

# PLAIN LANGUAGE STATEMENT AND CONSENT FORM



**TO: Participants**

## Plain Language Statement

**Date:** 9 August 2023

**Full Project Title:** Strive to Thrive: Piloting a self-management tool for stroke survivors

**Principal Researcher:** Dr Alyna Turner

**Student Researcher:**

**Associate Researcher(s):** Dr Megan Turner, Dr Anna Wrobel, Heather Smith, Michelle James

---

You are invited to take part in this research project, which is called “*Strive to Thrive: Piloting a self-management tool for stroke survivors*”. You have been invited because you are currently working in a paid or unpaid capacity after your stroke.

Strive to Thrive was created by people with a lived experience of stroke, clinicians and researchers. It is designed to help people who have had a stroke identify what helps and hinders them at their work and create a personalised action plan to manage the impact of the stroke on their day-to-day work life. We want to see if Strive to Thrive is acceptable to a broader group of people who have had a stroke, and make further adjustments and improvements based on their feedback. If Strive to Thrive is acceptable and seen as useful, we can then do a larger study to find out if it has a positive effect on the person who has had a stroke (for example, increased confidence and reduced stress at work).

This research has been initiated by the researcher, Dr Alyna Turner. This research is being led by Deakin University (IMPACT). No funding has been received for this project.

### ***What does participation in this research involve?***

After all questions about the research study have been answered and you have provided consent you will have an assessment with a member of the research team, who will collect the following information from you: demographic details, employment details, health details, and questions about participation and confidence at work, mood, and stress.

You will then work through the Strive to Thrive program with a facilitator. The facilitator will either be a member of the research team, or a Deakin University Master of Psychology (Clinical) student on clinical placement at IMPACT as part of their training. The Strive to Thrive project will consist of 3, one-hour sessions at least one week apart with a facilitator. The first session will be brainstorming different thoughts and ideas around factors that you believe affect you most at work. With the facilitator you will develop an action plan in

session 2. The action plan will have strategies that you believe will help you most to overcome those things that make participating in work harder. It will also have who or what both supports and helps you the most. The third session will be a review of how you are progressing: Did the strategies work? Would you like to adjust the strategies? What else do you or others need to do?

Following your third Strive to Thrive session, you will have another assessment with a researcher, who will ask you similar questions to the first interview, with additional questions about your satisfaction with Strive to Thrive. This assessment will also involve an audio-recorded interview about your experience with the Strive to Thrive program and any suggestions for improvement. A transcript (a word-for-word written record) of the interview will be made by the research team or a third-party transcription service. No identifying information (except for that verbally disclosed during the interview) will be provided to the transcription service.

At the end of the study, you will be given information about the full results of the study. You will be given the written Action Plan developed during the Strive to Thrive program to keep.

### ***What are the possible benefits and risks of taking part?***

We hope that you will find the process of developing the Action Plan helpful, however cannot promise a clear benefit to you from your participation in this research. Possible benefits to society may include the use of the information that comes from this research to help refine the Strive to Thrive program that may then support stroke survivors during their recovery. There are no costs associated with participating in this research project, nor will you be paid.

You may feel that some of the questions we ask are stressful or upsetting. If you do not wish to answer a question, you may skip it and go to the next question, or you may stop immediately. The research team will direct you to appropriate services should you wish for further support, and there are useful websites on the final page of this information form.

### ***What if I withdraw from this research project?***

If you do consent to participate, you may withdraw at any time. If you decide to stop having Strive to Thrive sessions before you receive all three, you can still attend your final interview – this will enable you to provide feedback on how we can improve the sessions. If you decide to withdraw from the project, please notify a member of the research team before you withdraw. You can also withdraw your data at any time up until the data is analysed; however, you will need to specifically inform the research team via completing the ‘Withdrawal of Consent’ form provided to you by the research team. Withdrawal from the study will have no impact on your relationship with Deakin University or partner researchers.

### ***What will happen to information about me?***

By providing consent you agree to the research team collecting and using personal information about you for the research project. The information that the research team collects and uses will include demographic and health information, and interview transcripts.

