

## Appendix 4 - Young adult information sheet

### Health Online: Exploring engagement with online resources for diabetes and common mental health issues



#### Information about the study (Plain Language Statement)

My name is Gillian Fergie and I am a PhD student from the MRC/CSO Social and Public Health Sciences Unit and the University of Glasgow.

I would like to invite you to take part in a research study. The information on this sheet gives you some details about why the research is being done and what it will involve. If you are interested in taking part, please read through the information and feel free to discuss it with others if you wish. If there is anything that is not clear or if you would like more information please do not hesitate to contact me (see contact details below).

#### What is the research about?

This research study aims to develop an understanding of what young adults, aged between 18 and 30, who identify as having either Type 1 or Type 2 diabetes or a common mental health issue (such as depression, anxiety or stress) think about health information on the internet and what experiences people have had exploring these issues online.

#### Who can take part?

If you are between 18 and 30, and have experience of either diabetes or a common mental health issue, we would really like to hear what you think and your experiences of accessing online resources. Taking part is entirely voluntary, it is your decision.

#### What will I have to do?

Take part in a one-to-one interview. This will involve:

1. Looking at some websites on a laptop and talking about what you think of them.
2. Telling me about your thoughts and experiences of seeking information about diabetes or common mental health issues on the internet

There are no right or wrong answers – I just want to hear what you think. If you do not want to answer any particular questions you do not have to.

If you take part, your contributions will be anonymous (no one will be able to identify you in anything written about the project) and they will be used in research articles, presentations and a PhD thesis about engaging with health issues online. The fact that you have taken part in the research will be kept confidential. The discussion we have will be recorded and then written out in full, the recording and text files will be stored on a password protected computer. These files will not be linked in any way to your name or details.

The study has been given ethical approval by the University of Glasgow College of Social Science Research Ethics Committee and is funded by the Medical Research Council.

The interview will last between one and two hours and take place at a time and place convenient for you. You can withdraw at any stage without giving a reason. You will be given a £25 high street voucher for your time.

#### What should I do if I would like to take part?

Read this information sheet. If you are happy to take part, please get in touch using the contact details below. Then we will arrange a day and time for our discussion.

#### What do I do if I have any more questions?

You can ask me...

Email: [g.fergie@sphsu.mrc.ac.uk](mailto:g.fergie@sphsu.mrc.ac.uk) Phone: 0141 357 3949 and ask for Gillian

You can also speak to my supervisor, Dr. Shona Hilton. Email: [s.hilton@sphsu.mrc.ac.uk](mailto:s.hilton@sphsu.mrc.ac.uk) Phone: 0141 357 7537

If you have any concerns regarding the conduct of the research project that they can contact the College of Social Sciences Ethics Officer by contacting Dr. Valentina Bold at [valentina.bold@glasgow.ac.uk](mailto:valentina.bold@glasgow.ac.uk)