Participant Information Sheet
Navigating Perimenopause: A Study on Symptom Tracking, Healthcare Communication, and Effective Tools Among Women in Transition

Department: Computer and Information Sciences
Study Title: Navigating Perimenopause: A Study on Symptom Tracking, Healthcare Communication, and Effective Tools Among Women in Transition

Introduction
Hello, and thank you for your interest in this study! My name is Kiran Mahn, and I am a 4th-year Computer Science undergraduate at the University of Strathclyde. I am conducting this research study to understand how women navigate perimenopause, focusing on how they track their symptoms, communicate with healthcare providers, discover their perimenopausal status, and identify which tools and strategies work best for them. This study aims to gather insights that could help improve support systems and resources for women transitioning into perimenopause and will develop a new prototype app. If you have any questions or need additional information, please feel free to reach me at my email: kiran.mahn.2021@uni.strath.ac.uk. Thank you for taking the time to consider this invitation.

Purpose of the Research
The purpose of this research is to understand how perimenopausal women track symptoms, identify patterns, and communicate with healthcare providers. By examining the tools and methods they currently use, the study aims to develop a new prototype app to support women record their symptoms, which could help support their mental and physical health. Insights from this research will provide recommendations a new prototype app which will aim to empower women to recognize health patterns, triggers and enhance self-care and medical discussions.

Voluntary Participation
Participation in this research is entirely voluntary, and it is each your choice whether to take part. Choosing not to participate or deciding to withdraw at any point will not affect any other aspect of your care experiences. You have the right to withdraw from the study at any time without any negative consequences.

What will you do in the project?
This research is being conducted for an Undergraduate Dissertation Project between November 2024 – April 2025 and has three parts. You do not have to participate in all 3 if you do not wish to.

> **User Requirements (Nov 20 – Dec 31):** In preparation for building the product you will be asked to complete an online questionnaire that takes about 7 minutes to complete. This online questionnaire will contain questions aimed at trying to understand your premenopausal, perimenopause, or menopause

experiences and requirements for the prototype app. At the end of the survey if you will to be contacted about the next steps such as app testing and feedback, there will be a section for you to provide your email and by doing so you will be giving your consent to be contacted about your interesting in participating in any of the next steps.

Testing and evaluation (Jan 1 – March 25):
After the prototype application has been made, you will be asked to use the app. This will involve creating an account with the app (username, password, and email) and tracking your premenopausal, perimenopausal, or menopausal symptoms for up to one week. This does not have to be a real email, and your password should not be an existing password that you use for another site or service. Your email, username, password, and any information you provide in using the app will be stored on the university run server. Only the researcher and their supervisor will have access to this data which will be deleted in April of 2025 when the study is complete. You may also be asked to complete an online survey about your experience using the app. You may be contacted again for round of testing and feedback after improvements to the app are made.

Why have you been invited to take part?
You have been invited to take part because you are a woman between the ages of 30-60.

What information is being collected in the project?
The following information will be collected from each participant:
- Age
- Responses to questionnaire and interview questions
- Email (if you choose to allow us to contact you about future stages of testing and feedback. If so your survey responses will be completely separate from the email you provide us with)
- Email (if you choose participate the app testing stage)

Data Security and Access
Your data will be anonymized, and only the researcher and supervisor will have access to it. All data will be securely stored and deleted upon study completion.

Thank you for reading this information – please ask any questions if you are unsure about what is written here.

All personal data will be processed in accordance with data protection legislation. Please read our Privacy Notice for Research Participants for more information about your rights under the legislation.

What happens next?
If you would like to learn more about the project or participate, please contact Kiran Mahn at the University of Strathclyde. You will be asked to sign a consent form before starting. Results will form part of the dissertation report and may be published in

external dissemination activities (e.g. conference or publication); if you decide not to participate, thank you for your time and attention.

Contact Information:
- **Researcher:** Kiran Mahn, kiran.mahn.2021@uni.strath.ac.uk
- **Chief Investigator and Dissertation Supervisor:** Dr Lisa McCann, lisa.mccann@strath.ac.uk
- **Ethics Committee Contact:** ethics@cis.strath.ac.uk

This research was granted ethical approval by the Department of Computer and Information Sciences Ethics Committee.

If you have any questions/concerns, during or after the research, or wish to contact an independent person to whom any questions may be directed or further information may be sought from, please contact: ethics@cis.strath.ac.uk