

Information Statement



Project Title: Nutritional challenges among individuals living with chronic pain: Exploring barriers and opportunities for support

Investigators and Other Project Personnel

Principal Investigator: Dr. Caroline Tuck
Associate Investigator: Jennifer Donnelly
Student Investigators: Ciara Cornish and Maddison Meager

Introduction to Project and Invitation to Participate

You are invited to participate in a research study investigating the exploring the nutritional challenges among individuals living with chronic pain. The study is being led by Dr. Caroline Tuck from Swinburne University of Technology, Hawthorn, Victoria, Australia. This study is part of the Master of Dietetics program student research pathway. In order to participate, you must have a GP diagnosis of chronic pain (defined as persists or recurrent chronic pain for more than 3 months) which may co-exist with chronic pain conditions such as Endometriosis, Fibromyalgia, Rheumatoid arthritis, IBD or migraines, be aged 18-65 years, live in Australia and have access to a computer.

This Participant Information Sheet tells you about what is involved with participating in the study. Please read the following information before you decide whether you wish to participate.

What this project is about and why it is being undertaken

The study aims to gain insight into individuals' lived experiences with chronic pain and how it impacts what they eat. Understanding individuals' lived experiences may provide insight to dietitians and researchers who are formulating and recommending dietary changes to people with chronic pain. This may allow practitioners in the future to better formulate dietary interventions by recommending strategies that are more tailored to common lived experiences of those with chronic pain.

Project and researcher interests

This project is being conducted to satisfy the requirements for two Masters of dietetics students. There is no funding associated with this study.

What participation will involve – time, effort, resources, costs, compensatory payments, etc

If you provide consent to participate, you will be contacted to arrange a time with the student dietitians to conduct a semi-structured interview. Prior to the interview, you will be sent the interview questions. The interview, lasting approximately 30-45 minutes, will be conducted either via videoconference (E.g., Microsoft Teams). Interviews will be recorded and transcribed on Microsoft Teams Following the interview you will be offered the opportunity to review the interview transcription and approve your transcript.

You will be offered a \$20 gift voucher for your time and participation via email.

Participant rights and interests – Risks & Benefits/Contingencies/Back-up Support

There are no expected risks involved in participating. The only inconvenience for you is the time taken to complete the videoconference/telephone interview and the time taken to approve your transcript. Likewise, there is no direct benefit to you, other than the opportunity to talk to someone about your experiences.

Participant rights and interests – Free Consent/Withdrawal from Participation

Your participation is completely voluntary. By signing the below consent form you are providing your consent to participate. If you decide you would no longer like to participate you are able to withdraw at any time prior to the data analysis without giving any reason. You can do this verbally or in writing by contacting Dr. Caroline Tuck (ctuck@swin.edu.au).

When withdrawing your participation from the study you will have the option of having no further information collected or withdrawing all data collected up until that point. If requested, the study team will attempt to withdraw your data. However, you should be aware that data cannot be withdrawn after data analysis has commenced.

Participant rights and interests – Privacy & Confidentiality

All the information collected from you will be treated confidentially and only the study team will have access to it. De-identified Electronic information and recordings will be securely stored and password protected on the Swinburne University of Technology OneDrive. Data will be stored for 5 years after any publication or published outcome in case there are any questions about the data or results. After 5 years, electronic files will be deleted, and hard copy files will be destroyed.

Your de-identified data may be used for similar research by suitable internal or external researchers, however this will only be possible for five years after the results of this study have been published, and with relevant ethics approval.

Research output

Participant data will be analysed and reported as part of Swinburne's Master of Dietetics coursework requirements and used for publications appearing in scientific journals. It won't be possible to identify data from individual participants in the coursework or publications. If you would like to know about the outcome of this study, you can request a summary of the results by email.

Further information about the project – who to contact

If you require more information about this study, please contact:

Dr Caroline Tuck, Chief Investigator

Swinburne University of Technology – Hawthorn Campus John Street, Hawthorn VIC 3122

Phone: 03 9214 4340;

Email: ctuck@swin.edu.au

Concerns/complaints about the project – who to contact:

This project has been approved by or on behalf of Swinburne's Human Research Ethics Committee (SUHREC) in line with the *National Statement on Ethical Conduct in Human Research*. If you have any concerns or complaints about the conduct of this project, you can contact:

Research Ethics Officer, Swinburne Research (H68),
Swinburne University of Technology, P O Box 218, HAWTHORN VIC 3122 Australia.
Tel (03) 9214 3845 or +61 3 9214 3845 or resethics@swin.edu.au



Swinburne University of Technology

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Principal Investigator(s):

1. I consent to participate in the project named above. I have been provided a copy of the project consent information statement to which this consent form relates and any questions I have asked have been answered to my satisfaction.

2. In relation to this project, please circle your response to the following:

- I agree to be interviewed by the researcher **Yes No**
- I agree to allow the interview to be recorded by electronic device **Yes No**
- I agree to make myself available for further information if required **Yes No**
- I would like to review my manuscript before it is analysed **Yes No**

3. I acknowledge that:

- (a) my participation is voluntary and that I am free to withdraw from the project without explanation;
- (b) the Swinburne project is for the purpose of research and not for profit;
- (c) any identifiable information about me which is gathered in the course of and as the result of my participating in this project will be (i) collected and retained for the purpose of this project and (ii) accessed and analysed by the researcher(s) for the purpose of conducting this project;
- (d) I understand the length of time researcher/s will have access to this information;
- (e) my anonymity is preserved and I will not be identified in publications or otherwise without my express written consent.

By signing this document I agree to participate in this project.

Name of Participant:

Signature & Date: