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**PARTICIPANT INFORMATION SHEET – HEALTHCARE PROFESSIONALS**

**Study title:** Co-design of a very brief behavioural change approach to assist healthcare professionals discuss pulmonary rehabilitation with people with COPD

**Invitation Paragraph:** You are being asked to take part in a research study. Before you decide, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and discuss it with others if you wish. Please get in touch if there is anything that is not clear or if you would like more information email: chat\_study@brunel.ac.uk or telephone 01895 265949. Take time to decide whether or not you wish to take part. Thank you for reading this.

**What is the purpose of the study?** Pulmonary rehabilitation (called rehab for short) is an exercise and education programme for people with lung conditions. It improves breathlessness and quality of life and results in fewer and shorter hospital admissions. Despite this, only a small number of people are referred for rehab and not everyone who is referred, agrees to attend the programme.

In the past, there were similar problems with the referral of smokers to stop smoking services. However, a way of changing people’s behaviour, called Very Brief Advice, has increased the number of people referred for support and who stop smoking. Very Brief Advice, which is widely used in the NHS, involves an online training course for healthcare workers that teaches them how to discuss a referral to stop smoking services with smokers. Changing Very Brief Advice so it can be used by healthcare workers to discuss a rehab referral with people with COPD may be a way to increase the number of people who agree to be referred to rehab.

The aim of this one-year study is to work with people with COPD, their carers and family and healthcare professionals to change Very Brief Advice so it can be used by healthcare professionals to discuss a rehab referral with people with COPD.

**Why have I been invited to participate?** A total of 16 people with lung disease and 16 healthcare professionals will take part in the study. You are being invited to take part because you have expressed an interest in the study, are 18 years or older, able to provide informed consent, and meet one of the following study entry criteria:

1. Healthcare professional with at least one year’s experience working in rehab (e.g. physiotherapist, nurse, occupational therapist) OR;
2. Healthcare professional with at least one year’s experience of referring patients to rehab OR;
3. Rehab clinical expert e.g. member of national or international committee.

**Do I have to take part?** As participation is entirely voluntary, it is up to you to decide whether or not to take part. If you do decide to take part you will be given this information sheet to keep and will be asked to complete an online screening form to check whether you’re eligible to take part in the study. If you are ineligible to take part in the study, all of the information you submitted on the screening form will be deleted once we let you know that we can’t enrol you in the study. If you are eligible to take part, you will be asked to complete an online consent form to make sure you are satisfied with all aspects of the study.

If you decide to take part you are still free to withdraw at any time without detriment or without having to give a reason. However, it will not be possible to extract your interview data if they have been anonymised (one month after your interview), nor will it be possible to extract your data from the workshop or focus group due to the group nature of the event.

**What will happen to me if I take part?** This study will last 18 months and participants will be involved on four to six occasions over 18 months. The study will involve the following:

* **Interview:** You will be invited to attend an online interview with a member of the research team. The purpose of the interview is to ask your opinion about how Very Brief Advice could be adapted for rehab. The interview will last 30-40 minutes and you will be offered a comfort break after 30 minutes. The interview will be audio-recorded and transcribed by the research team or an external company (the audio-recording will be sent to an external company by email or file transfer). You can indicate whether or not you give permission for an external company to transcribe your interview by way of the consent form. Once transcribed, your name and organisation will be anonymised and the audio-recording deleted.
* **Two workshops** **(optional):** You do not have to do this part of the study, it is optional. You can indicate whether or not you want to be selected to be involved in the consent form. Three healthcare professionals and two people with COPD who took part in the interviews will be invited to take part in two online workshops. During the workshop you and the rest of the group will work with the research team to discuss the results of the anonymised interviews and design Very Brief Advice for rehab. The two online workshops will last for one to two hours and a comfort break will be offered after one hour. The workshops will be audio-recorded and transcribed by the research team or external company (the audio-recording will be sent to an external company by email or file transfer). You can indicate whether or not you give permission for an external company to transcribe your interview by way of the consent form. Once transcribed, your name and organisation will be anonymised and the audio-recording deleted.
* **Two focus groups:** You will be invited to attend two online focus group involving eight people, which will be facilitated by the research team. The purpose of the focus group is to allow the research team to present the results of the interviews and ask for feedback to develop Very Brief Advice for rehab. The focus group will last one hour with a comfort break after 30 minutes. The focus group will be audio-recorded and transcribed by the research team or external company (the audio-recording will be sent to an external company by email or file transfer). You can indicate whether or not you give permission for an external company to transcribe your interview by way of the consent form. Once transcribed, your name and organisation will be anonymised and the audio-recording deleted.
* **Trial of Very Brief Advice training programme and focus group:** You will be invited to trial the online training programme for Very Brief Advice for rehab. This should take approximately 30 minutes. You will then be invited to attend an online focus group with the other healthcare professionals who were interviewed. It will be facilitated by the research team. The purpose of the focus group is to share your feedback on the online training programme. The focus group will be facilitated by the research team and last one hour with a comfort break after 30 minutes. The focus group will be audio-recorded and transcribed by the research team or external company (the audio-recording will be sent to an external company by email or file transfer). You can indicate whether or not you give permission for an external company to transcribe your interview by way of the consent form. Once transcribed, your name and organisation will be anonymised and the audio-recording deleted.

