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**Evaluation of the Health Weight for Life (HWFL) Phase 4 Long-Term Maintenance Program
Main Cohort Study**

PARTICIPANT INFORMATION STATEMENT

(1) What is this study about?

You are invited to take part in an evaluation study about the effects of the Healthy Weight for Life (HWFL) Phase 4 Long-Term Maintenance Program.

You have been invited to participate in this study because you have registered for HWFL Phase 4. This Participant Information Statement tells you about the study. Knowing what is involved will help you decide if you want to take part. Please read this sheet carefully and ask questions about anything that you don't understand or want to know more about.

Participation in this study is voluntary.

By giving your consent to take part in this study you are telling us that you:

- ✓ Understand what you have read
- ✓ Agree to take part in the study as outlined below
- ✓ Agree to the use of your personal information as described.

You will be given a copy of this Participant Information Statement to keep.

(2) Who is running the study?

The study is being carried out by the following researchers from the Prevention Research Collaboration, Sydney School of Public Health:

- Associate Professor Philayrath Phongsavan, Deputy Director;
- Professor Adrian Bauman, Director;
- Dr Blythe O'Hara, Senior Research Fellow;
- Dr Anne Grunseit; Senior Research Fellow; and
- Ms Bronwyn McGill, Research Officer

(3) What will the study involve for me?

If you agree to take part, you will not need to do any more than you would usually do as a participant of the HWFL Long-Term Weight Maintenance Program. The information you provide to HWFL will be used to evaluate the HWFL Long-Term Weight Maintenance Program.

If you have agreed to be contacted by researchers at the University of Sydney, you will be contacted separately and given further information specific to that sub-study.

(4) How much of my time will the study take?

The study will not take any of your time.

(5) Who can take part in the study?

Members of participating health funds who have completed the first 18 weeks of the HWFL program (Phases 1-3) are eligible to register for the HWFL Phase 4 Long-Term Maintenance program. Participants of the HWFL Long-Term Weight Maintenance program can take part in this evaluation study.

(6) Do I have to be in the study? Can I withdraw from the study once I've started?

Being in this study is completely voluntary and you do not have to take part. Your decision to participate will not affect your current or future relationship with the researchers or anyone else at the University of Sydney, HWFL or your health fund.

If you decide to take part in the study and then change your mind later, you are free to withdraw at any time. You can do this by contacting Bronwyn McGill on (02) 8627 1857 or inform the HWFL team who will notify the research team on your behalf. If you decide to withdraw from the study, we will not collect any more information from you. Any de-identified information that we have already collected, however, will be kept in our study records and may be included in the study results.

(7) Are there any risks or costs associated with being in the study?

We do not expect that there will be any risks or costs associated with taking part in this study.

Should you have concerns or experience distress resulting from responding to the questionnaire, please contact the HWFL team who are qualified and trained to provide the necessary support on 1800 226 180.

(8) Are there any benefits associated with being in the study?

We cannot guarantee that you will receive any direct benefits from being in the study. The findings from this study will be used to enhance the delivery and performance of HWFL Phase 4 to ensure that the program is effectively meeting the needs of its participants.

(9) What will happen to information about me that is collected during the study?

By providing your consent, you are agreeing to us collecting personal information about you for the purposes of this study. Your de-identified information will only be used for the purposes outlined in this Participant Information Statement, unless you consent otherwise. Your information will be stored securely and will be kept strictly confidential, except as required by law. Study findings may be published or presented at conferences, but you will not be individually identifiable.

(10) Can I tell other people about the study?

Yes, you are welcome to tell other people about the study.

(11) What if I would like further information about the study?

If you would like to know more at any stage during the study, please feel free to contact the Chief Investigator, Associate Professor Philayrath Phongsavan on (02) 8627 1875 or philayrath.phongsavan@sydney.edu.au or Co-Investigator Bronwyn McGill on (02) 8627 1857 or bronwyn.mcgill@sydney.edu.au.

(12) Will I be told the results of the study?

You have a right to receive feedback about the overall results of this study. Once the study is finished, this feedback will be in the form of a summary report which you can request to read by completing the relevant section on the consent form.

(13) What if I have a complaint or any concerns about the study?

Research involving humans in Australia is reviewed by an independent group of people called a Human Research Ethics Committee (HREC). The ethical aspects of this study have been approved by the HREC of the University of Sydney [2017/760]. As part of this process, we have agreed to carry out the study according to the *National Statement on Ethical Conduct in Human Research (2007)*. This statement has been developed to protect people who agree to take part in research studies.

If you are concerned about the way this study is being conducted or you wish to make a complaint to someone independent from the study, please contact the university using the details outlined below. Please quote the study title and protocol number.

The Manager, Ethics Administration, University of Sydney:

- **Telephone:** +61 2 8627 8176
- **Email:** human.ethics@sydney.edu.au
- **Fax:** +61 2 8627 8177 (Facsimile)

This information sheet is for you to keep