



Participant Information Sheet – People with cancer

Project Title: Developing a yoga program for mental health in people with cancer: survey of cancer patients and yoga teachers

Project Summary:

You are invited to participate in a research study being conducted by Maria Gonzalez, PhD student, under the supervision of Professor Jerome Sarris, Deputy Director NICM Health Research Institute. The research is an online survey seeking to gather information about your cancer diagnosis and experience with yoga in order to develop a randomised controlled clinical trial investigating the effects of yoga on mental health in people with cancer in a later study.

How is the study being paid for?

This study is being funded by NICM Health Research Institute and Western Sydney University. There is no external funding for this project.

What will I be asked to do?

You will be asked to complete an online survey containing questions regarding your cancer diagnosis, current status of mental health and wellbeing and your experience with and preferences regarding participation in a yoga practice.

Inclusion and exclusion eligibility criteria

Inclusion criteria: aged over 18 years, diagnosed with any type of cancer (undergoing or finished treatment), ability to read and write in English.

Exclusion criteria: Severe physical, cognitive, and/or verbal impairments that interfered with a patient's ability to give informed consent for research.

How much of my time will I need to give?

It is anticipated that it will take no longer than 10 minutes of your time.

What benefits will I, and/or the broader community, receive for participating?

Psychological distress in people with cancer can have a number of negative consequences for affected people, such as reducing quality of life and increasing the experience of physical symptoms. It is therefore important to address issues such as anxiety and depression to reduce or eliminate these effects. Yoga interventions have the potential to improve psychological symptoms in people with cancer. Participation in this research will provide important information for the development of a clinical trial to investigate the effect of yoga on mental health in people with cancer.

Will the study involve any risk or discomfort for me? If so, what will be done to rectify it?

We do not foresee any risks from participation in this study but please let us know if you have any concerns or contact your healthcare team. Alternatively, Cancer Council offer an information and support line on 13 11 20.

How do you intend to publish or disseminate the results?

The results of this research project will be used to design a clinical trial. It is also anticipated that the results obtained will be published and/or presented in a variety of forums. The survey is anonymous so no identifying data will be collected. As such, you will not be identified in any publications arising from the research.

Will the data and information that I have provided be disposed of?

Please be assured that only the researchers will have access to the raw data you provide. However, your data may be used in other related projects for an extended period of time. We only intend to use the data collected from this survey to help inform the yoga for mental health trial we have planned for 2020.

Can I withdraw from the study?

Participation is entirely voluntary and you are not obliged to be involved. If you do participate you can withdraw at any time without giving reason. However, as the survey is anonymous, it may not be possible to remove your data.

Can I tell other people about the study?

Yes, you can tell other people about the study by providing them the details of the investigator below to discuss their participation in the research project and obtain a copy of the information sheet. Alternatively, you may provide them with the survey link: <https://bit.ly/2STALRb>

What if I require further information?

Please contact Maria Gonzalez should you wish to discuss the research further before deciding whether or not to participate.

Email: m.gonzalez2@westernsydney.edu.au

What if I have a complaint?

If you have any complaints or reservations about the ethical conduct of this research, you may contact the Ethics Committee through Research Engagement, Development and Innovation (REDI) on Tel +61 2 4736 0229 or email humanethics@westernsydney.edu.au.

Any issues you raise will be treated in confidence and investigated fully, and you will be informed of the outcome.

Completion of the survey indicates your consent to participate. The information sheet is for you to keep.

This study has been approved by the Western Sydney University Human Research Ethics Committee. The Approval number is H13426.