

Participant Information Sheet – Workshops

TITLE OF PROJECT: Reducing high blood pressure in Zambia; developing a lifestyle programme to reduce disease occurrence 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 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 to prevent high blood pressure in Zambia's urban areas. We will work together, in workshops, to create [a]programme(s)/activities on how we will reduce the things that increase the risk of high blood pressure in our community.

Why have I been chosen?

You have been chosen because you are a valued stakeholder in Maramba whose input into this study is very important. You are better positioned to provide us with what is important for this community, the stakeholders who can participate in this and how this programme can be made suitable for our environment and culture

What will happen to me if I take part?

If you agree to take part, you will be asked to participate in one workshop which will last up to 4 hours; including breaks. There are no anticipated risks for these workshops. During the workshop, you will be provided with a snack at break time. You will also gain more information on high blood pressure, its causes and how to prevent it. Additionally, you will be given transport allowance to facilitate your movements.

Will my taking part in this study be kept confidential?

All your contributions will be kept confidential. Anything that might identify you will be removed from any information you provide before I share it with anyone else, including my supervisors. Computer-based information will be password protected, and paper-based information will be securely locked away. Please note that your 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

What will happen to the results of the research study?

The results will be used to develop and refine components of the programme to prevent high blood pressure and will also contribute to my PhD thesis. Additionally, results will be used for presentations in conferences in Zambia and internationally as well as writing articles/scientific papers. A report will also be generated and sent to the Ministry of Health, ERES ethics review Board and the National Health Research Authority in Zambia. Lastly, the data collected will be stored (University archives) according to the University policies for 10 years after the end of the research. During this time, data may be used to write scientific papers, posters and conference for presentations.

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, College of Social Sciences Research Ethics Committee and *ERES Converge* ethics review Board in Zambia.

Contact for Further Information

1. Questions about the research, kindly contact the researcher (Dr. Mwaba – 0950809662, phallonmwaba@gmail.com) or my supervisor (Dr. 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](tel:+260955155633), [0 955 155 634](tel:0955155634), [0 966 765 503](tel:0966765503).

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