University of Glasgow
Institute of Health & Wellbeing

Participant Information Sheet – Small-scale evaluation

TITLE OF PROJECT: Intervening on hypertension in Zambia; development of a culturally sensitized lifestyle programme to reduce disease incidence in urban areas

Name of Researcher: Dr. Phallon B Mwaba - PhD student

Introduction:

You are being invited to take part in a research study. Before you decide if you want to participate, it is important for you to understand why the research is being conducted and what it will involve. Please take time to read the following information carefully and discuss it with others if you wish. Ask me if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part.

Thank you for reading this.

What is the purpose of the study?

The level of high blood pressure (HBP) in Zambia has been on the increase over the recent years. More and more people are being found with HBP, which in turn contributes to ill health and risk for other complications of HBP. With this increase in HBP, there is need for the development of interventions to prevent it.

This study constitutes the second part of a larger study which is aimed at developing an intervention to prevent high blood pressure in Zambia. This is a follow up to the interviews and focus group discussions held last year as part of a larger study aimed at developing a programme(s) to prevent high blood pressure in Zambia. The results of the interviews/focus groups have been analysed and a programme(s) suggested through workshops. The purpose of this part of the study is to test the programmes developed so far to establish if they are suitable for our area and possible to carry out.

Why have I been chosen?

You have been chosen because you are a member of the Maramba Community who has indicated willingness to participate. Additionally, you belong to the community who are likely to use this/these programme(s) once developed.

What will happen to me if I take part?

You will be enrolled into one of the programmes designed to prevent high blood pressure. This programme will last up to 8 weeks. There are no anticipated risks in this study. However, as a precaution; should we require you to participate in a physical activity programme, you will be screened for HBP. If found to be above 160/100mmHg, you will not be allowed to participate in strenuous physical activity. In addition, as a medical doctor, I will be present to provide first aid and the necessary referrals to the Hospital should there be need. Lastly, you will also be requested to respond to a

questionnaire at the beginning and at the end of the 8 weeks. The data will be coded, analysed and used to improve the programme being developed.

Will my taking part in this study be kept confidential?

Your identity will be kept confidential. Your personal information will only be accessed by the researcher and his supervisors. Computer-based information will be password-protected, and paper-based information will be securely locked away. Confidentiality will be respected unless there are compelling and legitimate reasons for this to be breached. If this was the case, I would inform you of any decisions that might limit your confidentiality. In the write up, I will refer to you as *male/female participant X;* with X being a number.

What will happen to the results of the research study?

The results will be used to improve the programme(s) being developed to prevent high blood pressure which will also contribute to my PhD thesis. Additionally, results will be used for presentations in conferences in Zambia and internationally and used to write articles/scientific papers. A report will also be generated and sent to the Ministry of Health and National Research Authority in Zambia.

What happens if I feel like withdrawing from the research?

Should you feel like not responding to any question or withdrawing; you can do so at any point and you are not obliged to give any reason for doing so. There will be no negative implications on you. However, any information that you would have previously provided will be included in the study.

Who has reviewed the study?

This research has been reviewed and approved by the University of Glasgow, Research Ethics Committee in the UK and ***ERES Converge*** ethics review Board in Zambia.

What are the risks and benefits of this study?

There are no anticipated risks for the study. You will not be asked to do anything risky. This will, however, provide you with an opportunity to know more about high blood pressure and how to prevent it. You will also be screened for HBP and its risk factors and given personal feedback; which will inform you about your health status. Additionally, you will participate in a draw to win K250 at the end of the small-scale evaluation.

Contact for Further Information

1. Questions about the research, kindly contact the researcher (Dr. Mwaba – 0950809662, phallonmwaba@gmail.com) or my supervisor (Professor. Cindy Gray - cindy.gray@glasgow.ac.uk)

OR

2. Concerns about the research or its conduct a– kindly contact the Excellence Research Ethics Committee in Zambia ***ERES Converge (Private REB)*** *33 Joseph Mwilwa Road, Rhodes Park, Lusaka. Tel: **+260 955 155 633**, **0 955 155 634**, **0 966 765 503**.*

*Email **eresconverge@yahoo.co.uk***