



A survey of physiotherapists' perceptions and attitude about sleep

INFORMATION SHEET FOR PARTICIPANTS

Thank you for showing an interest in this project. Please read this information sheet carefully before deciding whether or not to participate. 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 the Project?

The purpose of this study is to investigate: 1) the attitudes and perceptions of physiotherapists about the role of sleep in health and well-being; 2) their perceived need to assess sleep in their patients and provide education about sleep to their patients; and 3) to determine the perceived need for physiotherapists to be educated on sleep topics.

What Types of Participants are being sought?

We are inviting physiotherapists and physiotherapy student members of Physiotherapy New Zealand (PNZ) to participate. PNZ has agreed to send out the survey to members on its database, so there will be no direct access to the database by the researchers.

What will Participants be asked to do?

Should you agree to take part in this survey, you will be asked to click on the survey link and complete the questions. This should take about 15 minutes of your time. The survey responses will be anonymous.

Please be aware that you may decide not to take part in the survey without any disadvantage to yourself.

What Data or Information will be collected and what use will be made of it?

- The first section of questions relates to demographics so we can describe the physiotherapy population that responds. No identifying data will be collected. Section 2 asks questions about physiotherapists' perceptions of sleep; Section 3 explores education received about sleep issues; Section 4 asks about sleep quality in patients; Section 5 asks about whether patients are educated about sleep health.
- *Who will have access to the data or information?*

- Only those directly involved in the research will have access to the data: Dr Margot Skinner, Sarah Rhodes and a BPhy student who is undertaking a summer research project.

The data collected will be securely stored in such a way that only those mentioned below will be able to gain access to it. Data obtained as a result of the research will be retained for **at least 10 years**. No personal information will be held on the participants and thus no material that could personally identify you will be used in any reports on this study. Results of this research may be published. The data from this project will be publicly archived so that it may be used by other researchers.

- *What data or information will be reflected in the completed research?*
- The overall demographics of the participants will be described and mean data and group trends will be analysed for perceptions and attitudes towards sleep. The results of the project may be published in a relevant international journal and presented at an international physiotherapy conference along with data from other similar surveys being undertaken by colleagues in other countries around the world. Results of the survey and will be available in the University of Otago Library (Dunedin, New Zealand).

Can Participants change their mind and withdraw from the project?

Clicking the button to start completion of the online survey will be taken as consent to participate.

You may withdraw from the survey before its completion and without any disadvantage to yourself.

What if Participants have any Questions?

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

Dr Margot Skinner

or

Sarah Rhodes

School of Physiotherapy ...

School of Physiotherapy

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University Ph No: 03 4799619...

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Email

Address

This study has been approved by the Department stated above. However, if you have any concerns about the ethical conduct of the research you may contact the University of Otago Human Ethics Committee through the Human Ethics Committee Administrator (ph +643 479 8256 or email gary.witte@otago.ac.nz). Any issues you raise will be treated in confidence and investigated and you will be informed of the outcome