



## EXPLANATORY STATEMENT

(Health Professionals working with people with diabetes )

Project: Health professional attitudes towards mindfulness and diabetes management .

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You are invited to take part in this study. Please read this Explanatory Statement in full before deciding whether or not to participate in this research. If you would like further information regarding any aspect of this project, you are encouraged to contact the researchers via the phone numbers or email addresses listed above.

### What does the research involve?

The purpose of this study is to explore whether the theory of planned behaviour constructs are associated with health professionals' intentions to use mindfulness based interventions (MBIs) as a complementary and alternative medicine (CAM) modality in the diabetes population. The study also aims to determine which of these factors correlate most strongly with the health professionals' intention to apply MBIs in the clinical management of patients with diabetes experiencing psychological stress.

You will be asked to complete an online survey consisting of closed-ended, quantitative questions posed on a Likert scale. You will be required to answer questions about your beliefs and intention to use MBIs for the management of psychological stress in people with diabetes. The survey seeks to elicit information about your beliefs and opinion regarding the utilization and outcome of MBIs, attitudes towards MBIs, referrals to MBIs providers, familiarity and experience with MBIs and perceived patient demand and need for education on MBIs. The survey is expected to take about 15 to 20 minutes to complete and can be completed on any device that connects to the internet.

### Why were you chosen for this research?

You were chosen for this research because you are a health professional likely to be involved in the management and care of people with diabetes. If you did not respond to the invitation link via social media, your email may have been obtained from the organisation/s in which you work for or are a professional member of or from public databases.

### Source of funding

Monash University has provided \$350 in funding for this research project as part of the student's Graduate Diploma of Psychology Advanced degree.

### Consenting to participate in the project and withdrawing from the research

Please be advised that responses to the survey you provide will be anonymous and participation is voluntary and you may withdraw from the study at any time *prior* to submitting your responses. Submission of the survey will be taken as an implied consent and it will not be possible to withdraw from the study after that as responses are provided as all data collected will be anonymous and no individual information can be identified. If you chose not to participate you need not respond to the invitation to participate in the survey.

### Possible benefits and risks to participants

Participation in the study may raise health professionals' awareness of a complementary and alternative medicine (CAM) therapy in the diabetes population otherwise not widely used and recognised in mainstream medicine. This

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research will afford participants an opportunity to reflect on their own attitudes and current practice with regard to CAMs.

There are no risks associated with the participation in the survey as questions only measure about attitudes towards using mindfulness techniques in diabetes management.

It is possible that other's may identify that you as may be participating in the research in general as emails will be sent via organisations but responses to questions are anonymous.

### **Services on offer if adversely affected**

There is no foreseeable issues of adverse effects as a result of participating in this study. If there are any concerns or request regarding the research participants are encouraged to the research team.

### **Payment**

Participants will be offered a chance to go into a draw to win one of four \$50 gift vouchers for completing the survey.

### **Confidentiality**

No identifying personal information will be collected. Hence, the privacy of the participants will be protected when exporting data from the questionnaire software Qualtrics to the researcher for analyses. Only aggregated de-identified information will be used to be published or presented at a conference for public view.

### **Storage of data**

Online data from the questionnaires will be retained in a secure, password protected LabArchive software within the University's IT system. Only the researchers, will have access to the data. After 5 years, once the data has been all analysed and no longer required, all electronic data will be deleted.

### **Use of data for other purposes**

The key findings from the study may be used to further develop health apps suitable for healthcare service. Assure participants that only aggregate de-identified data may be used for other projects where ethics approval has been granted.

### **Results**

The results will be available in September 2018 and may be presented at a conference for public view or the results can be sent to participants at their request.

### **Complaints**

Should you have any concerns or complaints about the conduct of the project, you are welcome to contact the Executive Officer, Monash University Human Research Ethics (MUHREC):

Executive Officer

Monash University Human Research Ethics Committee (MUHREC)

Room 111, Chancellery Building E,

24 Sports Walk, Clayton Campus

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Thank you,