

# Example information sheet for potential participants

## A Research Project Investigating Health Behaviour and Control Beliefs Following Stroke

### Introduction

I would like to invite you to participate in this project, which is concerned with the things you do to stay healthy following your stroke and also the things you did to stay healthy before your stroke. I am also interested in how much control you feel you have over your health.

### Why am I doing the project?

The project is part of my final year for my degree course at the University of Kent. It is hoped that the project could provide useful information for healthcare professionals about advice and recommendations given to people who have suffered a stroke.

### What will you have to do if you agree to take part?

Return the response slip to me in the envelope provided so that I know you are interested.

1. We will arrange a time to meet, which is convenient for you and in your own home if that is appropriate.
2. There will be one, single interview with myself during which I will ask you questions from three questionnaires. The interview is expected to last no longer than half an hour and is a one-off event.
3. When I have completed the study I will produce a summary of the findings which I will be more than happy to send you if you are interested.

### How much of your time will participation involve?

One interview lasting no more than half an hour.

### Will your participation in the project remain confidential?

If you agree to take part, your name will not be recorded on the questionnaires and the information will not be disclosed to other parties. Your responses to the questions will be used for the purpose of this project only and I will not have access to any of your medical records. You can be assured that if you take part in the project you will remain anonymous.

### What are the advantages of taking part?

You may find the project interesting and enjoy answering questions about the things you do to stay healthy and your beliefs about stroke. Once the study is finished it could provide information about stroke, which is useful to healthcare professionals.

### Are there any disadvantages of taking part?

It could be that you are not comfortable talking about your stroke and the things you do to stay healthy.

### Do you have to take part in the study?

No, your participation in this project is entirely voluntary. You are not obliged to take part, you have been approached as a member of the Canterbury Stroke Club with a view that you might be interested in taking part, this does not mean you have to.

If you do not wish to take part you do not have to give a reason and you will not be contacted again. Similarly, if you do agree to participate you are free to withdraw at any time during the project if you change our mind.

### What happens now?

If you are interested in taking part in the study you are asked to complete the attached response slip and return it to me in the pre-paid envelope provided. Once I have received the slip I will contact you so we can arrange to meet at a time that is convenient for you. I can then visit and hold the short interview. If you decide you would rather not participate in this study you need not return the response slip to me. Simply ignore this letter and no further contact will be made.

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