EXPLANATION SHEET TO PROSPECTIVE SUBJECTS

I am a researcher from a doctoral student in the Public Health and Nursing FKKMK UGM Study Program named Theresia Titin Marlina, who will conduct research entitled "Development of Website-Based Telenursing to Improve Self-Management of Type 2 Diabetes Mellitus Patients at Panti Rapih Hospital, Yogyakarta".

The study aimed to use telenursing, provision of information, and motivation through video calls can improve diabetes self-management in a patient with type 2 diabetes. This study will compare the control group using leaflet information media.

The research invited a patient with type 2 DM at the endocrinology polyclinic at Panti Rapih Hospital with the criteria of Awareness of composmentis patients, adult age: 40-60 years, have an Android mobile phone, and have a website browser and WhatsApp installed, sufferers can open a website browser and use WhatsApp, willing be a respondent, do not experience mental disorders and communication disorders based on a doctor's diagnosis, have a minimum HbA1C level of 6.5% within the last three months. Exclusion criteria: patients with anemia (Hb $\leq$ 11 gr/dl) based on a doctor's diagnosis and no history of blood transfusions in the last 2-3 months, impaired kidney function based on a doctor's diagnosis, patients with depression, dementia and cognitive impairment based on a doctor's diagnosis because they can affect the patient's self-management ability.

Researchers will recruit 134 patients with type 2 DM, within 12 weeks.

A. VOLUNTARY PARTICIPATION IN RESEARCH

Your participation in this research is voluntary without any coercion. Your decision to participate can be changed at any time without any consequences, withdraw from this research activity without any sanctions, and will not affect the health services you should receive.

B. RESEARCH PROCEDURE

If you are willing to be involved in this research, I ask you to sign this consent form in duplicate (to be kept for researchers). The document will not be used for any other purpose than this research. The next procedure is as follows:

1. Respondents (patients) will still receive standard services at this hospital.
2. Researchers will implement health protocols properly.
3. On the first day, measure internal motivation using the diabetes fatalism scale, social using the mos_social support survey, and HbA1C.
4. On the second day, measure the level of knowledge with a diabetes knowledge questionnaire and the self-efficacy by a diabetes management self-efficacy scale.
5. On the third day, measure self-management with the summary of diabetes self-care activities.

6. Respondents in the intervention group will receive information and motivation about diabetes self-management through video calls every two weeks for 12 weeks.
7. Respondents in the control group will receive information about diabetes self-management face-to-face using a leaflet.
8. All respondents in the baseline and weeks 4,8,12 will be measured for knowledge and self-efficacy.
9. All respondents in the baseline, weeks 6, and 12 will be measured for self-efficacy and diabetes self-management behavior.
10. All respondents at baseline, week 12 will be a measured level of HbA1C.
11. Blood sampling was carried out by the Panti Rapih Hospital laboratory assistant.

C. RESPONDENT OBLIGATIONS

As a research respondent, you should follow the procedure as written above. If there is unclear information, you can ask further questions from the researcher.

D. RISK

The risk is an infection that occurs in taking blood samples for an HbA1C examination. It can be minimized with an aseptic technique when the procedure is by laboratory assistants. Apart from that, there is a risk that it is possible to take up the patient's time.

E. BENEFITS

The direct benefits for Mr/Mrs are getting free HbA1C level check services, information, and motivational services about diabetes management either through video calls or face-to-face, as well as self-management information and monitoring services through telenursing applications.

F. CONFIDENTIALITY

After signing the consent form, you have agreed to me as a researcher to collect information. All data relating to the identity of the research respondent will be kept confidential and known only to the researcher. The publication of results without the identity of participants.

G. COMPENSATION

You will receive a souvenir in this study. Souvenirs such as hand sanitizers, masks, or tumblers cost Rp. 30,000 (thirty thousand rupiahs) for each respondent.

H. FINANCING

The researcher will bear all costs of this research.

I. RESEARCH PERMIT AND FUNDING

This research will submit to the Ethics Commission of FKKMK UGM and a permit at the research location in Panti Rapih Hospital, Yogyakarta, Indonesia.

J. ADDITIONAL INFORMATION

You have the opportunity to ask for information that is unclear about the research. You can contact Theresia Titin Marlina at 08122788271 if you need further information. You can also get information about this research from the Medical and Health Research Ethics Commission, Faculty of Medicine UGM (telephone 0274-288688) ex 17225 or + 62811-2666-869 email mhrec_fmugm@ugm.ac.id

Respondent Consent Sheet (Informed Consent)

The undersigned below:

Name :

Age :

Gender

Education :

Work :

After listening to the explanation from the researcher and reading the research explanation, I understand that this research will uphold my rights as a research respondent. I have the right to withdraw from this research if it is detrimental. I understand that this research is very beneficial for my health.

By signing this consent form, I agree to participate in research activities sincerely without coercion from anyone.

Yogyakarta,……..

Respondent Researcher

(……..) (…….)