



## **Appendix E: Participant Information Sheet – Women in perimenopause/women (Interviews)**

**Project Title:** Promoting oral healthcare among women in perimenopause/menopause: A mixed methods study to inform intervention strategies.

### **Project Summary:**

You are invited to participate in a research study being conducted by Namitha Thomas, Ph.D. student at the Australian Centre for Integration of Oral Health (ACIOH), School of Nursing and Midwifery, Western Sydney University, under the supervision of Prof Ajesh George, Prof Kath Peters, Dr. Kate O'Reilly, and Dr. Mariana S Sousa. This interview is part of a larger study investigating the perceptions and practices of women in perimenopause/menopause in the management of oral health and identifying the acceptability and feasibility of involving healthcare providers in the management of oral health of women in this area.

### **How is the study being paid for?**

This project is being undertaken as part of a Ph.D. at WSU and will be supported by the Australian Government Research Training program stipend Scholarship (Doctor of Philosophy) through Western Sydney University. In addition, this project is receiving in-kind support from ACIOH.

### **What will I be asked to do?**

If you agree to be involved in this project, you will be asked to participate in an interview to help us understand perceptions and practices of oral healthcare among women in perimenopause/menopause and the acceptability and feasibility of involving healthcare providers in managing oral health.

If you choose to participate in the interview it will be conducted by the chief investigator and any individually identifying information will be removed prior to sharing the transcript with the supervisory team.

### **How much of my time will I need to give?**

It is anticipated that the interview will take approximately 30-40 minutes to complete.

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

The information gathered from this interview will help in identifying the perceptions of women regarding oral healthcare, and the acceptability and feasibility of women in perimenopause/menopause towards healthcare providers promoting oral health.



Beyond this, there will be no immediate benefit to the community. A \$ 30 gift voucher will be given for their time and participation in the study.

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

There is no risk of financial or physical harm and nil use of invasive procedures in this research project. However, there is a potential risk that completing the interviews could cause some emotional distress in some participants due to recalling personal experiences relating to the cessation of menstruation and reproduction and various oral health concerns. To address this, contact details of free counseling services ( if required) will be provided. You can also withdraw from the interview anytime in case of discomfort.

**How do you intend to publish or disseminate the results?**

It is anticipated that the results of this research project will be published and/or presented in a variety of forums. In any publication and/or presentation, information will be provided in such a way that the participant cannot be identified. Transcripts from the audio-taped interviews will be de-identified prior to the data being analysed.

Findings from the study will be used as part of the Chief Investigator's thesis and may be submitted for publication, however, individuals will not be identifiable. If you wish to receive information about the findings of the research study, you may provide your contact details and the Chief Investigator will provide you with a report following project completion.

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

No. Your data will be used as per Western Sydney University's Open Access Policy. This means that data collected from this study can be made available online and worldwide in perpetuity.

**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. If you participate in an interview and choose to withdraw after transcripts have been de-identified, data collected from you prior to withdrawal may not be able to be deleted and may be used for the purpose of this project.

**Can I tell other people about the study?**

Yes, you can tell other people about the study by providing them with the Chief Investigator's contact details. They can contact the Chief Investigator to discuss their



participation in the research project and obtain an information sheet.

**What if I require further information?**

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

Namitha Thomas (Chief investigator)

Phone: +61 2 8738 9367

Email: [20628260@student.westernsydney.edu.au](mailto:20628260@student.westernsydney.edu.au)

Prof Ajesh George

Phone: +61 2 8738 9356

Email: [A.George@westernsydney.edu.au](mailto:A.George@westernsydney.edu.au)

Prof Kath Peters

Email: [k.peters@westernsydney.edu.au](mailto:k.peters@westernsydney.edu.au)

Dr. Kate O'Reilly

Email: [Kate.Oreilly@westernsydney.edu.au](mailto:Kate.Oreilly@westernsydney.edu.au)

Dr. Mariana S. Souza

Email: [mariana.desouzaesousa@uts.edu.au](mailto:mariana.desouzaesousa@uts.edu.au)

**Privacy Notice**

Western Sydney University staff and students conduct research that may require the collection of personal and/or health information from research participants.

The University's Privacy Policy and Privacy Management Plan set out how the University collects, holds, uses and discloses personal or health information. Further details about the use and disclosure of this information can be found on the [Privacy at Western Sydney webpage](#)

**What if I have a complaint?**

If you have any complaints or reservations about the ethical conduct of this research, you may email the Ethics Committee through Research Services:

[humanethics@westernsydney.edu.au](mailto:humanethics@westernsydney.edu.au).

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

If you agree to participate in this study, you may be asked to sign the Participant Consent Form. The information sheet is for you to keep, and the consent form is retained by the researcher/s.

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

**WESTERN SYDNEY**  
UNIVERSITY

