

PARTICIPANT INFORMATION SHEET

PROJECT TITLE: Managing sleep disorders: Current practices, knowledge and attitudes in Primary Care.

HUMAN RESEARCH ETHICS COMMITTEE APPROVAL NUMBER: H-2018-257

PRINCIPAL INVESTIGATOR: Professor Doug McEvoy

Dear Participant,

You are invited to participate in the research project described below.

What is the project about?

This study aims to understand GPs' current practices, attitudes and confidence in managing sleep disorders; perceptions of existing sleep health care pathways and the enablers and barriers to change. In future stages of the study we aim to also gather data from nurses, pharmacists and psychologists about their current role in managing sleep disorders.

This study will provide a comprehensive analysis of current primary care practice needs with respect to sleep disorders management, laying important groundwork with which to design and evaluate new primary care management strategies. Analysis of in-depth data will be used to identify key leverage points, in order to develop strategies that test new models of care for improving how sleep disorders are managed in primary care.

Who is undertaking the project?

This project is being conducted by Doug McEvoy, Nigel Stocks, Nick Zwar, Ching Li Chai-Coetzer, Elizabeth Hoon and Sally Redman from the Universities of Flinders, Adelaide, Bond, Sydney and Sax Institute, as part of a Centre for Research Excellence, funded by the NHMRC and led by Doug McEvoy, entitled Positioning Primary Care at the Centre of Sleep Health Management.

Why am I being invited to participate?

You are being invited to take part because you are a registered GP or registrar currently working in General Practice in Australia.

What am I being invited to do?

You are invited to participate in a semi structured interview that can be conducted by phone at a time of your convenience (with consent, interview to be audio-recorded).

How much time will my involvement in the project take?

The interview should take no more than 45 minutes and you will be reimbursed for your time (\$150).

Are there any risks associated with participating in this project?

There are minimal risks associated with participating in the interview, with the inconvenience of giving up 45 minutes of your time, being the most likely burden.

What are the potential benefits of the research project?

While it is unlikely that there will be any immediate benefits for participants, the findings may be of interest to you and the project aims to provide insights into how we might enhance the way in which sleep disorders are managed in primary care. In the longer term the study may inform future pragmatic trials to aid assessment and management of sleep disorders.

Can I withdraw from the project?

Participation in this project is completely voluntary. If you agree to participate, you can withdraw from the study at any time.

What will happen to my information?

Audio recordings of the interviews will be transcribed by a paid transcriber who has signed a confidentiality agreement. Any identifying information will be removed from the transcription.

The transcription will be kept confidential and stored securely by the researchers for 5 years. It will not be given to your general practice. The anonymised transcription data may be used for future research purposes limited to the work of this Centre for Research Excellence into Sleep Health Services Research.

The results of this study may be presented and published in academic journals and presented at conferences. You will not be identified in any publications. If interview extracts are quoted, they will be anonymous with identifying information or events removed.

Your information will only be used as described in this participant information sheet and it will only be disclosed according to the consent provided, except as required by law.

Who do I contact if I have questions about the project?

If you are interested in participating, or have any questions or would like additional information, please contact: [Elizabeth Hoon, Phone: \(08\) 8313 1567, Email: Elizabeth.Hoon@adelaide.edu.au](mailto:Elizabeth.Hoon@adelaide.edu.au). Alternatively, you can contact:

Dr Andrew Vakulin, Senior NHMRC Research Fellow, Research Manager, Adelaide Institute for Sleep Health Flinders University of South Australia, Phone (08) 7221 8308 Email: andrew.vakulin@flinders.edu.au

What if I have a complaint or any concerns?

The study has been approved by the Human Research Ethics Committee at the University of Adelaide (approval number H-2018-257). This research project will be conducted according to the NHMRC National Statement on Ethical Conduct in Human Research (2007). If you have questions or problems associated with the practical aspects of your participation in the project, or wish to raise a concern or complaint about the project, then you should consult the Principal Investigator. If you wish to speak with an independent person regarding concerns or a complaint, the University's policy on research involving human participants, or your rights as a participant, please contact the Human Research Ethics Committee's Secretariat on:

Phone: +61 8 8313 6028

Email: hrec@adelaide.edu.au

Post: Level 4, Rundle Mall Plaza, 50 Rundle Mall, ADELAIDE SA 5000

Any complaint or concern will be treated in confidence and fully investigated. You will be informed of the outcome.

If I want to participate, what do I do?

If you are interested in participating or have any queries, please contact us by phone or email.

Yours sincerely,

Professor Doug MCEvoy, Professor Nigel Stocks, Professor Nick Zwar, Doctor Ching Li Chai-Coetzer, Professor Leon Lack, Professor Sally Redman, Professor Robert Adams, Doctor Andrew Vakulin, Doctor Anne Redman, Professor Bandana Saini, Associate Professor Christopher Gordon, Ms Nicole Grivell, Ms Sian Maloney and Doctor Elizabeth Hoon.