



PARTICIPANT INFORMATION SHEET

Project title:

Investigating factors influencing young people's use of hearing protection in nightclubs.

Research team:

- Maral Ghamkhar (student researcher), Master of Audiology, Faculty of Medical and Health Sciences
- Dr David Welch (staff, co-supervisor/researcher), Lecturer for The University of Auckland Audiology Department.
- Dr Ravi Reddy (staff, co-supervisor/researcher), Lecturer for The University of Auckland Health Sciences Department

Study Invitation

You are invited to take part in a study investigating the factors that can influence the use of hearing protection by young adults in nightclubs.

Participation is voluntary. You have the right to withdraw from the research and/or withdraw your data at any stage of the research, up until the completion of the final questionnaire (final stage of data collection).

Project Description

Approximately 1.1 billion young people around the world are at risk of experiencing hearing loss as a result of exposure to loud noise. Young adults are often exposed to loud music during recreational activities such as clubbing, where music is played at damaging sound levels. Hearing protection can reduce the risk of recreational noise-induced hearing loss caused by clubbing.

There are a variety of factors that can encourage or discourage individuals when it comes to the use of hearing protection in clubs. This study aims to find the most effective form of providing hearing health education to young adults, in a way that is informative and encourages the use of earplugs.

To participate, you must be aged 18-30 years old, live in NZ, and go clubbing at least once a month. For the purpose of this study, individuals who cannot speak English, have a hearing loss, or do not have a smartphone will not be recruited.

What does the study involve?

If you are recruited, you will be randomly assigned to one of four groups and will be required to have up to 1 hour of direct involvement, as well as the indirect time spent clubbing. As part of the 1 hour, you will fill out an initial pre-intervention survey. You will then be set up with a time to participate in a 20-30-minute meeting with Maral (student researcher). During this time, you may be asked to watch a video on your smartphone and answer a post-intervention questionnaire.

You will be shown how to download a sound level measuring app onto your smartphone, as well as how to use it when you go clubbing. At the end of this meeting, you will be given a pair of earplugs and asked to wear them when clubbing.

You may receive an email once a week as a reminder:

- To visit a nightclub and take the earplugs with you
- To use the sound level measuring app when clubbing
- You may also be asked to re-watch a video prior to your visit

Once you have visited a nightclub, you will be sent a final questionnaire to complete on your phone.

No health information will be collected. The questionnaires will not contain questions that require sensitive information or will cause participants embarrassment. There will be no recording of participants.

Benefits and risks

Benefits

All participants will be given free earplugs and will learn how to use a sound level measuring app. Participants have the choice to go in the draw to win 1 of 3 \$100 supermarket vouchers as a thank you for their time and participation. Winners will be drawn and contacted via email once all data has been collected.

The study aims to benefit the health and wellbeing of young people by assessing the types of interventions that are most effective with young adults, and what factors influence the use of hearing protection in nightclubs. This information can be used to improve the design of public health interventions on a larger scale in New Zealand.

The study can assist in improving how we deliver health-related information to young people in a manner than is both educational and promotes taking action to protect their hearing. The findings can have a wider impact on the community, as better designed health information delivery can have long-term benefits, such as a reduction in the rates of recreational noise-induced hearing loss in young people in New Zealand. The study will assist in a preventive approach to hearing health interventions by avoiding early-onset of hearing loss.

Risks

Due to participants meeting with the researcher, participation in this research study will not be anonymous. However, information provided by participants will only be accessible to the three researchers. No demographic data other than age will be utilised. No other personal information will be required (other than an email to relay information), and all identifiers will be removed once data collection has been completed.

Funding

Funding for this study has been obtained by The University of Auckland.

Confidentiality, data storage, and future use

All data collected will be stored on password-protected computers accessible to the three researchers only. All identifiers will be removed after the final phase of data collection phase, to ensure the privacy and confidentiality of participants is preserved. Once this has been done, data will be stored indefinitely. No data in reports or publications will identify participants.

Project findings will be communicated to participants upon completion of the study. Participants can indicate whether they would like to receive a summary of the findings on the consent form. A summary of the findings can be expected up to 6 months post-data collection.

Contact Details

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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, or at 373 7599 x 83711, or at Auckland Health Research Ethics Committee, The University of Auckland, Private Bag 92019, Auckland 1142.

Approved by the Auckland Health Research Ethics Committee on 30/09/2021 for 3 years. Reference number AH23143