



## **INFORMED CONSENT**

### **PROJECT: Preventing Cardiovascular Disease in Type 2 Diabetes: When is the Right Time to Move?**

**Principal Investigator:** Dr Monique Francois, School of Medicine, University of Wollongong, ph. 0431730065, francois@uow.edu.au

I have been given and read the information sheet on the *Research Study: Preventing Cardiovascular Disease in Type 2 Diabetes: When is the Right Time to Move?* and had an opportunity to ask the researchers any questions I may have about the research project and my participation.

If I have any enquiries about the study, I can contact the research team at:  
[uowtimingstudy@gmail.com](mailto:uowtimingstudy@gmail.com)

#### **By signing below, I am indicating my consent to (please tick):**

Participate in a research study which includes advice to exercise according to the physical activity guidelines for approximately 22 min per day. In addition, there will be 6 study visits to UOW (pending COVID-19 restrictions) to assess cardiovascular fitness/risk, blood glucose, activity levels and biometric data (not all completed at each visit).

#### **I Understand that my participation in this study involves:**

- Four 14-day continuous glucose monitoring and activity measure periods (pre-intervention, mid-intervention, post intervention and 3-month follow up)
- Continuing Standard-care treatment with my doctor and my diabetes management team.
- Three Oral Glucose Tolerance Tests (mixed-meal drink), vascular health measures (pending COVID-19 restrictions) and 24-h blood pressure monitoring periods
- Three phone consults & 5 telehealth consultations with an Accredited Exercise Physiologist
- My participation is voluntary, and I can withdraw from the study at any time without disadvantage to present or future care and treatment or research participation at The University of Wollongong.

I know that:

- I will receive detailed information on my blood glucose patterns and levels, daily activity, and blood pressure.
- No remuneration or compensation will be given for my time. However, parking will be free, and the UOW visits will be negotiated to occur at a time that is convenient to me.
- The data will be destroyed at the conclusion of the project but any raw data on which the results of the project depend will be retained in secure storage for five years, after which they will be destroyed
- The results of the project may be published but my anonymity will be preserved.

For further information about the conduct of human experiments, please contact the Secretary of the Human Research Ethics Committee, University of Wollongong (phone: 02-4221-4457).

**SIGNED DATE**

**Name (please print)**

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Consent form, Version 5, August 2021