

Appendix 1. Participant information sheet

What is the purpose of this study?

This study is a survey that aims to find out *how you measure* blood pressure at home, *what you know* about home blood pressure measurement and *how you learned* about home blood pressure measurement. This study also includes optional follow-up interviews to provide a more detailed understanding of your experience of home blood pressure measurement. Using the results from this study we hope to develop tools to better support people to measure their blood pressure at home.

Who is conducting the study?

This study is being conducted by researchers at the Menzies Institute for Medical Research, University of Tasmania.

Why have I been sent this survey?

You have been invited to take part in this survey because you have previously provided your contact details to an organisation which supports this survey. At that time, you also gave that organisation permission to contact you.

If you were not directly sent a link to this survey via email, then you have accessed this survey through the link advertised on social media advertisements, flyers and posters.

What do I need to do?

All you need to do is complete the survey!

You will be prompted through all the survey questions after you click the link. This survey is expected to take about 15 minutes.

You will also be asked if you would like to hear from us about follow-up phone interviews. These follow-up interviews are optional, if you would like to take part, we will ask for your phone number and name so a member of the team can contact you.

What information do you need from me?

In this survey you will be asked general information (such as age and education), health information (such as existing heart conditions) and specific questions about home blood pressure measurement (such as when and why you measure your blood pressure at home). Answer the questions as accurately as possible. If you cannot provide the exact answer, giving an approximate answer is still useful. Do not guess answers. If you do not know the answer, please select 'I don't know'.

It is important that you complete this survey yourself. If you don't understand the survey questions for any reason or need someone else to complete the survey for you, we suggest that you do not participate.

Confidential storage, retention and destruction of your information.

All information collected within this study will be confidential and secure. All data will be stored electronically on secure University of Tasmania servers within Australia (no data will be stored in hard copies). Only approved researchers will be able to access the data. All identifiable data will be stored in the secure databases. Identifiable data will be de-identified during the analysis processes and when included in published content. All stored data will be destroyed 5 years after the completion of the study.

What happens with the results?

The data collected for this study will only be used for research approved by an ethics committee. The results from this study will be published in academic journals and presented at scientific conferences. We will use the study results to develop tools to improve the education and support available to people who measure their blood pressure at home.

Your participation is voluntary.

It is your choice to participate in this study or not. There will be no cost or reimbursement to you if you choose to take part in this study. By completing the survey you are providing consent for your responses to be used for research.

Are there any benefits or risks to taking part?

To recognise the contribution of participants in this research study we will run a draw to win one of 30 gift cards worth \$100. Entry into this draw is voluntary and requires providing your email address to receive the gift card if you are selected in the draw. The survey is split into two sections and each section offers an entry into the draw for one of the gift cards. If you participate in a follow-up phone interview you will also have the opportunity to have a third entry into the gift card draw.

It is your choice to participate in this study or not. There will be no cost or reimbursement to you if you choose to take part in this study. By completing the survey you are providing consent for your responses to be used for research.

Making changes to your responses

If you have any questions or concerns about your survey or interview responses please contact a team member.

- If you would like to amend your survey or interview responses please contact a study staff member using the contact details below. You must contact a team member and make the desired amendments within 14 days of survey or interview completion, respectively.

Your withdrawal from the study.

If you choose to take part in the study, but then change your mind, you are free to withdraw from the study.

To withdraw from the survey, follow these instructions:

- If you have started but not finished the survey, simply select 'exit'. The answers you have provided will not be sent to the study database or be included in the survey results.
- If you have completed the survey and wish to withdraw, please contact a study staff member using the contact details provided below. Please note that your survey response can only be withdrawn if you have provided your phone and/or email address where asked during the survey. If you did not provide this information, we will be unable to identify your survey response and withdraw your data.

To withdraw from the optional follow-up interview:

- If you have booked an interview, but wish to change the time or cancel the interview, please contact a study staff member using the contact details below.

- If you wish to withdraw whilst participating in an interview, let the study staff member conducting the interview know and the interview will cease immediately.
- If you wish to withdraw after completing the interview, please contact a study staff member using the contact details below.

Any questions or comments?

If you have any questions or concerns about this study, you can contact Niamh from the research team on:

- HBPM@utas.edu.au
- 03 6226 4293
- Menzies Institute for Medical Research, University of Tasmania, 17 Liverpool St, Hobart, AUSTRALIA, 7000.

This study has been approved by the Human Research Ethics Committee of Tasmania. If you have concerns or complaints about the conduct of this study, please contact the Executive Officer of the HREC (Tasmania) Network on +61 3 6226 6254 or email human.ethics@utas.edu.au. The Executive Officer is the person nominated to receive complaints from research participants. Please quote reference number H0028867.