



## **PARTICIPANT INFORMATION SHEET**

(For all participants)

**Project Title:** Pilot Virtual Reality Intervention for People who have Completed Cancer Treatment.

### **Research Team:**

- Principal Investigator/Supervisor: Dr Geraldine Tennant, Health Psychologist and Senior Lecturer, Department of Psychological Medicine, University of Auckland
- Co-Investigator/Co-Supervisor: Dr Lisa Reynolds, Health Psychologist and Senior Lecturer, Department of Psychological Medicine, University of Auckland
- Student Researcher: Eleanor Feng, Master of Health Psychology student, Department of Psychological Medicine, University of Auckland

### **Project Description and Invitation**

You are invited to take part in a study that seeks to investigate how using a virtual reality experience might be helpful for people who have completed cancer treatment. This study contributes towards the student researcher's Masters' degree. This Participant Information Sheet will help you decide whether you'd like to take part. It sets out why we are doing the study, what your participation would involve, what the potential benefits and risks might be, and what would happen after the study ends.

Participation or non-participation is entirely your choice. Whether you decide to participate or not participate, you do not have to provide a reason. If you do want to take part now, but change your mind later, you can withdraw from the study at any time. We will go through this information with you and answer any questions you may have. You may also want to discuss the study with other people, such as whānau, family, friends or healthcare providers.

If you agree to take part in this study, you will be asked to sign the Consent Form on the last page of this document. You will be given a copy of both the Participant Information Sheet and the Consent Form to keep. This document is 5 pages long, including the Consent Form. Please make sure you have read and understood all the pages.

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

People who have completed cancer treatment can face a range of physical and psychological challenges. We are interested in investigating whether a virtual reality experience might be helpful for people post-treatment. This study has the potential to

improve wellbeing and reduce symptoms. In doing so, we hope to make this intervention effective and accessible, and to inform the development of future interventions.

### **What would your participation involve?**

The duration of your involvement in the study would be during one day with a brief follow-up phone interview. On the day of your participation, you will start by completing a 25-minute questionnaire that asks about your physical and emotional well-being. You will then listen to a brief recorded introduction and be given a five-minute virtual reality experience using a virtual reality headset. You will then complete another similar 15-minute questionnaire. Approximately one week later at a time convenient to you, you will receive a 20-minute follow-up phone call from the researcher. This phone interview will be audio-recorded and transcribed and offers you the opportunity to provide feedback on your virtual reality experience. You will also complete a 20-minute follow-up online questionnaire.

### **What are the possible benefits and risks of participating?**

Although we cannot guarantee any benefits, it is expected that the virtual reality experience will be relaxing, and your state of well-being may be better than it might otherwise have been.

There are no discernible risks to the participants. The virtual reality headset will be disinfected between each use and will be fitted with a disposable mask with each new participant. It is possible that some participants may experience cyber-sickness using virtual reality, however the virtual reality experience in this study has been specifically designed with cancer populations in mind and created to be gently paced to mitigate this potential side-effect. Past users have found virtual reality to be enjoyable and relaxing. If you do experience cyber-sickness, however, you may be encouraged to withdraw from the study.

Participants may find some of the items in the questionnaires difficult or uncomfortable to answer. If you do experience any distress or would like extra support, we have attached below a list of support services available to you.

### **Compensation**

You will receive a \$20 Countdown voucher after you complete the second set of questionnaires to recognise and thank you for your participation in this study.

### **What are the rights of participants in this study?**

Your participation in this study is entirely voluntary (your choice). You are free to decline participation, or to withdraw participation (and your data) from the study without experiencing any disadvantage, and without giving a reason. You can request a withdrawal of your study data by contacting the researcher through e-mail or phone (listed below). However, data withdrawal cannot happen after the end of July 2023, as by that time the data analysis process would have begun. The published report will not contain information that will allow you to be directly identified. Questionnaires and interview data are coded, and all data collected will be kept confidential and secure.

### **What will happen after the study ends, or if you withdraw?**

- Written questionnaires and consent forms will be securely stored in a locked file at the Department of Psychological Medicine, University of Auckland. Electronic data will be password protected and only accessible to the research team. The data will be destroyed (shredded/deleted) after a period of six years, and will not be sent overseas or used for other projects within the 6 year period. A summary of the study results will be

provided to interested participants. The investigators aim to publish the findings from this research in peer-reviewed journals and present findings at national and international conferences.

**Who to contact for more information or if you have questions, concerns or complaints?**

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For concerns of an ethical nature, you can contact the Chair of the Auckland Health Research Ethics Committee at [ahrec@auckland.ac.nz](mailto:ahrec@auckland.ac.nz) or at 373 7599 ext 83711, or at Auckland Health Research Ethics Committee, The University of Auckland, Private Bag 92019, Auckland 1142.

**If this information or completing the questionnaires has brought up any concerning thoughts or feelings for you, please reach out to the following services for support:**

Talk to your GP or cancer care physician.  
Cancer Society: For cancer-related support for you or your whānau/family, call 0800 CANCER (0800 226 237), Mon to Fri, 8am-5pm  
Healthline: Healthline is staffed by registered nurses who can provide you with health information and advice on care, call 0800 611 116 anytime.  
If you require Māori cultural support, talk to your whānau in the first instance.