, who will do their best to answer your questions. If you remain unhappy and wish to discuss this further please contact either:

Dr Kerryn Husk, Associate Professor of Health Services, Community and Primary Care Group, University of Plymouth, ITTC Building, Davy Road, Plymouth, PL6 8BX, kerryn.husk@plymouth.ac.uk

If you have any concerns or complaints about the ethical conduct of this study, please contact the Research Administrator, Faculty of Health Ethics and Integrity Committee, University of Plymouth, Level 2 Marine Building, Drake Circus, Plymouth, PL4 8AA Email: FOHEthics@plymouth.ac.uk

Who is supporting the project?

The project is being supported by Cornwall and the Isles of Scilly Integrated Care System and The National Institute for Health Research Applied Research collaboration, South West Peninsula (PenARC). It also has the involvement of Plymouth University's Community and Primary Care Group and Medical School.

Who has reviewed this project?

The University of Plymouth Ethical Review Committee have reviewed and approved this project.

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