You are encouraged to be open and honest about your opinions during the study.

As a gesture of gratitude, participants will be provided with £25 voucher for taking part in the interview and two focus groups. Participants who take part in the two co-design workshops will be given an additional £25 voucher. Participants who take part in the trial of Very Brief Advice for rehab training programme and focus group will be given an additional £25 voucher.

**Are there any lifestyle restrictions?** There are no lifestyle restrictions.

**What are the possible disadvantages and risks of taking part?** This is a low-risk study. Care will be taken to minimise any distress during the study and the following distress protocol will be used to manage any distress that arises:

* If you become upset during any study activity e.g. consent, interview, workshop, focus group, the researcher will first offer to pause, postpone or stop the activity and advise again that your participation is voluntary. In the case of severe distress, you will be encouraged to share your feelings with your manager. The researcher will offer to contact your GP on your behalf. We anticipate that distress caused by the research will be infrequent and is unlikely to reflect the research processes.

**What are the possible benefits of taking part?** This study does not involve any treatment and people who take part are unlikely to benefit from taking part. As a gesture of gratitude, participants will be provided with £25 voucher for taking part in the interview and two focus groups. Participants who take part in the two co-design workshops will be given an additional £25 voucher. Participants who take part in the trial of Very Brief Advice for rehab training programme and focus group will be given an additional £25 voucher.

**What if something goes wrong?** If you wish to make a complaint about any aspect of the way you have been approached or treated during the course of the study, you can contact the research team or the research office. Details of how to do this are on page 6. If you are harmed by taking part in this research project, there are no special compensation arrangements. If you are harmed due to someone’s negligence, then you may have grounds for a legal action but you may have to pay for it.

**Will my taking part in this study be kept confidential?** All data will be handled in accordance with the Data Protection Act (2018), the EU General Data Protection Regulation (GDPR) and the conditions of the research ethics committee. All study information will be kept strictly confidential and saved in secure, user-restricted, password-protected files on a Brunel University London server. Data will be stored for 10 years in line with Brunel University London policy.

Interviews, workshops and focus groups will be audio-recorded and transcribed. The transcriptions will be checked for accuracy, anonymised and all reference to participant’s names and organisations will be removed. The audio-recordings will then be deleted.

With your permission, we may use anonymised quotes from the interview, workshop and focus group which will include your years of experience and role. An example of this is: *“I think pulmonary rehabilitation is under-resourced” 3 years’ experience, pulmonary rehabilitation practitioner.* You can indicate whether or not you give permission for this by way of the consent form.

If during the course of the research evidence of harm or misconduct come to light, then it may be necessary to break confidentiality. We will tell you at the time if we think we need to do this, and let you know what will happen next.

Any information about you which leaves the University will have all your identifying information removed. With your permission, anonymised data will be stored and may be used in future research – you can indicate whether or not you give permission for this by way of the consent form.

**Will I be recorded, and how will the recording be used?** The interview, workshop and focus group will be audio-recorded (on Microsoft Teams) and transcribed. Once the transcriptions have been checked for accuracy and anonymised, the audio-recordings will be deleted. Both recordings and transcriptions will be saved in secure, user-restricted, password-protected files on a Brunel University London server.

**What will happen to the results of the research study?** The results of the study will be shared with you at the end of the study by email or letter – you can indicate your preference for hearing about the study in the consent form. The study results will be published in a research journal, presented at a research conference and shared on the study website and with lung disease charities and healthcare professional societies. The research team will then investigate the feasibility of using Very Brief Advice for rehab in the NHS, and whether people find it acceptable.

**Who is organising and funding the research?** This study is organised by Dr Claire Nolan, Brunel University London. The study sponsor is Brunel University London. The study is funded by a National Institute for Health and Care Research Advanced Fellowship.

**What are the indemnity arrangements?** Brunel University London provides appropriate insurance cover for research which has received ethical approval.

**Who has reviewed the study?** The College of Health, Medicine and Life Sciences Research Ethics Committee has reviewed this study.

**Research Integrity:** Brunel University London is committed to compliance with the Universities UK [Research Integrity Concordat](http://www.universitiesuk.ac.uk/policy-and-analysis/reports/Documents/2012/the-concordat-to-support-research-integrity.pdf). You are entitled to expect the highest level of integrity from the researchers during the course of this research.

**Contact for further information and complaints**

**Researcher name and details:**

Dr Claire Nolan │ [claire.nolan@brunel.ac.uk](mailto:claire.nolan@brunel.ac.uk) │ 01895 265949

**For complaints, Chair of the Research Ethics Committee:**

Professor Louise Mansfield │Louise.Mansfield@brunel.ac.uk

If you choose to take part in the study, you will be given a copy of the information sheet and signed consent form to keep.

**Thank you for taking the time to read this information sheet**