



APPENDIX A : PARTICIPANT INFORMATION SHEET – WOMEN IN PERIMENOPAUSE/MENOPAUSE (SURVEY)

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 (WSU), under the supervision of Professor Ajesh George, Professor Kath Peters, Dr. Kate O'Reilly, and Dr. Mariana S Sousa. This national survey is part of a larger study investigating the knowledge, attitudes, and practices of women in menopause or approaching menopause (perimenopause) in the management of oral health and identifying barriers and facilitators 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 WSU. In addition, this project is receiving in-kind support from ACIOH.

What will I be asked to do?

You will be asked to participate in a national survey to understand the current knowledge, attitudes, and practices of women in menopause/ perimenopause regarding oral health. At the end of the survey, you will also be provided with an opportunity to participate in a follow-up interview at a later time (if interested) by sharing your contact details.

How much of my time will I need to give?

It is anticipated that the survey will take approximately 15-20 minutes to complete.

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

The information gathered from the survey regarding the impact of poor oral health among women in perimenopause/menopause will help in addressing the oral health needs of women in perimenopause/menopause. Developing an understanding of the barriers women face may help in developing supportive strategies to improve oral health. Beyond this, there will be no immediate benefit to the broader community.



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 online survey 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 survey at any time in case of any 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, except with your permission. Survey data is anonymous, and codes will be used to identify participants.

Findings from the study will be used as part of the Chief Investigator's thesis and may be submitted for publication and conferences, 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 send you 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. Please note that the researchers will be unable to extract and delete specific information provided by a participant from the survey as this data is anonymous. Therefore, 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 a copy of the information sheet and link/hardcopy of the survey.



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.

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OR

Click on the link to know more (online link to the study website)

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.

Any issues you raise will be treated in confidence and investigated fully, and you will be informed of the outcome.
retained by the researcher/s.

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

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