



## **‘Helper’ Information Sheet (main trial)**

**Study title: ‘HelpMeDolt!’ a web, app and text (SMS) based intervention to facilitate social support to achieve and maintain health related change in physical activity and healthy eating.**

### **Part 1 of the HelpMeDolt! Study ‘Helper’ Information Sheet**

#### **What is the purpose of this study?**

This study will evaluate HelpMeDolt! which is a website and mobile phone application or ‘app’ that will help people set a behaviour change goal, like eating more healthily or doing more physical activity, and sign up friends or family as ‘helpers’ to ‘help them do it’. A friend or family member has nominated you to act as a ‘helper’ to provide support to them on their weight loss journey. Before you decide if you would like to become a ‘helper’, you need to understand why the research is being done and what it would involve for you. Please take time to read the information carefully. Talk to others about the study if you wish, such as members of your family or friends.

Part 1 of this information sheet tells you the purpose of this study and what will happen if you take part. Part 2 gives more detailed information about how the study will be organised. Please ask if anything is not clear or if you would like more information. Take time to decide whether you wish to take part.

We have recruited people to the study who are trying to lose weight. The study aims to see whether using the HelpMeDolt! website and app and getting help from family and friends has any impact on people’s healthy eating and physical activity habits as well as their weight. The intervention seeks to motivate people to stick with their goals in relation to physical activity, healthy eating or weight loss and to get their friends and family to help them.

#### **Why have I been approached?**

You have been nominated by a friend or family member as they would like you to support them in trying to lose weight using the HelpMeDolt! website and app.

**Do I have to take part?**

No. Taking part is entirely voluntary. If you have any questions about the study you can contact the Trial Manager using the details at the end of this information sheet. Once you have had time to think about it and understand what is involved, and if you decide to become a 'helper' in the study, we will ask you to sign an online consent form to show you have agreed. However, you are free to withdraw at any time, without giving a reason.

**What will happen to me if I agree to take part?**

Once you have completed the online consent form agreeing to be a 'helper' and provide support to your friend or family member you will be given a login for the HelpMeDolt! website and you will be given instructions to download the app. You will also be given guidance on the most effective ways to help your friend or family member to achieve their goals. The HelpMeDolt! website will allow you to see how your friend or family member is getting on and you will be sent regular text messages or emails to update you on their progress and to remind you to encourage, celebrate or provide extra support to them. These updates will be sent for 6 months from the start of the study. After that, you can still provide encouragement to your friend or family member but you will no longer be sent reminders.

**What will I have to do?**

We will ask you to provide some basic information about yourself when registering on the HelpMeDolt! website, including your contact details. You will then provide support to your friend or family member as they try to lose weight. You can do this in whatever way suits you best. If you choose to send text messages of encouragement you can do this through the website or app and you will be given guidance on how to do this. The study will last for 12 months. The first 6 months of the study will be the 'active' stage and during this time you will be sent reminders to encourage your friend or family member. After 6 months your friend or family member may still continue to use the system and you will be able to continue providing encouragement, but you will no longer be sent reminders to do so. We may also contact you to see if you are willing to do a short interview about your experiences of taking part in the study. If you are willing we would ask you to sign a separate consent form for this.

**What are the possible benefits of taking part?**

This study is being undertaken to find out if this intervention is helpful for people who are trying to eat more healthily, do more physical activity and lose weight. As well as helping us answer this question, being a 'helper' will allow you to provide support and encouragement to your friend or family member as they try to achieve their weight loss goals.

**What are the possible disadvantages and risks of taking part?**

The study will take up some of your time to contact and provide support and encouragement to your friend or family member.

**Although I am a helper, can I also take part in the intervention to lose weight?**

Yes, but you will not be registered as an official study participant. This means that we will not collect certain information and measurements from you. However, you will have full access to the same information as your friend/relative who is taking part in the study. We may invite you for an interview after 6-months to gather your feedback on being both a helper and a participant. The interview is optional and you will be provided with further information at the time and asked to provide consent.

This completes Part 1. If the information in Part 1 has interested you and you are considering participation, please read the additional information in Part 2 before making any decision.

**Part 2 of the Information Sheet****What will happen if I don't want to carry on with the study?**

You can withdraw from the study at any time, without giving a reason.

**What if there is a problem?**

If you have a concern about any aspect of this study, you can speak to the researchers at the University of Glasgow who will do their best to answer your questions (contact details below). If you remain unhappy and wish to complain formally, you can do this using these contact details:

The Senate Office, The University of Glasgow, Glasgow, G12 8QQ. Email: [complaints@glasgow.ac.uk](mailto:complaints@glasgow.ac.uk). Telephone: 0141 330 2506.

**Harm**

In the event that something does go wrong and participants are harmed during the research and this is due to someone's negligence then they may have grounds for a legal action for compensation from the University of Glasgow but they may have to pay their own legal costs. The University has in force a Professional Indemnity and/or Clinical Trials Policy which provides cover for negligent harm and the activities here are within that coverage.

**Will my taking part in this study be kept confidential?**

Yes, we will follow ethical and legal practice and all information about you will be handled in confidence. All information which is collected about you during the course of the research will only be seen by the research team. Contact details will be retained so that we can contact you about the possibility of doing an interview and for sending vouchers. Study data will be stored at the University and be kept separate from personal information (names and addresses). Only members of the research team will have access to view identifiable data. However, in some instances, official people from regulatory authorities may need to access data to check the quality of the research. Members of the research team and regulatory bodies are trained and bound by the terms of the Data Protection Act 1998. Once it is no longer necessary to keep identifiable information or contact details, we will destroy our records of this personal information. We will only pass information about you to anyone outside the study if we have concerns about your or anyone else's safety.

### **Expenses and payments**

**We cannot pay you to take** part in this study but we will provide you with a £20 shopping voucher to cover phone costs for texting your friends or family as part of the study.

### **What will happen to the results of the research study?**

A report of the research results will be sent to the funder and will be published on their website. Results will be published in scientific journals and presented at scientific meetings. You will not be identified in any report, publication or presentation. Once the research study is complete the results will be posted on the study website. If you would like the results sent to you please contact the Trial Manager.

### **Who is organising and funding the research?**

This study is being organised by the Social and Public Health Sciences Unit at the University of Glasgow. The research is being paid for by the National Institute of Health Research Public Health Research Programme.

### **Who has reviewed the study?**

All research in the NHS is looked at by an independent group of people, called a Research Ethics Committee to protect your safety, rights, wellbeing and dignity. This study has been reviewed and given a favourable opinion by the NHS Research Ethics Committee for the West of Scotland.

### **Contact for further information:**

Trial Manager, Lynsay Matthews  
Tel: 0141 353 7633  
Email: [Lynsay.Matthews@glasgow.ac.uk](mailto:Lynsay.Matthews@glasgow.ac.uk)

**THANK YOU FOR CONSIDERING TAKING PART IN THIS STUDY.**