



## Information Sheet for Participants

### *The first night: Investigating Resident Medical Officer preparation for night shifts in Aotearoa New Zealand*

#### **Joint Principal Investigators:**

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Thank you for showing an interest in this project. Please read the following information sheet carefully. If you decide to participate we thank you. If you decide not to take part there will be no disadvantage to you and we thank you for considering our request.

#### **What is the aim of this research project?**

This project aims to understand methods currently used by Resident Medical Officers to prepare for night shifts. This survey is also designed to inform a second phase of the study – objective sleep measurement via actigraphy – with the ultimate aim of forming up to date guidelines and/or informing interventional work.

#### **Who is funding this project?**

This research is funded by the New Zealand Resident Doctors' Association Education Trust.

#### **Who are we seeking to participate in the project?**

This survey is open to Resident Medical Officers who are Postgraduate Year 2 (PGY2) and above, have worked  $\geq 1$  set of night shifts in the past 12 months, and live in New Zealand.

#### **If you participate, what will you be asked to do?**

Should you choose to participate, you will be asked to complete a short survey about your sleep and the strategies that you use to prepare for night shifts. We will also collect details

on your age, gender and ethnicity. All of this information will be stored in a secure database confidentially. This survey should take around 10 minutes to complete.

As a thank you for participating, you will receive an invitation at the end of the survey to enter a prize draw to win one of 10 \$100 gift vouchers.

### **Is there any risk of discomfort or harm from participation?**

This survey includes several questions about substance use, alcohol and mental health in relation to sleep. All responses will be anonymous (see anonymity and confidentiality below), therefore there is no risk of professional repercussions resulting from your answers.

In the event that a survey question makes you feel hesitant or uncomfortable, you are reminded of your right to withdraw from the survey at any stage. Contact information for support services will be provided at the conclusion of the survey should you require these.

### **What data or information will be collected, and how will it be used?**

This survey will include questions about your sleep, your night shift environment, the strategies that you use to prepare for night shifts, the impact of night shifts and demographic questions.

The results of the project may be published in reports and/or peer-reviewed journals and/or presented at conferences. Anonymised data could also be used in future relevant research (e.g. meta-analysis). You are welcome to request a copy of the results of the project – please contact one of the research team (details below) if you would like to receive a summary of the results.

### **What about anonymity and confidentiality?**

We will ask questions about your age, gender, ethnicity, postgraduate year, place of employment and area of specialty for analysis purposes, but we will not be collecting any identifiable information such as your name, address, phone number or email address. Additionally, your IP address and location data will **not** be collected.

Although this survey does not collect information that identifies you directly, several demographic questions (e.g. place of employment) may enable some participants to be re-identified. Due care will be taken to prevent re-identification, and results will be reported in aggregate form only. You may also decline to answer questions that pertain to your place of employment and/or area of specialty in order to protect your anonymity.

At the conclusion of the survey, you will be provided with a separate website link to give you the option to enter the prize draw and/or express your interest for the next phase of the study, if you wish. This website link is **not** connected to the main survey in any way in order to protect your anonymity (i.e. your contact details will not be linked to your survey answers).

The information collected in the survey will be stored on password protected computers and systems at the University of Otago only accessible by the research team. As required by the University's research policy, survey data will be retained in secure electronic storage for 10 years, after which it will be destroyed.

### **If you agree to participate, can you withdraw later?**

You may withdraw from this study at any point before the end of the survey. Provided that you withdraw before completing the survey, data already collected will **not** be analysed. If the survey is completed, the data is unable to be corrected or withdrawn, and return of individual results is not possible.

### **Any questions?**

If you have any questions now or in the future, please feel free to contact either:

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*This study has been approved by the University of Otago Human Ethics Committee (Health). If you have any concerns about the ethical conduct of the research you may contact the Committee through the Human Ethics Committee Administrator (phone +64 3 479 8256 or email [humanethics@otago.ac.nz](mailto:humanethics@otago.ac.nz)). Any issues you raise will be treated in confidence and investigated and you will be informed of the outcome.*