



## **Consent Form – Medical (Extended)**

**Project Title:** Community-based cardiac rehabilitation for Chinese migrants in Australia: A pilot randomised controlled trial

This study has been approved by the Human Research Ethics Committee at Western Sydney University. The ethics reference number is: H15154

**I hereby consent to participate in the above named research project.**

**I acknowledge that:**

- I have read the participant information sheet (or where appropriate, have had it read to me) and have been given the opportunity to discuss the information and my involvement in the project with the researcher/s
- The procedures required for the project and the time involved have been explained to me, and any questions I have about the project have been answered to my satisfaction.

**I consent to:**

- My blood sample being taken at the start, middle, and end of the study*
- Wearing a physical activity tracker for 7 days at the start, middle, and end of the study*
- My cardiovascular risk factors being monitored (including weight, heart rate, blood pressure, and oxygen saturation level)*
- Accepting the cardiac rehabilitation intervention, including health education text messages, a Shared Medical Appointment and one-on-one health consolation, and Tai Chi online classes*
- Participating in an exit interview and have the audio recorded*

**I consent for my data and information provided to be used in this project and other related projects for an extended period of time.**

**I understand that my involvement is confidential but the confidentiality of involvement cannot be guaranteed in group interventions, and that the information gained during the study may be published and stored for other research use but no information about me will be used in any way that reveals my identity but will only be used after additional ethical review.**

**I understand that I can withdraw from the study at any time without affecting my relationship with the researcher/s, and any organisations involved, now or in the future.**

**Signed:**

**Name:**

**Date:**

# WESTERN SYDNEY UNIVERSITY



## **What if I have a complaint?**

If you have any complaints or reservations about the ethical conduct of this research, you may contact the Ethics Committee through Research Engagement, Development and Innovation (REDI) on Tel +61 2 4736 0229 or email [humanethics@westernsydney.edu.au](mailto:humanethics@westernsydney.edu.au).

Any issues you raise will be treated in confidence and investigated fully, and you will be informed of the outcome.