

App-delivered Sleep ThERapy for Older Individuals with insomnia (ASTEROID Study)

PART A - ONLINE SURVEY

PARTICIPANT INFORMATION SHEET AND CONSENT FORM

Introduction

You are invited to take part in a survey for people with insomnia or poor sleep. In this study, we aim to determine the digital health preferences and user experience needs in relation to a new mobile application to improve sleep.

You have been invited to participate in this study because you have insomnia or have poor sleep. This Participant Information Statement (PIS) tells you about the research study. Knowing what is involved will help you decide if you want to take part in the research. Please read this carefully and ask questions about anything that you don't understand or want to know more about.

Participation in this research is voluntary. If you do not wish to take part, you do not have to and without consequence. If you decide you want to take part in the research study and continue to the survey, it is assumed you consent to the details in this document.

What is the purpose of this research?

The purpose of this research is to determine the digital behaviours and User Experience (UX) needs for a mobile sleep app in older adults from the community aged 60 years or over. SleepFix is one such app that has been developed as a digital tool by the Woolcock Institute to deliver digital brief behavioural therapy for insomnia (dBBTi) in adults. However, this app has not yet been tested in or optimised for an older population. This survey will be completed online and distributed nation-wide. It will be a key resource in optimising the SleepFix app for the successful treatment of insomnia and poor sleep within this population.

The study is sponsored by the Woolcock Institute of Medical Research, supported by a grant from the Cooperative Research Centre (CRC) for Alertness Safety and Productivity.

Who can take part in the study?

You can complete the survey if you have insomnia, poor sleep and if you are aged 60 or over.

What does participation in this research involve?

This study is entirely online and anonymous. If you agree to participate, you are simply required to fill out the online questionnaires through the secure online platform (www.sleepsurvey.com.au). You will first be asked to complete two short questionnaires assessing insomnia symptoms and poor sleep (5 minutes). If eligible, you will then be asked to read this participant information sheet and give your consent by digitally ticking the "I consent to taking part in the study" checkbox. This will allow you to progress to the online survey (10-15 minutes). The survey consists of 22 questions about your phone usage, preferences relating to sleep mobile application features and previous experiences with health mobile applications. The questions will be a mix of multi-part questions, Likert-type scale questions, yes-no and 'select all that apply' questions as well as some open-ended questions. Absolutely no identifiable data will be collected.

Can I withdraw from the study once I've started?

Participation in this study is entirely voluntary. You do not have to take part in it. Your decision whether to participate will not affect your current or future relationship with the researchers or anyone else at The University of Sydney or Woolcock Institute of Medical Research.

Submitting your completed questionnaire is an indication of your consent to participate in the study. You can withdraw your responses any time before you have submitted the questionnaire. Once you have submitted it, your responses cannot be withdrawn because they are anonymous and therefore we will not be able to tell what data is yours.

What are the side-effects and/or risks associated with this study?

Aside from giving up your time, we do not expect that there will be any risks or costs associated with taking part in this study.

What are the benefits associated with being in the study?

It is hoped that by taking part in this research, you will be providing valuable information regarding sleep health app usage and behaviours of older adults who are poor sleepers. This may aid in the development of a mobile application that may be effective at treating poor sleep in this population.

We are also offering participants who complete the survey, the opportunity to take part in a prize draw for 1 of 3 eGift Cards valued at \$200 each.

If you wish to take part in the prize draw, you will need to provide a mobile number following completion of the survey (on the last page). Your mobile number will then go into a draw with the other participants who completed the survey. When the survey completion time closes, a random draw of supplied mobile numbers will be undertaken by a researcher who is not involved in the study. The successful participant will be notified by a telephone call to the mobile number. Please note, participation in the prize draw is voluntary.

How do I access the results of the study?

You have a right to receive feedback about the overall results of this study. You can tell us that you wish to receive feedback by providing your contact details in the survey. This feedback will be in the form of a summary of the project's findings. You will receive this feedback after the study is finished.

What will happen to the data I enter?

All information obtained during this study is anonymous as we collect no personal identification. By providing consent, you are agreeing to these conditions and understand that any data published in scientific journals will not identify you.

All questionnaire and survey data will be captured on an encrypted web-based database connected through the backend of the public-facing study website (www.sleepsurvey.com.au) via a securely encrypted link. The database is stored securely using password protection that only authorised research members have access to.

Any contact details you enter for either the prize draw, or to receive study outcome information will be collated in a separate file on the database that will not be attached to your survey responses. These files will be permanently deleted once their purpose has been fulfilled.

Contact Information

If you still have questions or require more information after reading this document, Dr Christopher Gordon and his team are available at Telephone: +61 2 9114 0481 or email: SleepFix@woolcock.org.au

Ethics approval and complaints

The ethical aspects of this research project have been approved by the Sydney Local Health District (SLHD) Health Research Ethics Committee (HREC). This project will be carried out according to the *National Statement on Ethical Conduct in Human Research (2007, updated 2018)*. This statement has been developed to protect the interests of people who agree to participate in human research studies. Should you wish to discuss the study or view a copy of the Complaint procedure with someone not directly involved, particularly in relation to matters concerning policies, information or complaints about the conduct of the study or your rights as a participant, you may contact the HREC Executive Officer, Merela Ghazal, on 02 9515 6766 or email SLHD-RPAEthics@health.nsw.gov.au

In giving my consent, I state that:

I have read and understood the **Online Survey Participant Information Sheet Version 1.0 (July, 2021)** for the above named research study.

- I am aware that there is minimal risk with the procedures involved in this study.
- The researchers have answered any questions that I had about the study, and I am happy with the answers.
- I freely choose to participate in this study and understand that I can withdraw at any time up until I submit the completed survey.
- I understand that the research survey is strictly confidential, and my answers are anonymous.

By ticking this box, I hereby agree to participate in all aspects of this research study.

☐ I consent to taking part in the study.

{CONSENT BUTTON IN LIEU OF:

NAME:

SIGNATURE:

DATE: }