

Health awareness project, IIT-Gandhinagar

IIT Gandhinagar

CONSENT FORM

Project Title: Developing and testing a non-communicable diseases related health awareness curriculum among youth

Principal Investigators: Malavika Subramanyam (IIT Gandhinagar, India)

Co-Investigator(s): Ankita Shah (Ph.D. Scholar, IIT Gandhinagar)

Informed Consent Form for participating in the study.

Introduction

Hi! I am Ankita Shah, Ph.D. research scholar of the Indian Institute of Technology Gandhinagar. I am working on a project that includes developing and testing a health awareness curriculum that helps college students to take care of their own health in a better way. Allow me to give you information about this study and invite you to be a part of this research. You can ask me for any clarification if you do not clearly understand anything written in this form. You may decide to give your consent to be a part of this research after properly reading this form, by signing this form. However, your decision to be a part of this research is completely up to you.

Purpose of the research

Several health problems such as high blood pressure, diabetes mellitus and heart attacks are becoming increasingly common in current times. Even young people often fall prey to such diseases. The purpose of this research project is to administer a health awareness curriculum to the college youth so that they can become aware about such health problems.

Type of Research Intervention

This research will require you to take up classes that teach a health awareness curriculum. It will be delivered in multiple sessions amounting to be a total of 12-16 hours. It will give you information on several health related issues and how you can make simple changes in your lifestyle to reduce risk of such diseases. You will also learn how to accurately measure a few health tests such as measuring blood pressure and blood sugar, which may help you monitor your own health and the health of those around you. The curriculum will combine discussion sessions, demonstrations using simple models, online videos and hands on training sessions.

As a part of the study, you will be required to fill out a self-administered questionnaire and to demonstrate the skills in performing a few simple health tests, both at the start and the end of the study.

There is a chance that I might request a few minutes of your time, after all the classes have been completed, to learn your opinion of these classes.

Participant Selection

All the students, who give consent to take part in the study, will be randomly allocated to two equal groups. In the first phase, one such group will take up the curriculum whereas the other group will not. In the second phase the same curriculum will be administered to the remaining group. Please know that assignment to these groups is done randomly and you may be either assigned to the classes now or a few months later.

Voluntary Participation

The decision to take part in this study is completely yours. You may decide to leave the study at any point in time if you are not comfortable with the same. You are not required to give any reason for the same. This will not affect your relationship with people at IIT Gandhinagar.

Procedures

The curriculum will be specifically designed keeping in mind the interests and local context of college students. With regards to the evaluation, the questions and the practical demonstration of skills will be simple and relate to the contents discussed in the classes.

Risks

We will be delivering health related information and some basic skills which should help you understand and taking care of your health in a better way. We will explain and demonstrate the procedures such as measuring blood pressure and blood sugar thoroughly. All the necessary precautions will also be taken before allowing you to perform these procedures. However, you are free not to undergo or perform any or some of these procedures. You do not have to give us any reason for this.

Reimbursements

No monetary transaction is involved in our interaction with you.

Confidentiality

Any personal identifiers such as your name or discipline of your study will be kept confidential and not shared with anyone other than the study team working on this project. All the health tests will only be done for the purpose of imparting skills related to measuring these health indices. This data will not be recorded or shared with anyone else other than the research team. The answers you give will be recorded anonymously. Answers from everyone will be pooled together to come up with overall results. These overall results may be used in meetings for planning such scientific studies in other settings such as other colleges, in articles in scientific magazines, or talks at scientific meetings. However, your name, address, contact information if any, will be kept confidential, and the answers you give will never be discussed in any of these situations.

Contact Persons:

Any questions you may have may be directed to Ankita Shah at 7622022760.

Verbal Consent:

Having understood what I just read out you, do you agree to participate in the research study described above?

Yes/no (interviewer will strike the correct response)

Participant's Name

(interviewer will write the participant's name)

Investigator's Name and Signature:

Date:
