



### **Participant Information Sheet/Consent Form – focus groups**

**Title:** An evaluation of the acceptability and utility of podcasts on health topics for older adults

**Chief Investigator:** Professor Stephen Bird

**Other investigators:** Dr Dein Vindigni

Professor Kerry-Butler Henderson

Dr Prasad Podugu

Dr Jenny Robinson

Ms Heather Jarvis

Associate Professor Darin Verhagen

Mr Glenn Wall (U3A)

Mr Con Constantinou (Whittlesea Council, Ageing Well Strategy)

### **Background information to the project**

The School of Health and Biomedical Sciences at RMIT University, in collaboration with the City of Whittlesea and the University of the 3<sup>rd</sup> Age (U3A), are developing a series of podcasts on topics relevant to 'Healthy Ageing'. The purpose of the podcast series is to provide information and skills on these topics. The podcast series is free to anyone who wishes to access it. To assist in the design of the series we are seeking volunteers who are willing to listen to a couple of the podcasts and then participate in a focus groups to provide us with feedback on the podcasts, their format, style and delivery. We will use this feedback to refine the design, content and delivery of the rest of the series.

## **1. What does my participation involve?**

### **1.1 Introduction**

You are invited to listen to a couple of podcasts on topics relevant to healthy ageing and then provide your feedback on the podcasts in a small focus group.

This Participant Information Sheet/Consent Form tells you about the research project. It explains the processes involved with taking part. Knowing what is involved will help you decide if you want to take part in the research.

Please read this information carefully. Before deciding whether to take part, you might want to talk about it with a relative or friend, and if you have any questions, please contact the researchers using their email addresses at the back of this document.

### **1.2 Participation in this research is voluntary.**

If you do not wish to take part, you don't have to. If you decide you want to take part, please ensure you read the entire information sheet before doing so.

By consenting, you are telling us that you:

- Understand what you have read.
- Consent to take part in the research project.

### **1.3 What is the purpose of this research?**

The purpose of this research is to gain feedback to assist us in refining the content and delivery of the rest of the planned podcast series.

### **1.4 Who can participate in this study?**

Anyone who is aged 60 years and above.

### **1.5 What does participation in this research involve?**

Participation involves listening to a couple of 40 – 60-minute podcasts and then participate in a focus group (up to 4 weeks later).

### **1.6 Do I have to take part in this research project?**

Participation in the research project is **voluntary**. If you do not wish to take part, you do not have to.

### **1.7 What are the possible benefits of taking part?**

We hope that you will gain benefit and enjoyment from listening to the podcasts. Your feedback will provide valuable information to the research team in their development of future podcasts.

### **1.8 What are the risks and disadvantages of taking part?**

Other than your time, we do not perceive that there are any risks involved in participating in the focus groups.

If however, you do experience health issues, you may consider contacting the following:

- *Your General practitioner*
- *Lifeline Australia*  
Phone: 13 11 14
- *Relationships Australia*  
Phone: 1300 364 277
- *Beyond Blue*  
Phone: 1300 224 636
- Dementia Support Australia (24/7 help)  
1800 699 799  
<https://dementia.com.au/>
- Dementia Australia (National Dementia Helpline)  
1800 100 500  
<https://www.dementia.org.au/services/counselling>

### **1.9 What happens when the research project ends?**

Data will be analysed, and used by the research to inform the design and recording of future podcasts in a series on 'Topics for Healthy Ageing'. The findings may also be submitted to research and professional journals for wider publication. In any publications all data will be de-identified and no participants will be identifiable.

## 2. How is the research project being conducted?

### 2.1 What will happen to information about me?

Once completed the focus group recording will be kept on secure password protected computers and servers. The data will be kept for a period of 5 years on a password protected RMIT server.

### 2.2 Who has reviewed the research project?

All research in Australia involving humans is reviewed by an independent group of people called a Human Research Ethics Committee (HREC). This research project has been approved by the RMIT University HREC (**INSERT HREC approval No.....**).

This project will be carried out according to the *National Statement on Ethical Conduct in Human Research* (2007). This statement has been developed to protect the interests of people who agree to participate in human research studies.

### 2.3 Further information and who to contact.

If you want any further information concerning this project and/or wish to participate, you can contact either of the following people who are members of the research team and they will provide you with the details of how to access the podcasts:

#### Research contact persons:

|          |                            |
|----------|----------------------------|
| Name     | Ms Heather Jarvis          |
| Position | Researcher                 |
| Email    | heather.jarvis@rmit.edu.au |

|          |                            |
|----------|----------------------------|
| Name     | Dr Jenny Robinson          |
| Position | Researcher                 |
| Email    | jenny.robinson@rmit.edu.au |

|          |                          |
|----------|--------------------------|
| Name     | Professor Stephen Bird   |
| Position | Researcher               |
| Email    | Stephen.bird@rmit.edu.au |

## 2.4 Complaints.

Should you have any concerns or questions about this research project, which you do not wish to discuss with the researchers listed in this document, then you may contact:

|                     |  |
|---------------------|--|
| Reviewing HREC name | RMIT University  |
| HREC Secretary      | Vivienne Moyle   |
| Telephone           | 03 9925 5037   |
| Email               | <a href="mailto:humanethics@rmit.edu.au">humanethics@rmit.edu.au</a>                             |
| Mailing address     | Manager, Research Governance and Ethics<br>RMIT University<br>GPO Box 2476<br>MELBOURNE VIC 3001 |