

## **Evaluation of the Healthy Conversation Skills Training Initiative**

### **INFORMATION FOR PARTICIPANTS**

#### **Introduction**

You are invited to take part in a research study to investigate the effectiveness of the Healthy Conversation Skills Health Professional Training. The training aims to support health professionals to have behaviour change conversations with their clients/individuals.

#### **What is the research about?**

Participants will attend the *Healthy Conversation Skills Health Professional Training Initiative*.

The *Healthy Conversation Skills Health Professional Training Initiative* consists of two 4 hour group sessions (6-16 participants per session), followed by a period of on-going support.

#### **Where is the research being done?**

The study is being conducted by people from Hunter New England Population Health, Hunter New England Maternity Services, and University of Newcastle:

- Dr Jenna Hollis, Research Fellow, Faculty of Health and Medicine, University of Newcastle and Hunter New England Population Health
- Ms Mandy Hunter, Clinical Midwife Consultant, Maternity Services Hunter New England Local Health District
- Ms Belinda Tully, Aboriginal Population Health Trainee, Hunter New England Population Health.

#### **Who can participate in the research?**

We are inviting via email-health professionals, University of Newcastle teaching and research staff, and other community members to participate in this project.

Participating in this research may be suitable to you based on your expressed interest in attending the training, and capacity to embed the training within your field.

#### **What choice do you have?**

Participation in this study is entirely voluntary. You do not have to take part in it. If you do take part, you can withdraw at any time without having to give a reason. Whatever your decision, please be assured that it will not affect your position or role within your organisation.

#### **What would you be asked to do if you agree to participate?**

If you agree to participate in this study, you will attend the Healthy Conversation Skills Health Professional sessions and be asked to complete 3 surveys. These will seek information about you (such as your sex, and Aboriginal or Torres Strait Islander origin) and health profession, and your competence, confidence and perceived importance in having behaviour change conversations with clients/individuals. We will also be asking for your feedback on the sessions to improve the training and develop appropriate strategies to support health professionals to use their Healthy Conversations Skills. Each evaluation will take between 10-20 minutes to complete.

## **What are the risks and benefits of participating?**

### **Risks**

The training may present a time burden and potential disruption to your clinics and/or usual activities, particularly if you need to travel to attend the training. We invite you to complete 3 surveys as part of the evaluation, however completing the evaluation is voluntary if this becomes too burdensome.

### **Benefits**

We intend that this research study will improve health professional's competence and confidence in person-centred communication skills to have behaviour change conversations, and build capacity to disseminate the training within the health service, university and research fields.

## **Will the study cost you anything?**

Participation in this study will not cost you anything, nor will you be paid.

## **How will your privacy be protected?**

All the information collected from you for the study will be treated confidentially, and only the researchers named above will have access to it. The study results may be presented at a conference or in a scientific publication, but individual participants will not be identifiable in such a presentation.

All personal information will be accessed, used and stored in accordance with Commonwealth Privacy Laws and the NSW Health Records and Information Privacy Act 2002.

If you decide to withdraw from the study all the information collected from and about you will be withdrawn from the study data and destroyed.

## **Further Information**

When you have read this information, Jenna Hollis can discuss it with you further and answer any questions you may have. If you would like to know more at any stage, please feel free to contact her on 4924 6655.

This information statement is for you to keep.

Thank you for considering this invitation.

## **Complaints about this research**

Ethics: This research has been approved by the Hunter New England Human Research Ethics Committee of Hunter New England Local Health District, Reference

[2019/ETH13158].

**Governance:** The conduct of this research has been authorised by the Hunter New England Local Health District to be conducted at the Hunter New England Population Health and Maternity Service sites.

**Complaints about this research:** Should you have concerns about your rights as a participant in this research, or you have a complaint about the manner in which the research is conducted, it may be given to the researcher, or, if an independent person is preferred, please contact the HNE Research Office, Hunter New England Local Health District, Level 3, POD, HMRI, Lot 1 Kookaburra Circuit, New Lambton Heights NSW 2305. Telephone: 02 4921 4140. Email: [HNELHD-ResearchOffice@health.nsw.gov.au](mailto:HNELHD-ResearchOffice@health.nsw.gov.au) and quote the reference number: [2019/ETH13158].