

Participant Information Sheet

The title of the research project:

Sleep quality and fibromyalgia: The thoughts and perceptions of females navigating the condition.

What is the purpose of the research/questionnaire?

The purpose of this research is to get a greater understanding of the thoughts and perceptions on sleep quality of females with fibromyalgia. This is because most other similar studies that look at sleep quality with females with fibromyalgia measure these using statistics. However, I want to get an in-depth view to what improves and what deteriorate sleep quality.

Why have I been chosen?

The reason you have been chosen is because you're a female adult that has the condition of fibromyalgia and I am interested to explore your thoughts and perceptions on the topic of your sleep quality.

Do I have to take part?

It is up to you to decide whether or not to take part. If you do decide to take part, you will have access to this information sheet to read. You can withdraw from participation at any time and without giving a reason, simply by closing the browser page of the questionnaire. Please note that once you have completed and submitted your survey responses, we are unable to remove your anonymised responses from the study.

How long will the questionnaire/online survey take to complete?

The questionnaire will take about 10 minutes to complete.

What are the advantages and possible disadvantages or risks of taking part?

Whilst there are no immediate benefits for those people participating in the project, it is hoped that this work will help me gain a greater understand of how sleep quality is affected in females with fibromyalgia.

What type of information will be sought from me and why is the collection of this information relevant for achieving the research project's objectives?

The information collected from you will be one of many responses from females with fibromyalgia addressing their thoughts and perceptions on sleep quality. After receiving many responses, I will be able to interpret this data into similar themes of how sleep quality is improved or made worse.

Use of my information

Participation in this study is on the basis of consent: you do not have to complete the questionnaire, and you can change your mind at any point before submitting the survey responses. We will use your data on the

basis that it is necessary for the conduct of research, which is an activity in the public interest. We put safeguards in place to ensure that your responses are kept secure and only used as necessary for this research study and associated activities such as a research audit. Once you have submitted your survey response it will not be possible for us to remove it from the study analysis because you will not be identifiable.

The anonymous information collected may be used to support other research projects in the future and access to it in this form will not be restricted. It will not be possible for you to be identified from this data. Anonymised data will be added to BU's Online Research Data Repository (a central location where data is stored) and which will be publicly available.

Contact for further information:

If you have any further questions or would like further information please contact:

Myself – s5202220@bournemouth.ac.uk

Supervisor – jthurston@bournmeouth.ac.uk

Please indicate that you have read and understood the Participant Information Sheet for this research project and that you consent to take part in this questionnaire before continuing:

- *I have read and understood the Participant Information Sheet and consent to take part in this questionnaire*
(Yes/No)
- *I do not consent to take part in this questionnaire*
(Yes/No)

delete option above as appropriate

Please indicate your agreement for the Research Team to access and use your recorded responses to this questionnaire before continuing:

- *I give permission for members of the Research Team to have access to my anonymised responses. I understand that my anonymised responses may be reproduced in reports, academic publications, and presentations but I will not be identified or identifiable.*
(Yes/No)

delete option above as appropriate