



Participant Information Sheet

PROJECT TITLE: Consumers' Perspectives of Mind-Body Therapies in Physiotherapy Treatment for People with Persistent Pain Post-Stroke

HUMAN RESEARCH ETHICS COMMITTEE APPROVAL NUMBER: H-2023-271

PRINCIPAL INVESTIGATOR: Dr Melissa Oxlad

STUDENT RESEARCHER: Ms Nicole Prideaux

STUDENT'S DEGREE: Doctor of Philosophy

Dear Participant,

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

What is the project about?

This research project aims to explore the knowledge/awareness, perceptions and experiences that people with persistent pain following a stroke have about mind-body therapies (for example yoga, mindfulness, meditation, hypnosis) as a potential therapeutic intervention, including the provision of mind-body therapies by a physiotherapist.

Who is undertaking the project?

This project is being conducted by Ms Nicole Prideaux. This project will form the basis of a Doctor of Philosophy at the University of Adelaide under the supervision of Associate Professor Melissa Oxlad, Associate Professor Diana Dorstyn and Dr Brendon Haslam.

Why am I being invited to participate?

You are being invited to participate because you are a person aged 18 years and over, fluent in English, living in the Australian community, who has persistent pain (pain that persists or recurs for more than three months) following a stroke.

What am I being invited to do?

You are being invited to participate in an interview about your knowledge/awareness, perceptions and experiences of mind-body therapies as a potential therapy intervention for people with persistent pain following a stroke, and the potential provision of mind-body therapies by physiotherapists. Interviews will be conducted via telephone/teleconferencing or at the University of Adelaide (North Terrace Campus) at a time convenient for you. The interview will be recorded, so that an anonymous transcript of the interview can be made.

How much time will my involvement in the project take?

The interview is anticipated to take approximately 1 hour of your time. You will be offered a \$30 gift card as compensation for your time.

Are there any risks associated with participating in this project?

It is possible that you may experience emotional distress in reviewing information regarding your stroke and pain. Should you require support, you can contact Lifeline on 13 11 14 or Beyond Blue on 1300 224 636. Alternatively, you can contact your GP, or Dr Melissa Oxlad (Principle Investigator) who is a qualified psychologist on (08) 8313 6411 or Melissa.oxlad@adelaide.edu.au.

What are the potential benefits of the research project?

The findings of this study will help to clarify our understanding of people's experience of persistent pain following stroke as well as their perspectives regarding mind-body therapies as a therapeutic intervention. The findings may also generate information for health professionals and support organisations, including physiotherapists, to better improve information, interventions and support services for people living with persistent pain following stroke. It is not anticipated there will be any immediate benefits to you from your participation.

Can I withdraw from the project?

Participation in this project is completely voluntary. If you agree to participate, you can withdraw from the study until data analysis, which will begin after you and other participants have been sent their interview transcript to review. Non-participation or withdrawal will not affect your ongoing or future involvement in any studies at the University of Adelaide.

What will happen to my information?

Confidentiality and Privacy

Your name, and any identifying items (e.g., hospital service names) will not be used in this research and a pseudonym will be used as necessary. You will not be identified in any publication or presentation resulting from the research. While all efforts will be made to remove any information that might identify you, as the sample size is small, complete anonymity cannot be guaranteed. However, the utmost care will be taken to ensure that no personally identifying details are revealed.

Storage

All information and data for this project will be stored securely. All electronic data collected will be stored according to the University of Adelaide's policy, on a secure server with password protection. This data will be stored for a period of five years post-publication and will only be accessible by the researchers.

Publishing

Your name and any identifying information will remain confidential. You will not be identified in any publications; only summary data will be published. Findings from the research may be published in a Doctor of Philosophy thesis, a book, thesis, journal article, news article, report, on a website and in conference presentations.

Sharing

Data will be made available for use in future studies as indicated on your consent form. Only your de-identified information will be used in the future. This de-identified data may be shared with other researchers according to your consent. You may elect to receive a copy of your transcript on your consent form.

If you would like to receive a copy of the research findings you may provide an email address at the end of the interview. Your email address will be stored separately from your interview transcript. 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?

Primary contact: Associate Professor Melissa Oxlad - melissa.oxlad@adelaide.edu.au

Other researchers: Ms Nicole Prideaux – nicole.prideaux@adelaide.edu.au (for participation enquiries please contact Nicole as the student researcher)

Associate Professor Diana Dorstyn – diana.dorstyn@adelaide.edu.au

Dr Brendon Haslam - B.Haslam@latrobe.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-2023-271). This research project will be conducted according to the NHMRC National Statement on Ethical Conduct in Human Research 2007 (Updated 2018). 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 3, 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 would like to participate, please sign the attached consent form and return it to the research team via email (nicole.prideaux@adelaide.edu.au). The research team will then be in contact via email or phone to schedule an interview time. You will be sent a reminder and a Zoom link the day before your interview.

Yours sincerely,

Dr Melissa Oxlad
Ms Nicole Prideaux
Associate Professor Diana Dorstyn
Dr Brendon Haslam

Support Resources

To talk to someone right away:

- [Lifeline](#)
Available 24/7: 13 11 14
- [Beyond Blue](#)
Available 24/7: 1300 224 636

If reviewing your stroke and pain information has caused you any distress or you have concerns about your wellbeing, please contact your GP.