



EXPLANATORY STATEMENT

Project ID: 48512

Project title: Behaviour change readiness evaluation (COM-B): Before and after educational intervention

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We invite you to take part in this study. Please read this Explanatory Statement in full before deciding whether to take part. If you want to learn more about this project, please contact us at the phone number listed above or by email at caitlin.deery@monash.edu.

This study will be conducted as part of a doctoral research project at Monash University.

What does the research involve?

This study is linked to the ENGAGE project, which involves working with hospitalised older people, their families, and health professionals to develop strategies that promote shared engagement about managing medications across transitions of care.

The aim of this study is to provide education to family members on the use of My Health Record and the Health Direct website, and to evaluate changes in capability, opportunity, and motivation to use these resources.

Before the study commences, you will also be asked to provide your availability and contact details. Additionally, prior to attending the education session, you will be required to complete a demographic survey and a pre-education survey. These surveys will take around 10 minutes to complete. Your responses will only be accessible to members of the research team.

You will then participate in a 90-minute education session over Zoom. During the session, you will receive education on how to use My Health Record and the Health Direct website. This will include watching educational videos, which will take approximately 40 minutes. After completing the education component, you will be asked to answer some interview questions related to My Health Record and the Health Direct website, which will take a maximum of 30 minutes. To finish the session, you will complete a post-education survey, which will have the same questions as the pre-education survey. The post-education survey will take 5-10 minutes to complete. All surveys will be completed through a survey platform called REDCap, and will be linked to your demographic information so we can compare your answers across both surveys.

To be eligible to participate you need to be a family member of an older adult (aged 65 years and older) who is on at least one medication. You need to have experience in supporting this older adult with their medication during or following a recent hospital admission. The hospital admission must be within the past 2 years. This experience of assisting with medications may include relaying information to your family member about what a medication is, how

it works, and the possible side effects. Additionally, supporting your family member with medication might involve helping to take medications, such as packing a dose administration aid, or creating a medication schedule.

This session will take place over Zoom, and at a time that is mutually convenient for you and the researcher. Once this time has been confirmed, a calendar invitation with a Zoom session link will be sent to your email. At the scheduled time, you can click on the link to join your session. The session will be audio/video recorded so that we can produce a transcription of the session for analysis purposes.

Source of funding

This research is funded by the National Health and Medical Research Council (project ID: 2025864).

There are no conflicts of interest of sponsors or researchers.

Consenting to participate in the project and withdrawing from the research

As part of the consent process, you will be required to provide verbal consent at the start of session, which will include stating your name, the date, and reading back a consent statement.

You have the right to withdraw from the research at any time, including at a later date after the session is complete. If you wish to do so, please contact us by email at caitlin.deery@monash.edu or using the phone number previously provided.

Possible benefits and risks to participants

Participation poses no known risks other than the requirement to commit approximately 90 minutes of your time. Your input is expected to contribute to the development of an intervention designed to improve hospital discharge medication management practices.

Payment

At the end, you will receive a \$50 Coles Myer gift voucher via email. To facilitate this, we will need to share your name and email with administration staff. Please note that anonymity cannot be guaranteed in this regard. However, the administration staff will only use your name and email for the purposes of sending the email voucher.

Confidentiality

The session will be recorded for transcription purposes, but all the transcriptions will de-identified. You will not be identifiable in any reports that are published, and where relevant, pseudonyms will be used to protect your privacy. Transcriptions will be generated using the auto-transcription function in Zoom. Researchers will also manually review the transcriptions to ensure they contain no personal data. For any sessions involving multiple people, we will remind all participants to respect each other's privacy and keep the discussion confidential. Your personal details will be kept in a secure spreadsheet on Monash University servers. These details may need to be made available to Monash finance if requested for audit purposes.

Storage of data

The data will be stored on secure Monash University servers, with access restricted to members of the research team. The data will be kept on secure Monash University servers for at least 5 years after completion of the project. When the data is no longer required it will be destroyed. For further information about how Monash University

handles personal information, refer to the Research Data Protection and Privacy Collection Statement and Data Protection and Privacy Procedure on the [Monash University website](#).

Results

A summary of the results will be available one month after the completion of your education session. Please contact us if you would like to receive a copy of the summary. The data will be used in publications and will also form part of a thesis. Additionally, the results with no identifiable information, may be made available to public repositories.

Complaints

Should you have any concerns or complaints about the conduct of the project, you are welcome to contact the Executive Officer, Monash University Human Research Ethics Committee (MUHREC):

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