

[Reference Number: H20/165]

[Date]



INFORMATION SHEET FOR PARTICIPANTS

Title of project	Ageing well amongst men aged 45 and over in Otago and Southland New Zealand: A cross-sectional survey	
Study department	University of Otago School of Physiotherapy, Te Kura Kōmiri Pai	
Principal investigator	Name Prof David Baxter	Position Professor
Primary researcher	Name Hui Xiao Email clinicalresearch.physio@otago.ac.nz	Position PhD student

Thank you for showing an interest in this project. Please read this information sheet carefully before deciding whether or not to participate. If you decide to participate, we thank you. If you decide not to take part, there will be no disadvantage to you and we thank you for considering our request.

The research project will be carried out by Hui Xiao as part of his PhD studies. Hui is a PhD student at School of Physiotherapy, University of Otago. He is supported in this study by his research supervisors at University of Otago School of Physiotherapy and Dunedin School of Medicine.

What is the Aim of the Project?

Men in New Zealand do not enjoy the same level of health and wellbeing as women. Women live longer than men; on average a disparity of 3-4 years of life expectancy exist. Additionally, men generally experience a higher incidence of and mortality from major diseases. However, men's health is often ignored in health research, relative to research in women's health.

This project aims to increase our understanding of factors associated with ageing well for men 45 years and over in Otago and Southland. The project uses cross-sectional survey method established based on our previous qualitative study to identify the potential factors that affect the health and wellbeing of Otago and Southland men aged 45 and over, and to establish the related predict model. In the

future, the information from this regional survey will be used to create a NZ national wide survey on men's health.

What Types of Participants are being sought?

We are looking to recruit men aged 45 or over, who are able to communicate in English and residing in Otago and Southland. We aim to investigate 1,500 men within a 3-month period.

The Eligible participants should be: older male (defined as ≥ 45 years old, self-identified as men), residing in Otago and Southland. Participants will be excluded if they are unable to communicate in English, or if the person is unable to give informed consent.

Participants will be identified through Electoral Roll, which included information about the name, gender, date of birth and address. Study information (e.g. an invitation to participate, participant information sheet, consent form, the on-line survey link, paper-based survey, and a prepaid envelope) will be mailed to the targeted sample. If inadequate numbers have responded follow-up reminders will be sent after two weeks. Replacement surveys will be mailed to non-respondents, if required, in case of missing mail.

After completed the questionnaire, you will enter into a draw and have the chance to win one of thirty \$100 gift voucher prizes.

What are the possible benefits of taking part?

There are unlikely to be direct personal benefits to you from this study. We will feedback our findings to you and keep you regularly updated about the study and we hope that you will find this interesting.

How do I take part?

There are two ways to complete the questionnaire. Firstly you can complete the enclosed paper questionnaire and return the completed questionnaire in the Freepost addressed envelopes that we have supplied. This can be posted directly to School of Physiotherapy, University of Otago, [Freepost ID/address], 325 Great King Street. Secondly, you can complete the questionnaire online.

What will Participants be asked to do?

You will be asked to attend questionnaire survey. Online or paper questionnaires are chosen based on your preferences. We would like you to complete a survey which asks you about your work which

should take you about 25-35 minutes to complete. We would like to know about your views and experiences of men's health and healthy ageing. This will enable us to understand what factors underpin how men's ageing well and how it might be successfully implemented at other locations in the future. The follow-up reminders and replacement surveys will be sent after two weeks to non-respondents with an option that you can choose to decline to receive them. The survey feedbacks are used for analysis of the project and will not be used for any other purpose.

Is there any risk of discomfort or harm if you take part?

There are no foreseeable risks associated with study participation.

What Data or Information will be collected and what use will be made of it?

If you agree to participate in the study, you will have the right to access information collected about you as part of the study. We need to perform statistical analysis on the results of the questionnaires. Please be aware that you may decide not to take part in the project without any disadvantage to yourself.

After the study has been completed, the major findings will be presented at national and international conferences and will also be submitted to an academic journal as a research article. None of your personal information will not be used in research presentations or reports. If you wish, we will inform you of the study findings by email.

Data collection for this study is expected to be completed by September 2021. All information you give will be treated in the strictest confidence. All data will be handled in accordance with the Data Protection Act 2020. Your surveys will be kept in a secure cabinet in the university. The information you give us in the survey will be entered into an anonymised database which will not contain any personal details about you. The survey record will be destroyed after we complete the data analysis but we will keep the information collected in this study for a period of 10 years in a locked cabinet in the School of Physiotherapy and on the University's secure electronic data storage system.

Can Participants change their mind and withdraw from the project?

A decision to take part in this study is entirely voluntary and it is entirely your decision whether to take part or not. Any decision regarding your participation will be confidential between you and the research team. You are also free to withdraw from the study at any time without any repercussions to yourself.

What if Participants have any Questions?

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

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Name: David Baxter Position: Professor Department: University of Otago School of Physiotherapy	Contact phone number: 03 479 7411 Contact email: david.baxter@otago.ac.nz

This study has been approved by the Department stated above. However, if you have any concerns about the ethical conduct of the research you may contact the University of Otago Human Ethics Committee through the Human Ethics Committee Administrator (ph +643 479 8256 or email gary.witte@otago.ac.nz). Any issues you raise will be treated in confidence and investigated and you will be informed of the outcome