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[2019/11/28]



INFORMATION SHEET FOR PARTICIPANTS

Title of project	Ageing well in older men in Otago and Southland: A Focus Group study
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 Position PhD student Email clinicalresearch.physio@otago.ac.nz

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 focus groups of 6-10 men discussing their health experiences. In the future, the information from the focus groups will be used to create a survey about 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 or Mandarin and residing in Otago and Southland. We aim to conduct up to 6 focus group interviews within a 3-month period. In total, 6-10 men per focus group are planned.

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

Participants will be recruited through advertising, Age Concern and men's health charities.

Men interested in volunteering are asked to contact the primary researcher at the Centre for Health, Activity, and Rehabilitation Research (CHARR), School of Physiotherapy, University of Otago on 0800 687 489 or at physiotherapy@otago.ac.nz. A member of the research team will contact volunteers and screen for eligibility using a standardized procedure.

A consent form and a questionnaire requesting demographic details will be posted or emailed to you if you are eligible to participate.

At the end of the focus group, you will receive a \$20 petrol voucher to reimburse your travel-related costs.

You will have the opportunity to share your health experiences with other men, as well as will gain an insight into, and understanding of, the concept of men's health in NZ.

What will Participants be asked to do?

You will be asked to attend a focus group interview in Dunedin, Invercargill or Alexandra. 6-10 men will attend the focus group, and you will be asked to answer and discuss health-related questions developed by the research team. For example: 'would you please describe your lifestyle to me (diet, smoking, alcohol, exercise, other)?' and 'What do you think are the benefits of social interactions for you and your wellbeing? The focus group will last for about 1 hour.

Before the focus group starts, you will be greeted by our moderator, who will ask you to sign the consent form. When all participants have arrived, you will be invited into the group room where there is a table to sit around, with refreshments provided.

The focus groups are recorded (audio only). The recordings are used for analysis of the project and will not be used for any other purpose.

The focus group will start with a welcome from the moderator, including self-introductions, clarification of the purpose and context of the focus group, as well as an explanation about what will be included in the discussion. As part of this, we will confirm that all information is confidential and that participants' real names will not be used in the analysis and write up. Participants are also required to keep information about other participants in the focus group confidential to protect each other's privacy.

Generally, the researcher will guide the topic and allow the conversation to flow freely and informally. We may ask about your perceptions, opinions, beliefs, and attitudes towards men's health and wellbeing, with particular emphasis on how you think about and understand your own health.

Please keep in mind that there are no right or wrong answers in a group discussion, merely opinions. Due to the nature of interviewing, the ethics committee will not know the exact questions will be asked. As with other issues, you may not agree with everyone's opinions, and it is important to let us know why you don't agree; however, this must be done with respect to the others in the group.

The most important thing to remember is that the discussion is meant to be informal, honest, interesting, and fun.

We look forward to talking with you soon.

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

There are no foreseeable risks associated with study participation, and we cannot predict any health problems of what you are going to talk in the focus group. The open questions for example would you please describe your lifestyle to me?

What if something goes wrong?

If you were injured in this study, which is unlikely, you would be eligible for compensation from ACC just as you would be if you were injured in an accident at work or home. You will have to lodge a claim with ACC, which may take some time to assess. If your claim is accepted, you will receive funding to assist your recovery.

If you have private health or life insurance, you may wish to check with your insurer that taking part in this study won't affect your cover.

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 record your voice during the focus group. The transcription will be coded and the data will not be given to people other than research administrator, research assistant and the person responsible for

transcription. 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 3 March 2020. All information you give will be treated in the strictest confidence. The researchers will take notes during the discussion but any information you give during the focus group will be fully anonymised. The recording will be destroyed after transcription 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