

EXPLANATORY STATEMENT

(Chinese, South Asian and Caucasian women with previous gestational diabetes mellitus over 18 years living in Australia)

Project ID: 44150

Project title: Vanguard 2024 Gestational Diabetes Project (*Vanguard 2024 Chinese and South Asian Women Project*)

Siew Lim Health Systems and Equity Unit, Eastern Health Clinical School Phone: +61 447 558 686 email: siew.lim1@monash.edu	Heidi Ng Health Systems and Equity Unit, Eastern Health Clinical School Phone: +61 434 950 380 email: heidi.ng@monash.edu
---	---

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?

This research is a collaboration between Monash University and Diabetes Victoria to investigate and address the low engagement with the *Life!* program among the largest migrant subgroups in Australia (Chinese and South Asian) to reduce the cardiometabolic risks of women with a history of gestational diabetes through an innovative co-design approach. We will also be interviewing Caucasian women in Australia to explore the differences in health beliefs between the different cultural groups. This study consists of semi-structured interviews and a series of co-design workshops, which will address the following aims to improve the reach and engagement of Chinese and South Asian women who have had gestational diabetes mellitus by:

1. Exploring the role of individual health beliefs and modifying factors in cardiometabolic risk reduction
2. Developing culturally appropriate messaging for a community cardiometabolic risk reduction program
3. Conducting stakeholder mapping and developing referral pathways to the *Life!* program
4. Developing an implementation and evaluation plan for a pilot intervention

The one-on-one interviews will run online via Zoom for 1 hour and the co-design workshops will also run online for 1.5 hours with approximately 12 to 15 participants in each workshop (group sessions with either Chinese women, South Asian women or health professionals). Caucasian women will only be taking part in the interviews and health professionals will only be taking part in workshops. The researchers will discuss the aims outlined above in the interviews and co-design workshops. We would like to observe you during this process by Zoom and audio recording the sessions to allow us to make observations and create a report of the findings afterwards to inform the next steps in the co-design process. The audio recordings will be sent to a professional service (e.g. Happy Scribe) for transcription. We may contact you in the future to participate in 1-3 follow-up workshops.

Why were you invited for this research?

You have been identified by the research team as someone interested in improving the reach and engagement of Chinese and South Asian women who have had gestational diabetes mellitus; and as someone interested in improving the health of women who have experienced gestational diabetes.

Source of funding

This study is funded by the Heart Foundation.

Consenting to participate in the project and withdrawing from the research

After reading this explanatory statement, if you are interested in taking part in this research, we will ask you to read and if you agree to the terms, you will be asked to complete the online consent form provided. Due to the nature of the workshop and group work, we will be unable to exclude your data from the workshop if you decide to withdraw after beginning the project. However, your interview data and your contact details will be removed upon withdrawal.

Possible benefits and risks to participants

We cannot guarantee or promise that you will receive any direct benefits from this research; however, you may appreciate contributing to improving the information, support and services provided to women with a history of gestational diabetes in reducing cardiometabolic diseases. Your participation in this research is not likely to pose any risks beyond normal day-to-day activities beyond potential discomfort in discussing health and sharing your experiences with, beliefs and perspectives on gestational diabetes. By participating in this study, you will be consenting to Zoom recording and audio transcription being taken throughout the online interview and workshops.

Services on offer

To ensure your comfort during the online interview and workshops, the following link ([Monash University's Ergonomics](#)) contains tips and resources on setting up your desk in an ergonomic way. This will assist you in maintaining a comfortable and healthy posture throughout the session. Please take a moment to review and adjust your workspace accordingly before the interview and workshops. If the interview or workshops cause any health/social issues or distress, the following services are available for seeking help:

- Beyond Blue 1300 22 4636 (<https://www.beyondblue.org.au/>)
- Perinatal Anxiety & Depression Australia 1300 726 306 (<https://panda.org.au/>)
- Maternal and Child Health Service 13 22 29
- Lifeline Australia 13 11 14 (<https://www.lifeline.org.au/>)
- Blue Knot Foundation 1300 657 380 (<https://www.blueknot.org.au/>)
- Mental Health Online (<https://www.mentalhealthonline.org.au/>)

Payment

You will be reimbursed for your participation in the interview and workshops (\$40/hour) in the form of a digital gift card valued up to \$180, at the completion of the study. Your name may be provided to the Monash finance team for auditing purposes.

Confidentiality and use of data for other purposes

Any personal information obtained through this research such as consent forms, email addresses and phone numbers will remain confidential. Zoom recordings, audio recordings, and interview and workshop transcripts will have your names and personal details de-identified. Any Zoom recordings taken throughout the study will not have links to your name unless you otherwise consent. Zoom recording transcripts may be used reproduced, published, communicated or broadcasted in different forms (including via a website, social media, publication, poster, or presentation) or Monash University advertising, marketing, informational, promotional, educational or research purposes. The interviews and workshops will be recorded via a Monash Zoom account and audio recordings will be sent to a professional service (e.g. Happy Scribe) for transcription. The observational data will not include identifiable information. In accordance with data-sharing guidelines, de-identified data may be made available for use by other researchers. This data will be held in secure public repositories and may be a requirement of some journals prior to publication. Any shared data will not include your identifying details. It is anticipated that the results of this research project will be published and/or presented in a variety of forums including on the digital data repository Monash.figshare, academic publications and reports by the Diabetes Victoria and the Heart Foundation.

Storage of data

Data collected will be stored in accordance with Monash University regulations, kept on University premises in a locked filing cabinet (hardcopy) and on a secure online archive system, for at least five years after the publication of

the data until it is no longer required after which time it will be destroyed. Hard copy data will be destroyed in a way to prevent re-identification and electronic data will be deleted from the archive system it was stored on when no longer required.

Results

The findings of the interviews and workshops will be published in the form of a report, webinars, on the digital data repository Monash.figshare, academic publications and/or presented at conferences. Reports will also be provided to the funding body (Heart Foundation) and collaborators (Diabetes Victoria). Quotes from transcripts may be used in these.

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 Committee (MUHREC):

Executive Officer

Monash University Human Research Ethics Committee (MUHREC)

Room 111, Chancellery Building D,

26 Sports Walk, Clayton Campus

Research Office

Monash University VIC 3800

Tel: +61 3 9905 2052

Email: muhrec@monash.edu

Fax: +61 3 9905 3831

Thank you,

Siew Lim and Heidi Ng