

## Appendix 3: Information Sheet

**INFORMATION SHEET****The Effects of the Original Zentangle® Method for older adults with depressive symptoms: a randomized control trial**

You are invited to participate in the above project conducted by Mr. Henri CHAN Chun-yiu, who is a candidate in Doctor of Social Work of the Department of Applied Social Science in The Hong Kong Polytechnic University. The project has been approved by the Human Subjects Ethics Subcommittee (HSESC) of The Hong Kong Polytechnic University (HSESC Reference Number: HSEARS20190806001).

The objectives of this project are examine the effects of Zentangle for late-life depression. It is hoped that this information will help to understand the use of Zentangle in order to develop an alternative approach for late-life depression.

You are invited to complete a questionnaire, which will take you about half an hour. You will then be asked to take part in a 6-week Zentangle group by randomization. Measurements will be taken before the group, after the group and 6 weeks after the group. The whole investigation will take about 12 weeks.

The testing should not result in any undue discomfort, but you will need to require to attend all the group sessions and complete the questionnaire for thrice.

The information you provide as part of the project is the research data. Any research data from which you can be identified is known as personal data. Personal data does not include data where the identity has been removed (anonymous data). We will minimize our use of personal data in the study as much as possible. The researcher and his team, supervisor, will have access to personal data and research data for the purposes of the study. Responsible members of The Hong Kong Polytechnic University may be given access for monitoring and/or audit of the research.

All information related to you will remain confidential and (please provide information on how information will be kept and accessed, e.g., will be identifiable by codes only known to the researchers). The information collected will be kept 5 years upon project completion. The Hong Kong Polytechnic University takes reasonable precautions to prevent the loss, misappropriation, unauthorized access or destruction of the information you provide.

You have every right to withdraw from the study before or during the measurement without penalty of any kind.

If you have any questions, you may ask our helpers now or later, even after the study has started.

You may contact Mr. Henri CHAN Chun-yiu (tel. no.: 2256 7202/ email: [henri.chan@connect.polyu.hk](mailto:henri.chan@connect.polyu.hk) or Dr Herman LO Hay-ming, Associate Professor (tel. no.: 2766 5769 / email: [herman.lo@polyu.edu.hk](mailto:herman.lo@polyu.edu.hk)) of PolyU under the following situations:

- a. if you have any other questions in relation to the study;
- b. if, under very rare conditions, you become injured as a result of your participation in the study; or
- c. if you want to get access to/or change your personal data before 31<sup>st</sup> August, 2020.

In the event you have any complaints about the conduct of this research study, you may contact the Human Subjects Ethics Sub-Committee of The Hong Kong Polytechnic University in writing (c/o Research Office of the University) stating clearly the responsible person and department of this study as well as the HSESC Reference Number.

Thank you for your interest in participating in this study.

Mr. Henri CHAN Chun-yiu  
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## Appendix 4: Information Sheet (Chinese)

**禪繞對長者情緒的成效研究：隨機對照試驗**

香港理工大學應用社會科學院邀請您參與由社會工作博士候選人陳進耀負責之研究項目：「禪繞與長者情緒健康的成效研究」。是項研究旨在透過問卷及隨機對照試驗小組，向長者服務中心內之有需要長者進行調查，以了解禪繞是否能改善長者的抑鬱情況，從中了解禪繞對長者抑鬱的成效。

**參與此研究的條件是甚麼？**

1. 年齡為 60 歲以上
2. 自評或被診斷為情緒困擾症狀 (抑鬱，焦慮或壓力相類似症狀)
3. 在香港居住，能閱讀並完全理解廣東話

**此研究對參加者有甚麼期望？**

你將會被隨機分配參與接受為期六節的禪繞小組。小組由認證禪繞導師負責教授。你將被邀請於小組開始前、小組完結後、以及小組完結六周後，填妥有關情緒健康的問卷。問卷可自行填寫，或由研究團隊協助完成。

**參與過程需時多久？**

整個小組活動為時六星期(每星期一節，每節一小時三十分鐘)，並於小組完結後六星期進行重聚日。總為時十二星期，期間會進行三次問卷調查，每次完成問卷時間約為二十分鐘。

**對參與者的得益與風險**

因參與研究小組而受到傷害或任何負面影響屬較為罕見。如遇到此情況，可向研究員反映。此外，參與者可隨時終止問卷及訪問，有關決定將不會引致任何不良後果。本研究並不會收集可以識別參與者身份的資料，所有收集資料將會絕對保密，而所有資料與其他參與者的資料合併後作分析，匿名的資料將於本研究首篇文獻發表的五年後全部銷毀。本研究收集及分析了之資料將由研究員、其導師以及香港理工大學擁有、管理及使用。

**疑問與查詢**

如閣下對是項研究有任何查詢，請與首席研究員陳進耀先生 (電話：2256 7202，電郵地址：henri.chan@connect.poly.hk) 或 計劃督導 副教授盧希皿博士聯絡 (電話：2766 5769，電郵地址：herman.lo@polyu.edu.hk )。如閣下對是項研究有任何投訴，請以書面去信香港理工大學研究事務處。

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