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Participant Information Sheet

'The dynamics of coping with diabetes: Father's perspectives'

This is a research project, and you do not have to be involved. If you do not wish to participate, you are entirely free to discontinue your participation at any time.

Please Note: Due to an overwhelming interest from father's who have a child with diabetes, the parameters of this study have changed.

You are invited to take part in a study exploring the experiences of fathers who have an adolescent child with type 1 diabetes. It is acknowledged that mothers are more often than not the primary care givers for their children during periods of sickness. Therefore a substantial amount of the current ideas and suggestions for practice are influenced by the data presented through mothers. I feel it is vital that health care professionals recognise the influence that fathers have during the diagnosis of diabetes. This study may provide a better understanding of the challenges, strengths and concerns of father's who have an adolescent with type 1 diabetes.

If you choose to participate, you will be given an information package providing more details about this study. It will include the following;

- a formal letter of introduction from the supervisor
- consent forms
- contact email details of the researcher

In order for you to participate in this research, you need to meet the following requirements;

- father of an adolescent child aged between 12-18yrs who has been diagnosed with type 1 diabetes mellitus
- over the age of 18 years
- from a two parent family
- ability to write, read and understand English
- access to email and the Internet

Participation in my study will require you to answer some questions via email regarding your personal experience of have a child with type 1 diabetes. The questions asked will be related to your initial reactions at the time of diagnosis, changes within family structure, management of your child's diabetes and adaptation to having diabetes in your family. How long it takes you to answer the questions is self-limited, as you will be able to decide how much time you wish to spend answering the questions. However, I anticipate that it should take a minimum of 1½ hours to complete. In order to participate in my study, you will need access to an email account, the Internet and be willing to communicate with me via email. Your communication by means of email with me should last no longer than approximately four weeks.

The values and benefits of the study for participants will be an increased body of knowledge about the general concerns of six fathers' with an adolescent child with type 1 diabetes. There may be no direct benefits to you associated with this study.

The risks of the project are mainly concerned with any grief, anxiety or emotional reactions that you may have when writing about your experience of having a child with diabetes. All participants will be referred to the comprehensive resources provided by www.childrenwithdiabetes.com, which lists support services for participants to access if the need arises.

Your participation in the study is entirely voluntary and you have the right to withdraw at any time. If you decide not to participate in this study or if you withdraw, you may do this freely without prejudice.

You should be aware that the benefit of this study for the research team is an increased understanding of father's experiences of having an adolescent child with type 1 diabetes. This may enable health professionals to identify some of the problems and issues for fathers and more appropriately be able to address these from diagnosis and throughout treatment.

You should be aware that I will be the only person who will have access to your information and responses to questions. All of the information published will be de-identified with narratives. You need to be aware that the information collected in electronic form will be printed out in paper format and excerpts from the email may be used in production of the thesis and other possible publications. You should also be aware that email is not an entirely secure medium, and therefore confidentiality of participants cannot be guaranteed. The main threat to confidentiality is the potential danger of hackers, however I am confident that due to the fact communication will occur only between the participant and myself, this threat is reduced.

Should you require further details about the project, either before, during or after the study, you may contact either myself, Joanne Hayes, on email at haye0060@flinders.edu.au or my supervisor, Ms Didy Button on email at didy.button@flinders.edu.au.

This research project has been approved by the Flinders University Social and Behavioural Research Ethics Committee. Should you wish to discuss the study with someone not directly involved, in particular in relation to matters concerning policies, your rights as a participant, or should you wish to make a confidential complaint, you may contact the Secretary of this Committee on (+61 8) 8201 5962, fax (+61 8) 8201-2035, or by e-mail on sandy.huxtable@flinders.edu.au.

Thankyou for your consideration to participate in this study,

A handwritten signature in black ink that reads "JHayes." The signature is written in a cursive, slightly slanted style.

Jo Hayes