

# PARTICIPANT INFORMATION SHEET

## Providing Online Self-Help for Eating Control in Adults with Type 2 Diabetes



SCAN ME

We would like to invite you to take part in our research study. The study is being conducted by researchers at the University of Leeds and is funded by Diabetes UK.

### What is the purpose of the research?

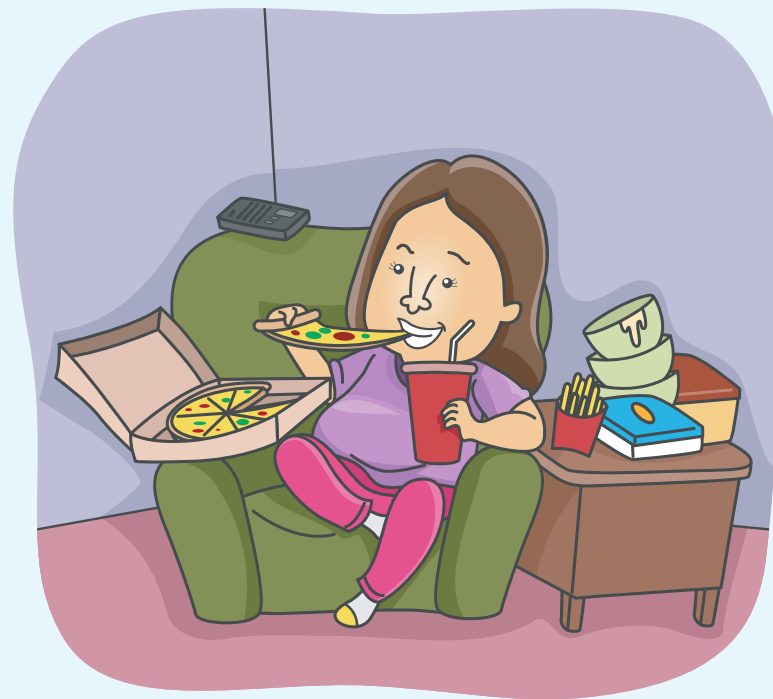
- The aim of this research is to test an adapted online psychological treatment to help people with Type 2 diabetes gain better control of their eating.
- The treatment that will be offered is known as Guided Self-Help (GSH).
- This treatment will be presented online, in 7 sections over a 3-month period, supported remotely by a trained Guide.
- We will be looking at how the study impacts disordered eating, mood, weight, blood sugar levels, and health-related quality of life.

### Who can take part?

- Individuals who are living with Type 2 diabetes.
- Individuals who would lose control of their eating.
- Aged 18 years and above.

### What is GSH?

- Guided Self-Help (GSH) is a brief psychological treatment that requires you to complete tasks in your own time while supported by a trained healthcare professional who will act as a 'Guide'. Guides are health professionals such as dietitians, nurses or psychologists.



### What would taking part involve?

- 1** We will ask you to complete verbal consent and brief background questions about yourself.
- 2** You will be invited to take part in an online brief psychological treatment. We will ask you to complete an online questionnaire before starting 7 online sessions over 3-months with tasks between which will be supported remotely by a trained Guide.
- 3** Your GP will ask you to book an appointment for a blood sugar test (HbA1c) and to measure your height and weight. You will be expected to do this at the start of the treatment and then again at 3 and 6 months. Blood samples will be collected at your GP practice and handled and stored in the usual way. Only results will be shared with the research team.
- 4** Once you have completed the treatment, we will ask you to complete some online questionnaires and then again after 3 months.

**Taking part in this research will be entirely voluntary and will not affect your standard NHS care.**



You may be invited to be interviewed. All interviews will be audio or video recorded, auto-transcribed, anonymised and stored securely on the Universities OneDrive, only accessible by the research team. This will be deleted as soon as analysis has taken place. You may take part in the programme without being interviewed as this is optional.



You are free to withdraw by contacting us without giving a reason at any point until data has been analysed.



The results may be used in academic publications, but all data will be non-identifiable. The data will be held by the University of Leeds for 10 years.



If you wish to complain or have any concerns about any aspect of the research study, you may contact Patient Advice and Liaison Service (PALS) for confidential advice on 0800 0525 790.

### What are the advantages of taking part?

- Taking part may help you gain better control over your eating with Type 2 diabetes. We hope that by taking part you may experience improvements in your mood, weight and blood sugar control.
- Your involvement will help to refine the Guided Self-Help treatment and so it will benefit others who are living with Type 2 diabetes and have difficulties controlling their eating.

### What are the disadvantages or risks of taking part?

- There is a small chance that you might feel uncomfortable talking about some of the issues relating to eating and mood. Your Guide will be trained to deal with any psychological distress should it arise.
- You will also be provided with a list of contact details for local support services. If your guide has any concerns about your wellbeing, they may contact your GP.

### What will happen if I don't want to carry on with the study?



Taking part is entirely voluntary.



You can leave the treatment at any time. Data collected up until that point may be used anonymously. You can request that your data is not used.



You are free to withdraw by contacting the study Chief Investigator on the contact details below without giving a reason.

### What will happen to my data?

If you agree to take part in the study, we will ask for your contact details for correspondence. We will collect information about your background and feedback on the treatment. All investigators will follow the GDPR rules and Data Protection Act 2018, all information will be given an unidentifiable ID code.

All data will be stored on the University of Leeds OneDrive which is a secure area permitted by the University Information Security Policy. The data will only be accessible to the research team.

### How have patients and public been involved in this study?



Patients and members of the public have been involved in the design of the study and study materials. We have a Patient & Public Advisory Group who will continue to contribute throughout the project. They will be involved in the workshops, key meetings, and how we communicate the results of the study.

### What happens now?

By providing your consent, you are agreeing for a Researcher from the University of Leeds to contact you about this project. You can provide your consent by:

- 1** Scanning the QR code on the right with your device
- 2** Sign up directly via: <https://tinyurl.com/pose-d-consent>
- 3** Complete the paper form and return to us at:  
FAO: Dr Gemma Traviss-Turner, Leeds Institute of Health Sciences,  
Level 10 Worsley Building, Clarendon Way, LS2 9LJ



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### CONTACT DETAILS

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Ethical approval has been sought from the NHS Research Ethics Committee.