

- 1. Project title**
SAFE-PHASE, 2015
- 2. Principal Investigator and co-investigator(s), if any, with the contact number and organization.**

Principal Investigator:

Assoc. Prof. Angelique Chan
Program in Health Services and Systems Research,
Duke-NUS Graduate Medical School
8 College Road Singapore 169857
Telephone: 65165685
Email: angelique.chan@duke-nus.edu.sg

Co- Principal Investigator:

Asst. Prof. Rahul Malhotra
Program in Health Services and Systems Research,
Duke-NUS Graduate Medical School
8 College Road Singapore 169857
Telephone: 65166721
Email: rahul.malhotra@duke-nus.edu.sg

- 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 this 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 (65 years and over) who participated in the Social Isolation, Health and Lifestyles survey of 2009 and the Panel on Health and Ageing of Singaporean Elderly (PHASE) of 2011 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 aged 21 years or above who lives in the same household as the elderly and 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 has two components- 1) the main interview i.e. administration of the main questionnaire which is expected to last for 45-60 minutes of the participant's time and 2) taking anthropometric and performance measures (details in Point 6 below) which is expected to take 25-30 minutes of the participant's time. Both these components will be conducted at the participant or proxy's home.

- 5. What is the approximate number of participants involved?**
2639

- 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 using a tablet computer and/or using pen and paper. At the end of the survey, the interviewer will measure your height, weight,

waist circumference, blood pressure and grip strength. The interviewer will also ask you to perform two simple tests- a chair stand test, in which the time it takes you to stand up from a sitting position and sit down again five times will be measured, and a timed walk test, in which the time it takes you to walk distance of 2.5 meters will be measured twice. These tests and the measurement of your height, weight, waist circumference, blood pressure and grip strength are optional.

If you are a proxy for the elderly participant, then the interviewer will only ask you some questions from a survey questionnaire. You will be answering most of these questions on the elderly's behalf, along with a few questions about yourself. Your answers will be recorded using a tablet computer and/or using pen and paper. At the end of the survey, the interviewer will measure the elderly's height, weight, waist circumference, blood pressure and grip strength. The interviewer will also ask the elderly to perform two simple tests- a chair stand test, in which the time it takes the elderly to stand up from a sitting position and sit down again five times will be measured, and a timed walk test, in which the time it takes the elderly to walk distance of 2.5 meters will be measured twice. These tests and the measurement of the elderly's height, weight, waist circumference, blood pressure and grip strength are optional.

All collected information will be stored with the Principal Investigator for ten years after completion of this survey. You may be contacted again for 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 and while performing the measurements and tests. 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?**
If you follow the directions of the investigators in charge of this research and you are physically injured in spite of the procedure executed under the plan for this research, Duke-NUS will pay the medical expenses for the treatment of that injury. By signing this consent form, you will not waive any of your legal rights or release the parties involved in this study from liability for negligence.
- 10. Will there be reimbursement for participation?**
Participants who answer the whole questionnaire will receive a voucher of \$30. Participants who complete the anthropometric and performance measurements will receive an additional \$20.
- 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** angelique.chan@duke-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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- 4. Who can participate in the research? What is the expected duration of my participation? What is the duration of this research?**
This research aims to interview the next-of-kin of elderly Singaporeans who had participated in the Social Isolation, Health and Lifestyles survey of 2009 and the Panel on Health and Ageing of Singaporean Elderly (PHASE) of 2011, and have since passed away. The interview with the next-of-kin is expected to take 25 to 30 minutes and will be conducted at the next-of-kin's home.

- 5. What is the approximate number of participants involved?**
Approximately 400 interviews with the next-of-kin of deceased elderly participants of the Social Isolation, Health and Lifestyles survey of 2009 and the Panel on Health and Ageing of Singaporean Elderly (PHASE) of 2011, 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 using a tablet computer and/or using pen and paper. All collected information will be stored with the Principal Investigator for ten years after completion of this survey.

- 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?

If you follow the directions of the investigators in charge of this research and you are physically injured in spite of the procedure executed under the plan for this research, Duke-NUS will pay the medical expenses for the treatment of that injury. By signing this consent form, you will not waive any of your legal rights or release the parties involved in this study from liability for negligence.

10. Will there be reimbursement for participation?

Participants who answer the whole questionnaire will receive a voucher of \$30.

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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.

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