

Participant Information Sheet (Version 4)

Study Title: *A study of the lived experiences of a woman's menopausal transition from a male and female perspective.*

Researcher: Yvonne Middlewick

Ethics number: ERGO ID: 11468

IRAS ID: 132231

Please read this information carefully before deciding whether or not to take part in this research. If you are happy to participate you will be asked to sign a consent form.

What is the research about?

This research project is exploring the experiences of women in the period of the menopausal transition from the perspective of women and men. I am a nurse and currently work as a lecturer teaching nurses and other healthcare professionals. This research project is part of my PhD study.

Women have expressed that they can experience a number of difficulties at this time that can affect different aspects of their lives. I am interested in this and I am also interested in the similarities and differences between male and female perspectives of this time in a women's life.

Who has reviewed this study?

This study has been reviewed and approved by the University of Southampton Ethics & Research Governance Team.

Why have I been invited to take part?

You are being approached to see if either yourself or your partner potentially has experience of the menopause and may be interested in contributing to this study. If, after reading this information sheet, you are interested in taking part please see the 'What will happen to me if I take part?' document included and please contact me using the details in the section below 'Where can I get more information?' I am also interested in the views and experiences of partners therefore if you have a partner who may be interested in taking part then please ask them to have a look at this the information and contact me as outlined below. If you do not wish to take part then you do not need to do anything.

What will happen to me if I take part?

I will arrange a time convenient to you for us to meet to talk about your experiences in an interview. This interview will be tape-recorded and will take approximately 60 to 90 minutes. If you wish to take part then you will be invited to sign a consent form but you have the right to change your mind at any time before, during or after the interview.

Are there any benefits in my taking part?

There will be no direct benefits to you as a participant but through the project I hope to gain a better understanding of people's experiences.

Are there any risks involved?

You are being asked to share your story and there is the possibility that this may raise issues that cause you some distress and that you would like to discuss further. Time will be available after the interview to discuss any issues and information about additional support can be found on page 3 of this document. I will contact you the day after the interview to answer any outstanding questions.

Will my participation be confidential?

All the information that you share will be handled and stored as per guidance provided by the Data Protection Act (1998) and the University data archive policy. Your recorded interviews will be heard only by my research supervisors and myself.

The interview recording will be typed and your name and the names of any other person or organisation will be removed so that it is anonymous. All electronic information is stored on a password protected computer and all other documentation will be stored in a locked filing cabinet within the Faculty of Health Sciences. Quotations from the interview will form part of the final thesis and any publications. All quotations will be fully anonymised.

When will confidentiality not be guaranteed?

Confidentiality cannot be guaranteed if any disclosures are considered a risk to yourself or others. This will result in appropriate action being taken by the researcher to ensure that yourself and others are protected. If there are concerns about your wellbeing then the researcher will discuss these with you and we will consider how best to support you.

All data will be stored for 10 years in line with the University data archive policy. After this time data will be securely destroyed.

What happens if I change my mind?

You have the right to withdraw from this research at any time, without giving a reason. You will then be withdrawn from the study and no identifiable information will be used.

What happens if something goes wrong, there is a problem or I have a complaint?

In the unlikely case of concern or complaint about this study, you should contact:

Isla-Kate Morris
Research Governance Office,
University of Southampton,
Building 37,
Highfield,
Southampton,
SO17 1BJ.
Tel: +44 (0)23 8059 5058
Email: rgoinfo@soton.ac.uk

If you remain unhappy and wish to complain formally, Isla-Kate can provide you with details of the University of Southampton Complaints Procedure.

Where can I get more information?

If you require further information please contact:

Researcher: Yvonne Middlewick
Tel: 023 80597895
Email: ym1c06@soton.ac.uk
By post: University of Southampton
Faculty of Health Sciences
Building 67
Southampton
SO17 1BJ

Participant Additional Support (Version 2)

This page has information about different organisations that may be able to support you:

Your GP Practice:

Your GP will have information about your health and wellbeing and will be able to offer you support if you have any physical or emotional issues related to the menopause, or any other aspect of your health or wellbeing. Your GP may be able to signpost you to other services where you can access free and confidential advice and support.

Many GP practices offer well women and well man clinics and some practices have menopause clinics or access to a menopause specialist.

NHS Choices: <http://www.nhs.uk/conditions/menopause/Pages/Introduction.aspx>

This web-based resource has useful information about the menopause, symptoms and treatments as well advice about contacting your GP. There are also links to external organisations that may be able to offer support.

Healthtalk.org: <http://www.healthtalk.org/peoples-experiences/later-life/menopause/topics>

This website has video clips of women talking to a researcher about the different experiences they have had of the menopause.

Samaritans:

You can contact the Samaritans about anything that is concerning you. Telephone: 116 123 (this number is free to call)

If you require further information please contact:

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