

**PARTICIPANT INFORMATION LEAFLET**

## **SUPPORT Study**

## **(SUpporting health Professionals to help Parents address OveRweighT in children)**

**What is the purpose of the study?**

The purpose of the SUPPORT study is to explore how health professionals approach having conversations with parents or carers about their child’s weight when there is potential opportunity to do so.

We are inviting you to take part in a focus group to discuss and explore your thoughts and opinions on having these conversations. The following sections explain why we are asking you to take part in a focus group. Please take time to read the following information and feel free to contact us if there is anything unclear or you would like more information. Our contact details are presented at the end of this leaflet.

**Why have I been chosen?**

We would like to gather the experiences of those healthcare professionals who come into contact with parents and carers of primary school-aged children who have excess weight. We want to explore how these conversations are initiated and conducted, identifying any barriers to having effective conversations and discussing potential solutions to these. We also want to know what helps healthcare professionals have these conversations.

**What will happen?**

We will ask you to take part in a focus group with 6-10 other health care professionals. Before the focus group begins, we will ask you to complete a very short paper questionnaire asking you a few professional and personal details. During the focus group we will ask about your experiences and views of having conversations with parents and carers about their child’s weight. We will also ask you to consider a few clinical scenarios and explore you how you might start to have conversations in these different situations. Focus groups will last no longer than 90 minutes.

**What are the benefits of taking part in the study?**

Participation in this research can contribute towards your Continuing Professional Development (CPD). Upon completion of the focus group, we will offer you a ‘Participation in Research’ certificate that can be used as a record of CPD. The findings from this study will inform local healthcare systems so that they can better support healthcare professionals to have conversations with parents and carers about their child’s weight (see ‘How will the information from the focus groups be used?’ on page 2). There are no reimbursements available for taking part in a focus group.

**What are the risks of taking part in this study?**

There are no anticipated risks to you if you take part in the study.

**Where will the focus group take place and who will be interviewing me?**

We will arrange for the focus group to take place face to face, in a location convenient to you and other focus group participants. Trained researchers with experience in completing research focus groups will facilitate group discussions.

**Do I have to take part?**

No, participation is voluntary. If you agree to take part, you will be asked to sign a consent form before the focus group begins. If change your mind about taking part, you are free to withdraw from the study, however once you have contributed to a focus group discussion, your data will be retained in the study for research purposes.

**Will my taking part in the study be kept confidential?**

All the information you provide will be kept strictly confidential and stored securely at the University of Birmingham. Only the people conducting the focus groups, members of the research team and other persons authorised by the University of Birmingham (the study sponsor) will have access to any identifiable data you provide. The information that you provide will only be disclosed to other persons if there is a legal requirement to do so.

We would like to audio–record the focus groups so that we can be sure we have a full and accurate account of your views. The recordings will be kept on password protected computers at the University of Birmingham. A transcript of the recording will be made and kept securely, but all information that could be used to identify you as an individual will be removed. Transcription of the audio files will be undertaken by an external service, with a confidentiality agreement in place.

For information about your rights and what we do with personal data see our privacy notice at [insert link]

**How will the information from the focus groups be used?**

The information you provide will help us to develop a list of potential recommendations for how healthcare professionals can best be supported to have healthier weight conversations with parents and carers of children with excess weight.

A stakeholder workshop will then be held which will aim to prioritise these recommendations for action within local healthcare systems. The research team will aim to publish findings of the study in medical and other professional journals, and in non-scientific publications. There will be no information in any reports of this research that would enable you to be identified.

You can make a request to the study team (either at the focus group, or by telephone or email) to receive a summary of the recommendations resulting from this research.

**Who is organising and funding the research?**

The study is funded by Public Health England. The study sponsor is the University of Birmingham. The University has in force a Public Liability Policy and/or Clinical Trials policy which provides cover for claims for "negligent harm" and the activities here are included within that coverage.

**What if I have questions?**

You can contact members of the research team to discuss any questions you may have about taking part in this research study. Contact details for the research team are given at the end of this leaflet.

**What if I am unhappy with the research?**

If you have a concern about any aspect of this study, please speak to the research team who will do their best to answer your questions (contact details given at the end of this leaflet). If you remain unhappy and wish to make a complaint then you can contact the University of Birmingham Research Governance Manager: Dr Birgit Whitman (Tel: 0121 415 8011, email: [researchgovernance@contacts.bham.ac.uk](mailto:researchgovernance@contacts.bham.ac.uk)).

**What should I do now?**

If you are willing to take part, please contact the person who gave you this information leaflet or contact us directly using the details below. We will then provide a date and time for the focus group.

**Contact Information**

Frances Mason (Research Fellow - Birmingham) Tel: 0121 414 7869 Email: supportstudyiahr@contacts.bham.ac.uk

**THANK YOU FOR TAKING THE TIME TO READ THIS INFORMATION LEAFLET.**