THE UNIVERSITY OF SYDNEY

Health Services and Patient Safety Research Theme

Faculty of Pharmacy

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Exploring the contribution made by Australian Naturopaths to the management of individuals with medically diagnosed cardiovascular disease (CVD) and/or known risk factors.

Phone Interview - PARTICIPANT INFORMATION STATEMENT

(1) What is this study about?

The purpose of this study is to explore the contribution Australian Naturopaths make during their care of individuals with cardiovascular disease and/or known CVD risk factors.

Based on the available literature we know that a significant number of Australians utilise the health care services of Complementary Medicine Practitioners (CMPs) and that Naturopaths are amongst the most common CMPs consulted. We also know that Australians consult Naturopaths about managing their CVD risk factors including hypertension. Less is known about the practice behaviours and experiences of Naturopathic practitioners who provide care to individuals with CVD and/or those who have known risk factors. Through gaining an insight into these behaviours and experiences we are hoping to be able describe the contribution that Naturopaths are making to the health and wellbeing of individuals with medically diagnosed CVD and/or known risk factors.

You have been invited to participate in this study because you are registered with a professional association representing accredited Naturopaths. As researchers we are pleased to share a common goal with members of this association as being committed to strengthening the development of meaningful and practice relevant research in complementary healthcare.

We will conduct a single phone interview when you will be asked about your practice behaviours and experiences in providing Naturopathic care to individuals with CVD and/or those with associated risk factors.

This Participant Information Statement tells you about the research study. Knowing what is involved will help you decide if you want to take part in the research. Please read this sheet carefully and ask questions about anything that you don't understand or want to know more about.

Participation in this research study is voluntary.

If you choose to participate in the focus groups you will be asked to provide verbal consent that tells us you:

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

(2) Who is running the study?

The study is being carried out by the following researchers:

- **Dr Joanna Harnett**, Associate Lecturer, Faculty of Pharmacy, The University of Sydney
- Dr Amie Steel, Australian Centre Complementary and Integrative Medicine, The University of Technology Sydney
- Dr Catherine Rickwood, Academic Mentor, School of Business, The University of Sydney
- Dr Ryan Bradley, The National College of Natural Medicine, Portland Oregon USA

Dr Harnett and Dr Ryan Bradley hold research fellowship positions at the Australian Centre for Complementary and Integrative medicine – International Naturopathy Research Fellowship – University of Technology Sydney

(3) What will the study involve for me?

You have already received an email from your association that is accompanied by this information statement. We will invite the first 12 individuals who express interest in being part of this study. The invitation will include the contact details of the research team member who will conduct the interview and the details of the steps required to enrol in the study. Your involvement will be confidential. The phone interview will involve a series of questions that will take approximately 60 minutes of your time. During the discussion, you will be asked to answer some questions about your practice behaviours and experiences in providing Naturopathic care to individuals with CVD and/or those with associated risk factors.

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

You will be invited to participate in a single phone interview. This will equate to 60 minutes of your time.

(5) Who can take part in the study?

Naturopaths who care for individuals with CVD and/or known CVD risk factors.

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

Being in this study (phone interview) is completely voluntary and you do not have to take part. Your decision whether to participate will not affect your current or future relationship with your association and your involvement is completely confidential.

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 simply telling the researchers anytime during the course of the study.

If you do withdraw from the study after data has been collected and analysed we will not be able to separate your responses from group data. However, only group data will be published and no

personal identifying information of any participant will be included any in reports or publication arising from this study.

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

Aside from giving up your time, we do not expect that there will be any risks or costs associated with taking part in this study.

(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.

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

The data obtained from the phone interview will be stored securely and your identity/information will be kept strictly confidential, except as required by law. Study findings may be published, but you will not be individually identifiable in these publications.

We will request your permission to audio-record the phone interview for transcription purpose only. No identifying information will be recorded. The final data (phone discussion content) will be stored and accessed by the researchers only. All the data will be used for academic purposes only including journal publications and conference presentations. You will not be identifiable in the final report or in any form of publications generated based on this study. All electronic, audio and written records of the phone interview will be kept confidential in the secure possession of the researcher.

Electronic files will be kept on the researchers laptop with a key-in password only known by the researcher. Audio recordings will be uploaded to this laptop and be irreversibly deleted from the audio-recorder immediately after uploading. The corresponding files in the laptop will be backed-up once every week to an external memory card with an appropriate security measure of key-in password. This memory card will be kept carefully by the main researcher. Hard copy files and focus group transcripts will also be kept by the lead researcher and will be locked in a cabinet of which only the lead researcher will have the key.

All data will be retained for five years after the study. By then, all the electronic files will be removed from the hard drive and memory card permanently and all the hard copies will be shredded before disposal.

By providing your verbal consent at the beginning of the phone interview, you are agreeing to us collecting information about your practice behaviours and experiences for the purposes of this research study. Your information will only be used for the purposes outlined in this Participant Information Statement, unless you consent otherwise.

(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?

When you have read this information, Dr Joanna Harnett will be available to discuss it with you further and answer any questions you may have. If you would like to know more at any stage during the study, please feel free to contact Joanna Harnett by phone (+612-9351-7009) or email Joanna.harnett@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 after the study is completed. A summary of the findings will be published on your association's website or newsletter between December 2017 and July 2018.

(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 *[2017/140].* 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:** ro.humanethics@sydney.edu.au
- **Fax:** +61 2 8627 8177 (Facsimile)

This information sheet is for you to keep