

INFORMATION SHEET I

You are being invited to take part in the last phase of the West of Scotland Twenty-07 Study, which you may remember began in 1987. Before you decide, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and discuss it with others if you wish. Please do not hesitate to ask us 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.

What is the West of Scotland Twenty-07 Study?

The Twenty-07 Study is a community survey which began in 1987 and examines the relative importance of a number of factors for changes in people's health over time. These factors include where you live, whether you have a job and if so what job you do, whether you live alone or with other people, and personal factors such as your diet, exercise, smoking and alcohol consumption.

Why me?

In 1987 we selected people who were then aged 15, 35 and 55 based on where they lived. You were one of those people and we have interviewed you on a number of occasions over the years since then. It is really important that we talk to the same people again so that we can understand how changes in people's lives affect their health. So we are contacting you now to ask for your help again with this final interview.

What will be involved?

For postal: You will be sent two postal questionnaires, please complete them and return to us with a signed copy of the enclosed consent form in the enclosed pre-paid envelope. We expect it to take no more than 40 minutes to complete the two booklets, although this will vary according to your particular circumstances. You can choose not to provide information for any questions you do not wish to answer.

For phone: You will be contacted by a nurse to arrange a convenient time for him/her to call you. Once an interview time has been arranged the nurse will send you two booklets to complete before the interview. This should take no more than 15 minutes. Please complete them and return to us with a signed copy of the enclosed consent form in the enclosed pre-paid envelope.

During the telephone interview, the nurse will ask you questions about your health, and your living and working circumstances now and over the last few years. The information will be recorded on a laptop computer and we expect this will take about an hour to an hour and a half, although it will vary according to your particular circumstances.

During the interview, you can choose not to answer any questions, or stop the study at any time.



What are the possible benefits of taking part?

The information that you provide as part of the Twenty-07 Study helps us to understand why some people are healthy and not others. This information has been published in scientific papers and presented to health care professionals and the Scottish Executive to help them decide how to improve the health of people living in Scotland.

Will my taking part in this study be kept confidential?

All information which is collected about you during the course of the research will be kept strictly confidential. You will be identified by a unique number and any information which could identify you will be removed so that you cannot be recognised from it. The unique number that connects you to your data will be kept securely and separately by the MRC. No information that is published from the Study will identify the individuals who took part.

What happens after the interview?

On the enclosed consent form we ask you if we can continue to follow up on your health through the Scottish Morbidity Records which may be held on you by the Information Services Division (ISD) of NHS Scotland. We would like to ask for your consent for us to send your name, address and date of birth to ISD so that they can access any coded hospital records they have for you. These records hold data on you about medical diagnoses and in-patient and out-patient visits to hospital in Scotland. They are linked with other information about cancer registration and mortality but do not link to GP records. By linking this information with the interview data, we can look at how people's lifestyles and circumstances can have an impact on their future health. This information is confidential and will be used for research only.

We are also asking your permission to contact you again in the future to send you information about the findings of the study as they become available, and perhaps to ask you to take part in more detailed studies to follow up on findings from this interview. We are not asking you to take part in a future study now but, with your permission, we may want to contact you about one in the future.

What will happen to the results of the Twenty-07 Study?

The main study will take place between September 2007 and Summer 2008. Once all the interviews have been completed, we will carry out analyses of the data collected. The results will be published in scientific journals, practitioner and policy papers, and on our website. We will also send summaries of the results to you from time to time. Most of these analyses will be undertaken by MRC staff in our Glasgow offices. However, some times we collaborate with experts in other universities to develop the most effective understandings of the data.

More generally, the data we gather from you and other study participants are very important and would be very useful to other researchers. We therefore ask you on the enclosed consent form, if you are happy for us to deposit your anonymised data in a data archive so that other trusted researchers can apply to analyse them. This will increase the understanding of health that can be gained from the data you have provided. We will only share your data if you agree.

Who are we?

We are a group of researchers from the MRC Social and Public Health Sciences Unit based in Glasgow (www.sphsu.mrc.ac.uk). The MRC (Medical Research Council) was established in 1913 and aims to improve health by promoting research into areas of medical and related science. It is funded mainly by the government but is independent in its choice of which research to support.

Who has reviewed the Study?

The Tayside Committee on Medical Research Ethics, which has responsibility for scrutinising proposals for medical research on humans, has examined this proposal and has raised no objections from the point of view of medical ethics.

Thank you for taking the time to read this information. We hope you will be able to assist us with this study. Should you require any further information or have any concerns, please contact Catherine Ferrell, Survey Manager on 00 44 141 357 3949 or our **FREEPHONE 0800 389 2129** or email: survadmin@sphsu.mrc.ac.uk.

Thank you for agreeing to take part in the West of Scotland Twenty-07 Study.

You should keep this copy of the information sheet and a signed consent form for your records.