

(Patient Information Leaflet)

Study title: An investigation of the knowledge, comfort in treating and awareness of Relative Energy Deficiency in Sports (RED-S) in Podiatric Medicine.

Principal investigator's name: Ms. Michelle Collins

Principal investigator's title: Final year Undergraduate student in

Telephone number of principal investigator: 0852853960

Consultant co-investigator's name: Ms. Sarah 'O' Connell

Consultant co-investigator's title: Lecturer in Podiatric Medicine

Data Controller's/joint Controller's Identity:

Michelle Collins

Data Controller's/joint Controller's Contact Details:

m.collins38@nuigalway.ie

Data Protection Officer's Identity:
Officer

NUI Galway Data Protection

Data Protection Officer's Contact Details:

The Data Protection Officer,

NUI Galway, Room A129, The Quadrangle, NUI Galway, University Road, Galway H91TK33
dataprotection@nuigalway.ie

You are being invited to take part in a research study to be carried out online by Michelle Collins a 4th year Podiatric Medicine student at NUI Galway.

Before you decide whether you wish to take part, you should read the information provided below carefully.

Take time to ask questions – don't feel rushed and don't feel under pressure to make a quick decision.

You should clearly understand the risks and benefits of taking part in this study so that you can make a decision that is right for you.

You can change your mind about taking part in the study any time you like. Even if the study has started, you can still opt out. You don't have to give us a reason.

Why is this study being done?

This study relates to the term 'Relative Energy Deficiency in Sport' (RED-S), which refers to how a lack of energy availability can cause health issues such as problems with growth, muscle recovery and homeostasis as well as loss of bone mineral density which can result in stress fractures and menstruation issues.

As sports podiatry is a growing area and there is an influx of MSK patients being treated by podiatrists, it is important that podiatrists' have a good understanding of RED-S. This research study is taking place in order to grasp a better understanding on podiatrists' knowledge and awareness of RED-S and how comfortable they feel in treating RED-S.

Who is organising and funding this study?

This study is a small project being completed by Michelle Collins as part of her undergraduate studies. This study is supported by NUI Galway.

Why am I being asked to take part?

You have been asked to take part because you are a qualified podiatrist. You can take part in this study if you are:

- Have a level 8 degree in podiatric medicine
- Currently registered with the SCPI
- Age 18 and above
- Can give consent to take part

Unfortunately, you cannot take part in this study if you are:

- Under the age of 18
- Unable to give consent
- Currently studying your level 8 degree in podiatric medicine.

How will the study be carried out?

This study will take place via an online survey, it will consist of 100 participants, as this is an estimation of the amount of podiatrists we aim to participate from the number of podiatrists in Ireland and due to the fact, that is an undergraduate research study. It will consist of completing an online survey regarding general demographics, e.g., age, gender, location of work etc., it will also consist of questions regarding comfort in treating RED-S, or if you have an education in sports medicine.

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

This data will be always kept anonymous. If you choose to participate, you will be asked to complete a consent form. Following this, you will be required to fill a short questionnaire that will take approx. 10 minutes in total to complete via online.

What are the benefits?

While there is no benefit to you from carrying out this survey, this information will allow us to investigate the level of knowledge regarding RED-S for further use.

What are the risks?

Risks associated with this study may be a delay in your duration of time or like any study there may be potential breach of patient confidentiality, but highly unlikely as data will be viewed only by the researcher and research supervisor and no email name will be visible to anyone when carrying out the questionnaire.

You may feel inconvenienced by taking the time to participate in this study. There are no other perceived disadvantages to participating in this study. There are no perceived risks involved.

Is the study confidential?

All data collected will be secured safely and strictly confidential. The lead researcher and supervisor will be the only ones with access to this data. The College of Medicine, Nursing and Health Sciences Research Ethics regulations states that study data must be confidentially stored for a period of 7 years. After this duration, all data must and will be destroyed. This data will be kept anonymous.

Data Protection

What do I need to know about Data Protection?

It is important that you understand how your personal information will be gathered and used for this study. We are required by law to give you all the information prior to completing this study.

We need your personal information to assess level of knowledge of RED-S based on age, gender, previous sports medicine education, location of work, years qualified etc. This information will also be used to compare with others of different personal data.

Only the researcher Ms. Michelle Collins and her dissertation supervisor will have access to your information.

As under the College of Medicine, Nursing and Health Sciences Research Ethics conditions, all data will be stored confidentially for a period of 7 years. After this, all data must and will be destroyed. This data will be kept anonymous.

You can withdraw from the study at any time without giving a reason. If you withdraw while the study is going on your data will be deleted.

However, as the study is anonymous after the study has been carried out it is too late to withdraw. You can contact the researcher about this at m.collins38@nuigalway.ie if you have questions regarding this.

What are my rights?

- You have the right to lodge a complaint with the Data Protection Commissioner if you are dissatisfied.
- You have the right to have any inaccurate information about you corrected or deleted.
- You have the right to have your personal information destroyed.
- You have the right to ask for any of your information in a readable format.

Consent to Future Uses

The information you give in this study will be held anonymously for a period of 7 years in NUI Galway. All identifying details will have been deleted from this information. This information may be used in future research related to this study.

Who has reviewed the study?

The study has been reviewed and approved by Galway University Hospital Clinical Research Ethics Committee to protect your safety, rights, wellbeing and dignity.

Where can I get further information?

If you have any further questions about the study or if you want to opt out of the study, you can rest assured it won't affect the quality of treatment you get in the future. If you need any further information now or at any time in the future, please contact:

Michelle Collins
Discipline of Podiatry
School of Health Sciences
National University of Ireland Galway
Aras Moyola, Newcastle Road
Galway
0852853960 0879483347

Ms. Sarah O' Connell
Discipline of Podiatric Medicine
School of Health Sciences
National University of Ireland Galway
Aras Moyola, Newcastle Road
Galway

m.collins38@nuigalway.ie sarah.oconnell@nuigalway.ie