

Rehabilitation Research and Training Center on
Developmental Disabilities and Health
Department of Disability and
Human Development
1640 W Roosevelt RD MC 626
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PARTICIPANT INFORMATION SHEET

HEALTHMATTERS PROGRAM SCALE-UP: MULTI-STATE SYSTEMATIC APPROACH

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Sponsor: National Institute on Disability and Rehabilitation Research (NIDRR)

You are invited to be in a **research study** to evaluate the usefulness of an interactive webinar-delivered **HealthMatters Program: Train-the-Trainer Certified Instructor Webinar** for staff working in community-based organizations (CBOs) providing services to people with intellectual and developmental disabilities (I/DD).

Beth Marks, PhD, RN and Jasmina Sisirak, PhD, MPH, from the University of Illinois at Chicago, are in charge of this study.

WHAT IS THIS STUDY ABOUT?

We are doing this research study to see if health promotion training for staff in community-based organizations using a webinar (online) presentation will work for staff to learn how to teach a 12 week HealthMatters Program for their clients with I/DD.

WHAT WILL YOU HAVE TO DO?

- 1) This study is 1 year long.
- 2) If you agree to be in this study, we will ask you to attend **three (3) 75 minute Webinars** (online presentations).
- 3) You will answer some questions related to health promotion advocacy, confidence, and benefits to do the program before and after the webinars and at 1 year (15-20 minutes).
- 4) After the webinar, **you will teach HealthMatters Program to people with I/DD for 4-6 hours three times per week for 12 weeks.**
- 5) You will meet with your staff colleague to prepare for each class (15 minutes).
- 6) About 1000 participants may participate in this study.

WHAT ABOUT PRIVACY AND CONFIDENTIALITY?

We will keep what you say confidential (private or secret). However, co-workers at your community-based organization may know that you are in this study. And, State of Illinois auditors may review research materials to ensure compliance with state and federal regulations.

We (members of the research team) will do the following to maintain your **privacy** and **confidentiality**.

1. Keep your responses and participation safe and private to maintain your personal rights.
2. Use an identification number instead of your name on information entered into the computer.
3. Give a password to the computer that is only accessible by authorized research team members.
4. Store the questionnaires and personal information in locked filing cabinets in a locked office in the Department of Disability and Human Development for five years.
5. Destroy questionnaires and personal information after a five-year period.

We will use the data derived from this study in written research studies, brochures, and presentations. Your name **will not be included** in any reports or presentations.

CAN ANYTHING BAD HAPPEN TO YOU?

You may feel that your job responsibilities are increasing, as you learn new information about how to start and lead a health promotion program for your client(s) with I/DD. There is no risk in filling out surveys and you do not have to answer questions that make you uncomfortable. A risk of this research is a loss of privacy (revealing to others that you are taking part in this study) and confidentiality (revealing information about you to others to whom you have not given permission to see this information).

WHAT WILL YOU GET FROM PARTICIPATING IN THIS STUDY?

If you decide to participate in this study, you may not have any direct benefits. However, a possible benefit of this study is that you will get information on new ways to encourage and support more physical activity and healthy food choices among people with I/DD. Also, you may learn the benefits of physical activity and health education. Additional benefits to you include: 1) a greater awareness of your health behavior after completing the **HealthMattersProgram Webinar** and 2) an opportunity to learn new of ways to promote your own health and the health of people with I/DD.

IF YOU WOULD LIKE TO PARTICIPATE:

If you have questions or you would like to participate in the study, please contact us. Beth Marks can be reached at 312-413-4097 (direct number) or bmarks1@uic.edu (email) and Jasmina Sisirak can be reached at 312-996-3982 (direct number) or jsisirak@uic.edu (email). You may reach them by calling the toll-free number at 800-996-8845. You may visit study website: www.HealthMattersProgram.org.

WHAT WILL HAPPEN IF YOU DECIDE NOT TO PARTICIPATE?

Nothing! No one will be upset if you choose not to participate. It is your right to decide and participation in the study is voluntary. Your decision will not affect your current or future relations with the University or your job.

WHAT ARE MY RIGHTS AS A RESEARCH PARTICIPANT?

If you have any questions about your rights as a participant in this study, you may call the Office for the Protection of Research Subjects (OPRS) at 312-996-1711 or toll-free at 866-789-6215 or email OPRS at uicirb@uic.edu.

If you would like a copy of this information, please print a copy or contact us.