Any information obtained in connection with this research project that can identify you will remain confidential and securely stored. Your research data will be labelled with a code. Your contact details will be kept separately to your research data, in a locked filing cabinet or password protected computer files, and only accessible by Deakin University research team members.

Your identifiable information will be disclosed only with your permission, or as required by law. Recordings of interviews will be destroyed immediately after analysis, and all other information will be stored for at least 15 years following publication of results, after which time it will be securely destroyed. De-identified research data from this study may be shared with other researchers (directly by request or made available in a repository) to be included in future studies. No identifying information will be included with any shared data.

It is anticipated that the results of this research project will be published and/or presented in a variety of forums. In any publication and/or presentation, information will be provided in such a way that you cannot be identified, except with your express permission.

We will contact you with details of the overall results of the study. It is anticipated that this will occur in late 2024.

#### **Further information and who to contact**

The person you may need to contact will depend on the nature of your query. If you want any further information concerning this project or if you have any problems which may be related to your involvement in the project, you can contact the researcher:

Name	Dr Ayna Turner
Position	Senior Lecturer, Deakin University
Telephone	03 4215 3313
Email	a.turner@deakin.edu.au

#### ***For support:***

The following website provide lists of relevant services for people who have experienced stroke:

- **Stroke Foundation support page:** <https://strokefoundation.org.au/About-Stroke/Life-after-stroke/Help-after-stroke>

For further support, please contact:

- Your GP, who can organise a mental health plan if required,
- **Lifeline** (13 11 14),
- **The Beyond Blue Support Service** (1300 22 4636), or
- **The Suicide Call Back Service** (1300 659 467).

#### **Complaints**

If you have any complaints about any aspect of the project, the way it is being conducted or any questions about your rights as a research participant, then you may contact:

The Human Research Ethics Office, Deakin University, 221 Burwood Highway, Burwood Victoria 3125, Telephone: 9251 7129, [research-ethics@deakin.edu.au](mailto:research-ethics@deakin.edu.au)

Plain Language Statement & Consent Form to Participants  
S2T-Pilot: version 1: date 09.08.2023

Please quote project number 2023.217.



## PLAIN LANGUAGE STATEMENT AND CONSENT FORM

**TO: Participants**

<b>Consent Form</b>
---------------------

**Date:** 9 August 2023

**Full Project Title:** Strive to Thrive: Piloting a self-management tool for stroke survivors

**Reference Number:** 2023.217

---

I have read and I understand the attached Plain Language Statement.

I freely agree to participate in this project according to the conditions in the Plain Language Statement.

I have been given a copy of the Plain Language Statement and Consent Form to keep.

The researcher has agreed not to reveal my identity and personal details, including where information about this project is published, or presented in any public form.

- I consent to the interviews being video or audiotaped
- I consent to the interviews being transcribed by a third-party transcription company

Participant's Name (printed) .....

Signature ..... Date .....

**Please post or email this form to:**

Dr Alyna Turner  
IMPACT TRIALS, HERB Building B, Level 3  
PO Box 281  
Geelong 3220  
Email: [a.turner@deakin.edu.au](mailto:a.turner@deakin.edu.au)



## PLAIN LANGUAGE STATEMENT AND CONSENT FORM

**TO: Participants**

<b>Withdrawal of Consent Form</b>
-----------------------------------

*(To be used for participants who wish to withdraw from the project)*

**Date:** 9 August 2023

**Full Project Title:** Strive to Thrive: Piloting a self-management tool for stroke survivors

**Reference Number:** 2023.217

---

I hereby wish to WITHDRAW my consent to participate in the above research project and understand that such withdrawal WILL NOT jeopardise my relationship with Deakin University.

Participant's Name (printed) .....

Signature ..... Date .....

**Please post or email this form to:**

Dr Alyna Turner  
IMPACT TRIALS, HERB Building B, Level 3  
PO Box 281  
Geelong 3220  
Email: [a.turner@deakin.edu.au](mailto:a.turner@deakin.edu.au)