

- 1. Project title**
Panel on Health and Aging of Singaporean elderly (PHASE) 2011
- 2. Principal Investigator and co-investigator(s), if any, with the contact number and organization.**

Principal Investigator:

Prof. Angelique Chan
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Faculty of Arts and Social Sciences,
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11 Arts Link, Singapore 117570
Telephone: 65165685
Email: socchana@nus.edu.sg

Co-investigator:

Prof. David Matchar
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- 3. What is the purpose of this research?**
The purpose of this research is to understand the health of the elderly Singaporeans.

You are invited to participate in a research. This information sheet provides you with information about the research. The interviewer will also describe this research to you and answer all of your questions. Read the information below and ask questions about anything you don't understand before deciding whether or not to take part.

- 4. Who can participate in the research? What is the expected duration of my participation? What is the duration of this research?**

Those elderly (60 years and over) who participated in the Social Isolation, Health and Lifestyles survey of 2009 conducted by the Ministry of Community Development, Youth and Sports, can participate in this survey. If the elderly is unable to participate in the survey due to a health or non-health reason, then a proxy or informant can answer the survey on the elderly's behalf. This proxy must be someone who has been helping the elderly in his or her daily existence for some time, and must be either a family member or someone who has been living with the elderly. The survey is expected to take 45-60 minutes of participant's time and will be conducted at the participant/proxy's home.

- 5. What is the approximate number of participants involved?**
5000

- 6. What will be done if I take part in this research?**

If you are the elderly participant, the interviewer will ask you a set of questions from a survey questionnaire. Your answers will be recorded. At the end of the survey, the interviewer will measure your height, weight, waist circumference, blood pressure and grip strength and chair stand test. If you are a proxy for an elderly participant, then the interviewer will only ask you some questions from a survey questionnaire. You will be answering these questions on the elderly's behalf.

All your information will be stored with the Principal Investigator for ten years after the completion of this survey. There is a possibility that you may be contacted again for future research during this period.

7. How will my privacy and the confidentiality of my research records be protected?

Only the principal investigator has your identifiable information (e.g. names, IC nos.) and this will not be released to any other person, including members of the research team. Identifiable information will never be used in a publication or presentation. Your identifiable information will be stored with the Principal Investigator for ten years after the completion of the survey. All your identifiable health information and research data will be coded (i.e. only identified with a code number) at the earliest possible stage of the research.

8. What are the possible discomforts and risks for participants?

You may experience some fatigue after answering the survey questions. If at any point in the survey you wish to stop, please let the interviewer know and the interview will be terminated.

9. What is the compensation for any injury?

No injury is expected as a result of this survey.

10. Will there be reimbursement for participation?

Participants who answer the whole questionnaire will receive a voucher of \$15. Participants who complete the anthropometric measurements will receive an additional \$10.

11. What are the possible benefits to me and to others?

There is no direct benefit to you by participating in this research. The knowledge gained will benefit the public in the future. Singapore's population is ageing rapidly and the information you provide us may help policy makers in developing targeted programs for the elderly.

12. Can I refuse to participate in this research?

Yes, you can. Your decision to participate in this research is voluntary and completely up to you. You can also withdraw from the research at any time without giving any reasons, by informing the interviewer and all your data collected will be discarded.

13. Whom should I call if I have any questions or problems?

Please contact the Principal Investigator, Prof Angelique Chan at **telephone** 65165685 **and email** socchana@nus.edu.sg for all research-related matters and in the event of research-related injuries.

For an independent opinion regarding the research and the rights of research participants, you may contact a staff member of the National University of Singapore Institutional Review Board (Attn: Mr Chan Tuck Wai, at telephone 6516 1234 or email at irb@nus.edu.sg).

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- 3. What is the purpose of this research?**
The purpose of this research is to understand the health of the elderly Singaporeans and the circumstances surrounding the elderly's death.

You are invited to participate in a research. This information sheet provides you with information about the research. The interviewer will also describe this research to you and answer all of your questions. Read the information below and ask questions about anything you don't understand before deciding whether or not to take part.

- 4. Who can participate in the research? What is the expected duration of my participation? What is the duration of this research?**

This is a follow-up survey of the elderly (60 years and over) who had participated in the Social Isolation, Health and Lifestyles survey of 2009 conducted by the Ministry of Community Development, Youth and Sports. The next-of-kin of the elderly who have died will be invited to participate in this survey. The interview with the next-of-kin is expected to take about 30 minutes and will be conducted at the next-of-kin's home.

- 5. What is the approximate number of participants involved?**
Approximately 180 interviews with the next-of-kin of deceased elderly participants of the Social Isolation, Health and Lifestyles survey of 2009, will be conducted.

- 6. What will be done if I take part in this research?**
If you are the next-of-kin, the interviewer will ask you a set of questions from a survey questionnaire. Your answers will be recorded.

- 7. How will my privacy and the confidentiality of my research records be protected?**
Only the principal investigator has your identifiable information (e.g. names, IC nos.) and this will not be released to any other person, including members of the research team. Identifiable information will never be used in a publication or presentation. All

your identifiable health information and research data will be coded (i.e. only identified with a code number) at the earliest possible stage of the research.

8. What are the possible discomforts and risks for participants?

Some of the questions in the survey may bring back memories. If you feel emotional or upset and wish to stop, please let the interviewer know and the interview will be terminated.

9. What is the compensation for any injury?

No injury is expected as a result of this survey.

10. Will there be reimbursement for participation?

Participants who answer the whole questionnaire will receive a voucher of \$15.

11. What are the possible benefits to me and to others?

There is no direct benefit to you by participating in this research. The knowledge gained will benefit the public in the future. Singapore's population is ageing rapidly and the information you provide us may help policy makers in developing targeted programs for the elderly.

12. Can I refuse to participate in this research?

Yes, you can. Your decision to participate in this research is voluntary and completely up to you. You can also withdraw from the research at any time without giving any reasons, by informing the interviewer and all your data collected will be discarded.

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