



## WOULD YOU LIKE TO PARTICIPATE IN THE RESEARCH PROJECT ‘EXPERIENCES WITH OVERWEIGHT’

A study of the experiences of people with overweight in GP consultations

### THE AIM OF THE PROJECT AND WHY YOU ARE BEING ASKED TO PARTICIPATE

This is a request for you to take part in a research project in which we want to investigate the experiences of people with overweight in GP consultations.

The aim of this study is to learn first-hand about the experiences of people with overweight. Greater insight into people's experiences can help generate knowledge about when and how GPs, and the support system in general, can best address the issue of weight and the conversation around it.

The research problem: *What are the experiences of people with overweight in GP consultations?*

Method: The study has a qualitative design. Up to twelve semi-structured individual interviews are to be carried out after recruiting informants through social media, private agencies working with lifestyle changes, advertising, notices and snowball sampling.

### WHO IS RESPONSIBLE FOR THE RESEARCH PROJECT?

Western Norway University of Applied Sciences is responsible for the research project. The project is to be part of the thesis for a Master's degree in interaction within health and social services, and will be carried out by master's student Lill Anette Juvik. The project head and supervisor is Anne Marie Sandvoll, Professor at the Department of Health and Caring Sciences at the Western Norway University of Applied Sciences.

### YOU HAVE BEEN ASKED TO PARTICIPATE BECAUSE:

- your BMI is in the range 25–30, according to WHO's classification
- your BMI was higher than 30, and you will be interviewed during the period in your life when your BMI is in the range 25–30
- you think or have thought that being overweight is or may become a challenge for you – physically, psychologically or socially
- you are aged 18–55 years, male or female
- you **have** or **do not have** experience in talking to your GP about overweight

### WHAT WILL THE PROJECT ENTAIL FOR YOU?

If you would like to participate in the research project, you will be interviewed by Lill Anette Juvik in an individual interview lasting 1–1.5 hours. It can be carried out in person, via telephone or remotely via Microsoft Teams. An audio recording will be made of the interview, and this will subsequently be transcribed. The recording will then be deleted. The written material will be anonymised.

The interview questions will relate to, for example, your thoughts about overweight, your own situation and your thoughts about the future, your experiences, or absence of experiences, in GP consultations and your thoughts on how you would like your GP to deal with the issue.

**Current rules for infection control in relation to COVID-19 will be observed.**

## POSSIBLE ADVANTAGES AND DISADVANTAGES

One benefit of participating is the positive experience you may have of sharing personal experiences that can help others. The interview may stimulate reflection and give you new insight into your own situation. The disadvantages can be the time needed to participate and being asked to share your personal experiences.

## VOLUNTARY PARTICIPATION AND WITHDRAWING YOUR CONSENT

Participation in the project is voluntary. If you choose to participate, you can withdraw your consent at any time without giving a reason. If you withdraw from the project, you can ask for data collected on you to be deleted, unless the data have already been analysed. Other data will be deleted. There will be no repercussions for you if you do not want to participate or subsequently choose to withdraw.

The processing of data held on you is based on your consent. If you have consented to the processing of your personal data, you can request access, corrections to inaccurate data and deletion of data. The project head will process your request, and you can appeal the decision to the Norwegian Data Protection Authority.

## DATA PROTECTION – HOW DO WE PROTECT AND USE DATA HELD ON YOU?

We will only use the data held on you for the purpose described in this appendix. We treat all information confidentially and in accordance with the General Data Protection Regulation (GDPR). Only the master's student and her supervisor will have access to audio recordings and interview transcripts. The data material will be stored anonymously and securely on Western Norway University of Applied Sciences' research server, in line with guidelines.

No names, personal ID numbers or other information that can directly identify a participant will be used in audio recordings or interview transcripts. It will not be possible to identify you in the published results of the study.

## APPROVAL

The Norwegian Centre for Research Data AS and the Regional Committees for Medical and Health Research Ethics have assessed and approved the research project.

The project will be completed by the end of December 2021.

## CONTACT DETAILS

If you have any questions about the research project, or wish to register your interest or assert your rights, you can contact the following:

Lill Anette Juvik, master's student, tel. no.: 95 93 05 05, email: [lajuvik@online.no](mailto:lajuvik@online.no)

Anne Marie Sandvoll, project head, tel. no.: 57 67 76 31, email: [anne.marie.sandvoll@hvl.no](mailto:anne.marie.sandvoll@hvl.no)

Western Norway University of Applied Sciences' data protection officer is Trine Anikken Larsen, tel. no. 55 58 76 82, email: [trine.anikken.larsen@hvl.no](mailto:trine.anikken.larsen@hvl.no)

If you have any questions regarding the assessment of the project by the Norwegian Centre for Research Data, you can contact the following:

The Norwegian Centre for Research Data AS, email: [personverntjenste@nsd.no](mailto:personverntjenste@nsd.no) or tel. no.: 55 58 21 17

Kind regards

Anne Marie Sandvoll

Project head/supervisor

Lill Anette Juvik

Master's student

I HEREBY CONSENT TO PARTICIPATE IN THE PROJECT AND TO MY PERSONAL DATA BEING USED AS DESCRIBED.

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Place and date

Participant's signature

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Participant's name in block capitals

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Telephone number

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Email address