

Project Information Sheet for Service Users

Weight Management Programme

Clear Conversations Research Project: Helping you to understand health advice.



- Please read this information sheet to see if you would like to take part in this research project. **The sheet is in two parts.**
- **Part 1** tells you what the project is about. It tells you what will happen to you if you decide to be in this research.
- **Part 2** tells you how we will keep the information you share with us safe and secure.
- **Please read Part 1 first.** If you think you would like to take part, please read part 2 before you decide.
- If you would prefer you can listen to the project information audio [here](#). Or contact us and we can provide you with the audio link.
- Please get in touch if you have any questions.
- You can find our contact details at the end of page 2.



Part 1.

What is this research project about?

- This research project aims to improve health workers communication skills.
- We will train health workers to communicate clearly.
- This is to help people understand what they need to do to improve their health.
- We hope this will lead to improved health.
- This project will start in Spring 2024 and end in March 2025.



Why are we asking you to take part?

- You will be attending the Live Life Better Derbyshire, Weight Management Programme.
- Half the staff running the programme will have been trained to communicate clearly.
- We want to understand whether their training makes a difference to you.



What are the risks and benefits to you if you take part?



- There are no risks to you if you do or do not take part in the research project.
- If you take part, we hope it will:
 - Improve your experience of the Weight Management Programme.
 - Help you to improve your health.
 - Help us to understand if the training is working.
 - Help us to continue to improve staff's communication skills in the future.

What will happen to you if you agree to take part?



- The researcher will ask you to complete a questionnaire.
 - Before you start the programme.
 - At the end of the programme.
 - It should take no more than 15 minutes to complete.
- We can help you to complete the form if you need it.**
- The programme staff will share the information they already collect about you with the researcher. For example, how much you weigh when you start and finish the programme. This is so the researcher can look for any changes.
 - The researcher will also watch or record the staff running the programme sessions.

Do you have to take part?



- No. You do not have to take part if you do not want to.
- You can continue with the Weight Management Programme, and it will not affect you in any way.
- If you do want to take part, you can change your mind at any time. You do not need to give a reason.
- If you decide to stop taking part it will not change your treatment. But we will keep the information that we have already collected about you.

What do you do if you want to take part?



- If you want to take part in this research, please contact the lead researcher, **Cheryl Grindell**.
- Email : c.a.grindell@sheffield.ac.uk
- Telephone or text: **07934178779**
- By post: Cheryl Grindell,
Health and Care Research Unit, c/o SCHARR,
The University of Sheffield,
30 Regent Street, Sheffield,
S1 4DA
- If you decide to take part, we will ask you to sign a consent form to say you agree to take part in the project.

This is the end of Part 1.

Please read Part 2 if you think you would like to be in this research

Part 2.

How will we store the information you share with us?



- We will give you a code name or study number at the start of the project. This is to make sure no one else will know that the information we collect is about you.
- We will keep all the information we have about you safe and secure.
- We will store it in University of Sheffield secure computer file stores. Only the researchers will be able to look at this information.

Can you change or withdraw the information you give us?



- We only keep a copy of your information that does not have your personal details on it.
- This is so anyone who reads it cannot tell it is yours.
- So we will not be able to let you change or see the information you have shared with us after we have collected it.
- We will keep and use the un-named information we collect from you, even if you stop taking part in the project.



How long will we keep your information for?

- We will destroy or delete any personal information, like your name, age, and postcode, at the end of the study.
- We will keep some of the information we collect for up to 10 years. For example, the consent form.
- This is so we can check the results and make sure that the research has been done properly.

What will we do with the results from the project?



- We will share the results with Derbyshire Community Health Services and Derbyshire County Council. This is so they can improve the services they provide you.
- We will also share the results with other people. This is so they can learn from our work.
- We will share the findings in different ways:
 - We will write up the results of the research in reports and research journals.
 - We will share the results at conferences in presentations or posters.
- We will make sure you are not named so no-one can tell the results are yours.
- We will provide you with a copy of the results at the end of the study if you would like them.



Will your information be used by anyone else?

- If you take part in this research, we will ask you if your un-named information can be used in future research.
- You can find out more about how we use your information on the website below:
www.hra.nhs.uk/information-about-patients/



Are there laws for processing your information?

- Yes. The law asks us to tell you how we will use your information.
- We will process your information for research and in the public interest.
- You can find out more about the law for processing your personal data on the website below:
<https://www.sheffield.ac.uk/govern/data-protection/privacy/general>.



Who will make sure the project is carried out properly?

- This project is being organised by the University of Sheffield. We are working in partnership with Derbyshire Community Health Services and Derbyshire County Council.
- The University must make sure your information is looked after properly and used in the correct way.
- The project has been checked by Camden and Kings Cross NHS Research Ethics Committee.
- This is to make sure that we carry out the research in the correct and safe way.



What do you do if there is a problem?

- If you are unhappy about how you have been involved in this project, you can make a complaint.
- You can do this by contacting the lead researcher. Their details are on page 2 of this sheet.
- If you are unhappy with how the lead researcher has dealt with your complaint, please contact:

Professor Alicia O’Cathain

The Head of the Department of the Health and Care Research Unit

Email: a.ocathain@sheffield.ac.uk

Telephone: 0114 2220770

Thank you for taking the time to read this information sheet.

Please do contact us if you have any questions or you would like more information.