

# Participant Information Statement



## ***Research Study: Evaluating a stigma reduction module for healthcare professionals***

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### **1. What is this study about?**

The Obesity Collective, in collaboration and consultation with healthcare professionals, community members, and weight stigma experts have developed an educational module targeted at healthcare professionals called *Understanding the science and reality of obesity for better patient care*. We are conducting a research study to find out whether this educational module can successfully reduce weight stigma. Specifically, we aim to discover:

- Healthcare professionals' satisfaction and engagement with the module
- Whether the module influences perceptions of obesity in healthcare professionals.

Taking part in this study is voluntary.

Please read this sheet carefully and ask questions about anything that you don't understand or want to know more about.

### **2. Who is running the study?**

The study is being carried out by the following researchers:

- Dr James Kite, Prevention Research Collaboration, Sydney School of Public Health and Charles Perkins Centre, The University of Sydney
- Dr Xochitl de la Piedad Garcia, School of Behavioural and Health Sciences, Australian Catholic University
- Dr Briony Hill, Health and Social Care Unit, School of Public Health and Preventive Medicine, Monash University
- Dr Joanne Rathbone, School of Medicine and Psychology, Australian National University
- Dr Zanab Malik, School of Health Sciences (Oral Health), College of Health, Medicine and Wellbeing, The University of Newcastle
- Dr Elizabeth Holmes-Truscott, School of Psychology, Deakin University
- Dr Blake Lawrence, School of Population Health, Curtin University
- Dr Timothy Broady, Centre for Social Research in Health, University of New South Wales

- Professor John Dixon, Iverson Health Innovation Research Institute, Swinburne University of Technology
- Tiffany Petre, The Obesity Collective

This study is being supported by The Obesity Collective, but the researchers are receiving no payment for their involvement.

### 3. Who can take part in the study?

We are seeking healthcare professionals to take part in this study. You are eligible to participate if you:

- Are a pre-registered or registered and practicing healthcare professional
- You completed the educational module.

### 4. What will the study involve for me?

You have already completed the *Understanding the science and reality of obesity for better patient care* educational module. You may consent to take part in one or more aspects of this study:

- 1) We would like to collect your module responses and self-reflections from the module. If you consent to this part of the study, please indicate this by filling in the appropriate response on the study invite page at the end of the module. If you only agree to participate in this part of the study and do not wish to participate in the other aspects (detailed below), no further action is needed from you.
- 2) With your consent, we will invite you to complete two short online surveys: one now and one in approximately four weeks' time. The information that we will collect includes your attitudes about obesity and some additional demographic information. Each survey should take no more than 10 minutes to complete. Completing the surveys will be taken as consent to participate in this part of the study.

You do not need to take part in both parts of the study.

We will also be analysing usage analytics from the module, including the number of unique users who engage with the module, completion rates, time spent on the module, and whether the users are claiming CPD credit. All data will be collected in the aggregate, meaning that individual users are not identifiable. No action is needed from you regarding this part of the study as we are unable to separate your data from all other users.

### 5. Can I withdraw once I've started?

Being in this study is completely voluntary and you do not have to take part.

Your decision will not affect your current or future relationship with the researchers or anyone else at The University of Sydney. There will also be no impact on your relationship with The Obesity Collective, NSW Health, or any of the affiliate universities listed on this information sheet. This includes having no bearing on your eligibility for continuing professional development (CPD) points from completing the module.

If you decide to take part in the study and then change your mind you can withdraw by contacting Tiffany Petre at [tpetre@theobesitycollective.org.au](mailto:tpetre@theobesitycollective.org.au). It is possible to withdraw from this study until the point at which data analysis has been completed. If you choose to withdraw, we will not collect any more information from you. Please let us know at the time you withdraw what you would like us to do with information we have collected about you up to that point. There are no consequences for withdrawing from this study.

## **6. Are there any risks or costs?**

Aside from giving up your time, we do not expect that there will be any risks or costs associated with taking part in this study. However, given you completed some self-reflection questions in the module about your own practices, it is possible that you may experience some discomfort. Please be assured that many people hold their own biases (implicit or explicit) and that this is normal. If you wish to explore avenues to debrief from your participation, you may wish to consider reaching out to your GP or to the services listed below.

### Mental Health Services

- Beyond Blue  
Ph: 1300 224 635  
[www.beyondblue.org](http://www.beyondblue.org)
- Lifeline Australia  
Ph: 13 11 14  
[www.lifeline.org.au](http://www.lifeline.org.au)
- The Australian Psychological Society  
Ph: 1800 333 497  
[www.psychology.org.au/FindaPsychologist](http://www.psychology.org.au/FindaPsychologist)

## **7. Are there any benefits?**

You will not receive any direct benefits from being in the study.

## **8. What will happen to information that is collected?**

By providing your consent, you are agreeing to us collecting information about you for the purposes of this study.

Any information you provide us will be stored securely and we will only disclose identifiable information with your permission, unless we are required by law to release information. We are planning for the study findings to be published. You will not be individually identifiable in these publications.

Your data will be collected via the module and survey platforms and retained for 5 years the conclusion of the study, after which time it will be securely destroyed by permanently deleting digital data. Data from this research will not be used for other purposes unless you give permission to use your data for future research questions. Data will only be accessed by the researchers named on this information sheet.

If you provide your email address, it will only be used for the purposes of follow-up and will not be stored with your survey responses. A unique ID will be used to link post-module and four-week survey outcomes. The Obesity Collective will manage all contact details – these will not be passed to the researchers outside the Obesity Collective except with your permission.

### **9. Will I be told the results of the study?**

You have a right to receive feedback about the overall results of this study. If you wish to receive a copy of the results, please indicate your interest at the end of the survey or email James Kite using the details listed at the top of this information sheet. This feedback will be in the form of a brief lay summary.

### **10. What if I would like further information?**

When you have read this information, James Kite will be available to discuss it with you further and answer any questions you may have. You can contact him on the contact details listed at the top of this sheet.

### **11. What if I have a complaint or any concerns?**

The ethical aspects of this study have been approved by the Human Research Ethics Committee (HREC) of The University of Sydney [2023/567] according to the *National Statement on Ethical Conduct in Human Research (2007)*.

If you are concerned about the way this study is being conducted or you wish to make a complaint to someone independent from the study, please contact the University:

Human Ethics Manager  
[human.ethics@sydney.edu.au](mailto:human.ethics@sydney.edu.au)  
+61 2 8627 8176

***This information sheet is for you to keep***