

A Delphi analysis of a proposed educational intervention regarding nutrition and lifestyle changes within UK optometric practice.
Participant Information Sheet

Invitation

We would like to invite you to take part in a research study forming part of a Doctor of Optometry project for Nicola Milhench.

Before you decide if you would like to participate, take time to read the following information carefully and, if you wish, discuss it with others such as your family, friends or colleagues.

Please ask a member of the research team, whose contact details can be found at the end of this information sheet, if there is anything that is not clear or if you would like more information before you make your decision.

What is the purpose of the study?

The purpose of the study is to analyse the needs and desires of UK optometrists with respect to developing an educational event regarding nutritional and lifestyle advice within optometric practice. It will enquire about previous education and training experiences to obtain a consensus from practicing optometrists as the experts on their own training needs and desires.

Why have I been invited?

You are being invited to take part in this study because you are an optometrist practising in the UK.

The main inclusion criteria for this research project is:

- You are registered as an optometrist with the GOC before January 2019.
- You are working in practice seeing patients.

What will happen to me if I take part?

You will be asked to complete two online questionnaires collecting information regarding your opinions about what aspects you would find beneficial in an educational event about discussing nutrition and lifestyle changes with patients. You will be asked about your preferred methods of learning and types of literature that you find useful following educational events. It will ask your thoughts about working with or hearing from others outside of optometry, that work in fields relating to nutrition and a patient's experience of chronic illness.

The study is in the form of a Delphi Analysis therefore it consists of two questionnaires, with the answers from the first questionnaire creating the questions of the second questionnaire. Therefore to enable the follow-up questionnaire to be sent, you will be asked to provide a contact email. Your email address will be stored separately to your answers.

If you choose to complete the first questionnaire you are under no obligation to complete the second questionnaire.

Do I have to take part?

No. It is up to you to decide whether or not you wish to take part.

If you do decide to participate, you will be asked to provide consent. You will be provided with a consent statement regarding the use of your data in response to the questionnaire. If you agree to the conditions, please click the 'next' button. This will continue to the questionnaire questions, your completion and submission confirms your consent.

If you disagree with the conditions please close your browser.

You can discard the questionnaire at any time up until you submit your answers without giving a reason, by closing your browser and the information provided up until that point will not be entered into the data analysis. Once you press the 'submit' button because your data is anonymised it will not be possible to withdraw it.

Will my taking part in this study be kept confidential?

Yes. A code will be attached to all the data you provide to maintain anonymity. Analysis of your data will be undertaken using coded data.

Personal data collected (email address) will only be used for the purposes outlined in this participant information sheet e.g. to send the follow-up questionnaire.

The data we collect will be stored electronically on a secure encrypted mobile device, password protected computer server or secure cloud storage device

To ensure the quality of the research Aston University may need to access your data to check that the data has been recorded accurately e.g. for the purposes of audit. If this is required your personal data will be treated as confidential by the individuals accessing your data.

What are the possible benefits of taking part?

Although you may find participation in this research interesting, there may be no direct benefit to you as a result. However we hope that the findings of this research will help develop further training in nutrition and lifestyle advice in a form that is beneficial and engaging to optometrists. This in turn may alter clinical practice for the benefits of optometrists and their patients.

What are the possible risks and burdens of taking part?

The risk involved with this study is a data leak. To prevent personalised data being leaked, the email address will be separated from the question responses, which will be encoded and be stored electronically as previously described.

The burden of the study is the time taken to read the information and complete the questionnaires. Each questionnaire should take about 5-10 minutes to answer.

What will happen to the results of the study?

The results of this study may be published in scientific journals and/or presented at conferences. If the results of the study are published, your identity will remain anonymous.

A lay summary of the results of the study can be forwarded to you when the study has been completed. Should you wish to receive a copy, please contact a member of the research team."

The results of the study will also be used in Mrs Nicola Milhench's Ophthalmic Doctorate thesis.

Expenses and payments

There are no expenses and payments made to participants.

Who is funding the research?

The study is being funded by Aston University.

Who is organising this study and how is my data being used?

Aston University is organising this study and acting as data controller for the study. Research data will be used only for the purposes of the study or related uses identified in this Information Sheet or Appendix A.

Who has reviewed the study?

This study was given a favourable ethical opinion by the University Research Ethics Committee (UREC).

What if I have a concern about my participation in the study?

If you have any concerns about your participation in this study, please speak to the research team and they will do their best to answer your questions. Contact details can be found at the end of this information sheet.

If the research team are unable to address your concerns or you wish to make a complaint about how the study is being conducted you should contact the Aston University Research Integrity Office at research_governance@aston.ac.uk or via the University switchboard on +44 (0)121 204 3000.

Research Team

Professor. Nicola Logan: n.s.logan@aston.ac.uk (Supervisor)

Dr Duane Mellor: d.mellor@aston.ac.uk (Supervisor)

Dr Rebekka Heitmar: r.heitmar@hud.ac.uk (Supervisor)

Mrs Nicola Milhench: milhennj@aston.ac.uk (Student)

Thank you for taking time to read this information sheet. If you have any questions regarding the study please don't hesitate to ask one of the research team.



Aston University takes its obligations under data and privacy law seriously and complies with the Data Protection Act 2018 (“DPA”) and the General Data Protection Regulation (EU) 2016/679 as retained in UK law by the Data Protection, Privacy and Electronic Communications (Amendments etc) (EU Exit) Regulations 2019 (“the UK GDPR”).

Aston University is the sponsor for this study based in the United Kingdom. We will be using information from you in order to undertake this study. Aston University will process your personal data in order to register you as a participant and to manage your participation in the study. It will process your personal data on the grounds that it is necessary for the performance of a task carried out in the public interest (GDPR Article 6(1)(e)). Aston University may process special categories of data about you which includes details about your health. Aston University will process this data on the grounds that it is necessary for statistical or research purposes (GDPR Article 9(2)(j)). Aston University will keep identifiable information about you for 6 years after the study has finished.

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 at <https://www.aston.ac.uk/about/statutes-ordinances-regulations/publication-scheme/policies-regulations/data-protection> or by contacting our Data Protection Officer at dp_officer@aston.ac.uk.

If you wish to raise a complaint on how we have handled your personal data, you can contact our Data Protection Officer who will investigate the matter. If you are not satisfied with our response or believe we are processing your personal data in a way that is not lawful you can complain to the Information Commissioner’s Office (ICO).

When you agree to take part in a research study, the information about you may be provided to researchers running other research studies in this organisation and in other organisations. These organisations may be universities, NHS organisations or companies involved in health and care research in this country or abroad.

This information will not identify you and will not be combined with other information in a way that could identify you. The information will only be used for the purpose of research, and cannot be used to contact you.