

Exploring weight loss in Salford

Participant Information Sheet

You are being invited 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 ask if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part. Thank you for taking the time to read this.

Who will be doing the research?

My name is Nia Coupe, and I am the lead researcher on this study. I am a student at The University of Manchester and am doing this research as part of a degree, which is being supervised by:



Dr Sarah Peters
Division of Psychology
University of Manchester
Coupland Building 1
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Dr Sarah Cotterill
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I have undergone a satisfactory Disclosure and Barring Service (DBS) check.



What is this research about?

Many people who try to lose weight don't manage to lose as much weight as they'd like to, and so this research is trying to find a way to help people lose weight more successfully. We are doing this by designing a pledge which we hope will help people to commit to their weight loss goals and therefore lose more weight. In order to do this, we think it is important to gather the views of people who have tried to lose weight before, either successfully or unsuccessfully, and so we are planning to interview a range of people from across Salford.

Why me?

You have been chosen because we are interested in speaking with people who have been to a weight loss group in your area. You will have been given this form because you are about to start a weight loss course, or you are going to one at the moment, or you have recently completed a course.



What will I have to do?

Here is what we will ask you to do if you decide to take part:

- 1) Sign a consent form so we have a record that you have agreed to take part.
- 2) Arrange a time, day and place suitable for me to come and talk with you. This session will last as long as you are happy with, but usually about an hour. I will ask you questions about

yourself and your weight loss experience. If you are happy to, this session will be recorded so that I don't forget what you have said, and so that I can write it all down later.

Will I be paid?

You will not be paid for your time, but all expenses will be covered, so for example if you would rather meet somewhere outside of your home which means getting a bus, then we will pay your bus fare.

Who will find out what I've said?

Everything you say will be confidential, so we won't tell anybody else outside of the research team. We won't put your name on any recordings. All of the recordings will be kept for 5 years after the research study finishes, which is the amount of time we legally have to keep them.

All of the data will be kept in a locked cabinet, which is only accessible by the research team. We won't feedback what any individual person has said to anyone by name. We may want to use quotes to write up our research findings, but these will be anonymous, so no names or personal information will be used.



What if I don't want to do it?

That is fine; you don't have to take part if you don't want to.

Who has approved the research?

Before any research happens, it has to be assessed and approved by an ethics committee, to make sure the research is ethical. This research

study has been approved by the University Research Ethics Committee (UREC) at The University of Manchester.



Can I change my mind?

Yes, you can change your mind at any time during the research study. If you decide you no longer want to take part, we won't contact you again and you don't have to give a reason.

What if I want to complain?

If you have a complaint about any aspect of this research, please contact me, Nia Coupe, on 0161 3061750. However, if you would prefer not to discuss your complaint with me, please contact Dr Sarah Peters on 0161 275 2558 or Dr Sarah Cotterill on 0161 206 4567.



If you wish to make a formal complaint about the conduct of the research you can contact a Research Governance and Integrity Manager, Research Office, Christie Building, University of Manchester, Oxford Road, Manchester, M13 9PL, by emailing research.complaints@manchester.ac.uk or by telephoning 0161 275 2674 or 275 8093.

I'm still not sure; who can I speak to?

You can talk to me, Nia Coupe, if you have any questions. You can contact me on the phone, by email or by post:



0161 306 1750



nia.coupe@postgrad.manchester.ac.uk



Nia Coupe, Room H24a, Coupland Building 1, The University of Manchester, Oxford Road, M13 9PL.

You may also want to speak with your family and friends, or with the person who ran your weight loss group. Talking it through might help you make a decision.

I've made up my mind; what do I do now?

If you've decided **to take part**, please either contact me directly or send the ['consent to contact' form](#) to me at the address above and I will contact you to arrange for us to meet. If you've decided **not to take part** you don't need to do anything; you will not be contacted again.



This project has been approved by the University of Manchester's Research Ethics Committee.

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<http://clahrc-gm.nihr.ac.uk>