

PLAIN LANGUAGE STATEMENT AND CONSENT FORM



TO: Participant (Adults living with type 1 diabetes)

Plain Language Statement

Date: 05/07/2027

Full Project Title:

Experiences, attitudes, and perceptions of registered nurses and diabetes educators and people living with type 1 diabetes toward insulin self-management in hospital settings.

Principal Researcher: Dr Monica Peddle

Student Researcher: Pippa Lin

Associate Researcher(s): Dr Virginia Hagger

Project Questions:

1. What are Registered Nurses' and Diabetes Educators' experiences, attitudes and perceptions of insulin self-management implemented in adult hospitals?
2. What are the experiences of adults with type 1 diabetes mellitus in adult hospitals of insulin self-management?
3. How is insulin self-management associated with satisfaction with care in adults with type 1 diabetes mellitus during hospitalisation in adult hospitals?

Purpose:

We are inviting people with type 1 diabetes to take part in this study who have had a recent hospital admission. Your experiences of managing insulin in the hospital are important. We recognise that you manage your insulin every day and have detailed knowledge of your own condition, routines, technology, and insulin needs. The purpose of this study is to better understand your experiences of insulin management during a hospital admission, including what worked well, what felt unsafe or frustrating, and what could be improved.

Your feedback will help us understand how hospitals can support safe, collaborative care between patients and healthcare staff.

Plain Language Statement & Consent Form to [Adults with type 1 diabetes]
[2026/HE000901]: version 1.0 Amended 29/08/2026

The information collected may help guide future hospital policies, staff education, and clinical processes for insulin self-management.

Who can participate

Adults 18 years and over living with Type-1-Diabetes.

Have been admitted to an adult hospital within the last 2 years.

What is involved:

- This study involves an online survey consisting of a mix of tick-box and short-answer questions.
- Access to a computer, laptop, or handheld device is required to complete the survey.
- **It is expected that the survey will take no longer than 15 minutes to complete.**

Is it compulsory to participate?

- Taking part in this survey is voluntary. You can stop completing the survey at any time before you submit it by closing your browser window.
- If you choose not to participate, this will in no way impact your employment or relationship with Deakin University.
- You will be asked to give your consent before commencing the survey by ticking a box to acknowledge your consent. All completed questions will be retained and included. However, you may exit the survey at any point if you do not wish to continue.
- Some survey questions may need to be answered before you can proceed to the next question.
- Once you submit the survey, you will not be able to withdraw your responses. This is because the survey is anonymous, so we will not be able to identify which responses are yours or remove them from the data.

What if I become upset during the survey?

- We do not expect this survey to cause you to become upset. However, some questions may prompt you to reflect on your experiences that may feel uncomfortable or upsetting. If you feel upset or would like support, you are encouraged to speak with someone you trust, such as a General Practitioner or Credentialed Diabetes Educator.
- If you would like to find a Diabetes Educator, you can visit the Australian Diabetes Educators Association: <https://portal.adea.com.au/findacde>

- You can also contact Beyond Blue on 1300 22 4636 for free and confidential mental health support. Beyond Blue is available 24 hours a day, 7 days a week. If you are in immediate danger or need urgent help, please call 000.

What will be done with the results of the survey?

- This research will form part of a PhD project through Deakin University.
- The findings may be shared in several ways, including in a PhD thesis, journal publication, and conference presentations. The researchers plan to submit the study for publication in a nursing journal. Abstracts may also be submitted to relevant diabetes conferences and organisations, such as the Australian Diabetes Educators Association and Australian diabetes-related committees or conferences.
- The final thesis will be stored in the Deakin University Research Repository, where it may be publicly available.
- Individual participants will not receive personal results from the study; however, participants can contact the research team by emailing Pippa Lin at pcli@deakin.edu.au for a summary of the results. Alternatively, a link to a separate survey at the conclusion of the survey will allow you to leave your email address for the researchers to email you the study results. This link will be completely separate from your survey results and cannot be traced back to them.
- Any published or presented findings will report only overall results, and no individual participant will be identified.
- All data will be securely stored in the Research Data Planner (RDP) provided by Deakin University.

Who can I contact for further information about the study?

- You can contact Pippa Lin pcli@deakin.edu.au for further details.

Complaints

If you have any complaints about any aspect of the project, the way it is being conducted or any questions about your rights as a research participant, then you may contact:

The Human Research Ethics Office, Deakin University, 221 Burwood Highway,
Burwood, Victoria 3125, Telephone: +61 3 9251 7129, research-ethics@deakin.edu.au

Please quote project number **[2026/HE000901]**.