



Participant Information Sheet

1. Study title and Chief Investigator

NurseLIFE: Nurses; Lifestyle, Food intake and Exercise. Dr Julia Allan.

2. Introduction

You are being invited to take part in a research study. Before you decide it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and discuss it with others if you wish. Ask us if there is anything that is not clear or if you would like more information. Take time to decide whether you wish to take part. Thank you for reading this.

3. What is the purpose of the study?

Nurses are likely to face greater challenges than other groups when trying to maintain a healthy body weight. We want to build up a detailed picture of when, where and why nurses eat particular foods and spend time active or inactive so that we can work out how to best support nurse health. The study will run until March 2020 and each participant will be involved for a week.

4. Why have I been chosen?

All registered nurses based in NHS Grampian are being invited to participate and we are aiming to recruit 100 nurses.

5. Do I have to take part?

No. It is up to you to decide whether to take part. If you do decide to take part, you will be given this information sheet to keep and be asked to sign a consent form. If you decide to take part, you are still free to withdraw at any time and without giving a reason.

6. What will happen to me if I take part?

If you decide to take part, you will be asked to complete a brief questionnaire about yourself (age, years of experience, current band, etc) and to indicate your shift pattern for the next week. You will then be given an activity tracker and a smartphone for 7 days and asked to (1) wear the activity tracker all the time (apart from swimming and showering) and (2) use the smartphone to

make brief reports (approx every 90 minutes during waking hours) about what you've eaten, your mood, stress, fatigue and the demands you are under. A sample of participants will be invited to discuss patterns in their own data at the end of the study. This is voluntary but if you decide to take part, these interviews will be audio recorded.

7. What are the possible disadvantages and risks of taking part?

There are no known risks associated with taking part.

8. What are the possible benefits of taking part?

While the main aim of the study is to increase scientific understanding of where and when nurses are likely to engage in different eating and exercise behaviours, you may find being able to observe patterns in your own health behaviour useful. In recognition of the time commitment involved, you will receive £25 on completion of the study.

9. What happens when the research study ends?

At the end of the study, the information collected will be used to summarise when, where and why nurses are most likely to eat and be active/inactive. This information will be used by researchers to identify the times and situations where interventions to support nurse health could be useful.

10. What if something goes wrong?

If you have a concern about any aspect of this study, you should ask to speak to the researchers who will do their best to answer your questions (contact Julia Allan on 01224 438103 j.allan@abdn.ac.uk). If you remain unhappy and wish to complain formally, you can do this by contacting the University's Head of Applied Health Sciences, Prof Amanda Lee (01224 437111).

11. Will my taking part in this study be kept confidential?

The University of Aberdeen is the sponsor for this study based in the UK. We will be using information from you in order to undertake this study and will act as the data controller for this study. This means that we are responsible for looking after your information and using it properly.

Your rights to access, change or move your information are limited, as we need to manage your information in specific ways in order for the research to be reliable and accurate. If you withdraw from the study, we will keep the information about you that we have already obtained. To safeguard your rights, we will use the minimum personally-identifiable information possible.

You can find out more about how we use your information here

<http://www.abdn.ac.uk/privacy>

The University of Aberdeen will use your name and contact details to contact you about the research study, and make sure that relevant information about the study is recorded, and to oversee the quality of the study. Individuals from the University of Aberdeen and regulatory organisations may look at your research records to check the accuracy of the research study. The only people in the University of Aberdeen who will have access to information that identifies you will be people who need to contact you to arrange your participation or audit the data collection process. The University of Aberdeen will keep identifiable information about you from this study until the study ends in March 2020.

All information which is collected about you during the course of the research will be kept strictly confidential. Any information about you will have your name and address removed so that you cannot be recognised from it.

Data collected via smartphone will be stored locally on each password protected phone until the device reaches a wi-fi signal at which time it will be uploaded to a secure online platform and transferred to University servers.

12. What will happen to the results of the research study?

The results of the study will be published in a research journal and a summary will be sent to the Scottish Government and to NHS Scotland. You will not be identified in any report/publication.

13. Who is organising and funding the research?

This study is funded by Scottish Government and run by the University of Aberdeen in collaboration with NHS Grampian.

14. Who has reviewed the study?

This study has been reviewed by the Ethics Review Board of the College of Life Sciences and Medicine of the University of Aberdeen.

15. Contact for Further Information

If you have any other queries, please feel free to contact the lead researcher Julia Allan on 01224 438103 or at j.allan@abdn.ac.uk

Thank you for considering taking part in this study