

## EXPLANATORY STATEMENT

**Project ID: 40204**

**Project title: Co-de Nuts: Co-designing nut intervention with post-stroke adults**

**Dr Tammie Choi, Dr Barbara Rita  
Cardoso, Pik Chow**  
Department of Nutrition, Dietetics  
and Food, Monash University

Phone: +61 3 9902 4270

Email: [Tammie.Choi@monash.edu](mailto:Tammie.Choi@monash.edu)

**Adj Clin Prof Thanh Phan**  
Medicine Monash Health, Monash  
University  
Email: [Thanh.Phan@monash.edu](mailto:Thanh.Phan@monash.edu);

**Adj Assoc Prof Henry Ma**  
Monash Health

Email: [Henry.Ma@monash.edu](mailto:Henry.Ma@monash.edu)

You are invited to take part in this study. Please read this Explanatory Statement in full before deciding whether or not to participate in this research. If you would like further information regarding any aspect of this project, you are encouraged to contact the researchers via the phone numbers or email addresses listed above.

### What does the research involve?

This is a co-design study exploring the feasibility of a regular inclusion of nuts for post-stroke adults. The interview questions are structured with the purpose of co-designing the intervention with the participants. The elicited qualitative data from participants will inform the strategies to tailor the incorporation of 30g nuts to daily diet for post-stroke patients and inform the intervention design for the next phase of the study, which includes recruitment of a new group of participants.

Participants will be asked to take part in a 45-minute in-depth interview, via zoom or face-to-face, to understand post-stroke adults' lived experiences of incorporating nuts into their diet; and the perceptions of clinicians on nut consumption in this population group. The interview will be audio-recorded for analysis.

### Why were you invited for this research?

You have been invited to participate in this study as:

1. You have experienced a stroke, or;
2. You are a clinician who works with post-stroke clients.

### Source of funding

No funding was received for this research.

### Consenting to participate in the project and withdrawing from the research

Verbal consent to participate in this research is obtained at the beginning of the interview. During the interview, you are welcome to share as much or as little of your experience and perceptions as you feel comfortable. Please be reassured that your shared stories will be kept anonymous in all forms of report of the study. You have the right to withdraw from the study at any stage before the commencement of data analysis, as the interview transcript will be de-identified and combined with other data for analysis. Withdrawal from the study and choosing not to participate will not impact on your relationship with the Stroke Foundation and your clinicians/ clients.

### Possible benefits and risks to participants

As part of the interview, you will be presented with the latest science on nut consumption and cognitive function, which could provide new insights on post-stroke management for yourself/ your clients. Your input will also contribute to the design of the next phase of the study, which could benefit the wider community of stroke survivors.

There is no foreseeable risk for you to undertake the study other than the time spent in taking part in the interview.

### **Confidentiality**

Information shared by participants will be kept anonymous. Personal confidentiality will be maintained with the use of pseudonyms while findings are being reported in general. Any data reported research report and peer-reviewed manuscript, and presented at appropriate conferences will not be individually identifiable.

Otter AI will be used to transcribe interview recordings. The transcription service is password protected and is only accessible to members of the research team. Recordings and transcripts will be immediately transferred to the secure LabArchive portal and removed from Otter AI once the transcription is complete.

### **Storage of data**

Interview transcripts and recordings will be stored on the secure LabArchive portal which is only accessible to members of the research team. The hard copy data will be shredded and electronic data will be deleted after 7 years.

### **Results**

Once the data have been analysed and the final report is prepared, participants will be able to access a summary of the findings by contacting the Chief Investigator ([tammie.choi@monash.edu](mailto:tammie.choi@monash.edu)) approximately 12 months after participation.

### **Complaints**

Should you have any concerns or complaints about the conduct of the project, you are welcome to contact the Executive Officer, Monash University Human Research Ethics Committee (MUHREC):

Executive Officer  
Monash University Human Research Ethics Committee (MUHREC)  
Room 111, Chancellery Building D,  
26 Sports Walk, Clayton Campus  
Research Office  
Monash University VIC 3800

Tel: +61 3 9905 2052      Email: [muhrec@monash.edu](mailto:muhrec@monash.edu)      Fax: +61 3 9905 3831

Thank you,

**Dr Tammie Choi**