Participant Information Sheet/Information about the research

(Final version 1.0: 12/1/24)

Title of Study: What are the current recommendations on how to use sound therapy to treat adult patients diagnosed with Hyperacusis?

We are inviting you to take part in a research study. Before you decide, it is important that you know why we are doing the study and what is involved. Please read the following information carefully.

What is the purpose of the study?

Hyperacusis is a condition where sensitivity to normal everyday sound increases to a point of hypersensitivity or reduced sound tolerance and can affect patients in distressing ways (Fackrell et al, 2019, Baguley and Andersson, 2007). Current management interventions include education, signposting to talking therapy/counselling (Stansfeld, 1992) and Sound therapy. Sound therapy may include advice around sound exposure using CDs/Apps, tabletop white noise generators, wearable sound generators or hearing aids. At present there is a lack of clarity for sound therapy such as what type of device to use and how long to use it for. Therefore, this questionnaire will be conducted to explore a consensus on use of sound therapy in adults with Hyperacusis.

Am I eligible to take part?

You are being invited to take part because you are an adult based audiologist who works with patients who have been diagnosed with hyperacusis.

Do I have to take part?

Participation is completely voluntary. You should only take part if you want to and choosing not to take part will not disadvantage you in anyway. The benefit of taking part will contribute to understanding of how sound therapy is used in practice for hyperacusis.

What will I be asked to do?

- Complete an online questionnaire on sound therapy use using the JISC online survey/questionnaire tool.
- Give consent for your data to be used confidentially for analysis and publication.

Will I be paid expenses for taking part?

Payment or expenses are not provided for this study.

What are the possible benefits / risks of taking part?

Risk assessment concludes that there are minimal risks to taking part in this study.

- There should be no cause for physical or psychological discomfort during the questionnaire, however all care will be taken to provide an appropriate environment.
- Any further discussions or questions after completing the questionnaire are welcomed.
- Data extracted will be analysed and disseminated using pseudonyms.
- Data will be stored appropriately.
- Data will be anonymised.
- If information is disclosed during the study that could pose a risk of harm to patients, participant or others, the researcher will discuss this with the supervisor and where appropriate report accordingly.

Will anyone know I have taken part?

Health Education England is the funding body for this study based in the United Kingdom (East Midlands) together with University of Lincoln and University Hospitals of Derby and Burton. We will be using information from you to undertake this study and will act as the data controller for this study. This means that we are responsible for looking after your information and using it properly.

Your data will be anonymised. The research team will have a consent form embedded within the JISC survey software and this will be anonymised. The researchers will only use details of your geographical location to oversee the quality of the study. The people who analyse the information will not be able to identify you and will not be able to find out your name or contact details.

Where will my data be stored?

The data obtained from the study will be stored securely on the university OneDrive in password protected files. Only the researcher/researchers will have access to it. Paper copies will be stored in a secure cabinet/office at the University. The data from this study *may* be put in an Open Access repository for other researchers to use in future research. If so, responses will be anonymised and any personal data (e.g. contact details) will be removed.

What will happen if I don't want to carry on with the study?

You are free to withdraw at any point from this study, without having to give a reason, by contacting Nighat Kalsoom. After the questionnaire has taken place, you will have up to 2 weeks to withdraw your data and it will be deleted and removed.

What will happen to the results of the research study?

The aim of the study is to be written up as part of an educational qualification but to also publish the results in a relevant healthcare journal. Details of this will be made available to you.

Who is organising and funding the research?

This research is being organised by Nighat Kalsoom at the University of Lincoln and is being funded by Health Education England (East Midlands) and University Hospitals of Derby and Burton.

Who has reviewed the study?

All research conducted by the University of Lincoln is looked at by an independent group of people, called a Research Ethics Committee, to protect your rights, dignity, and wellbeing. This study has been reviewed and given favourable opinion by a University of Lincoln Research Ethics Committee [17225].

What if there is a problem?

It is very unlikely that this study would cause you any harm. If you have a concern or a complaint about any aspect of this study, you should ask to speak to the researchers who will do their best to answer your questions. The researchers contact details are given at the end of this information sheet.

If you remain unhappy and wish to complain formally, you can make a formal complaint through the University complaints procedure or by contacting ethics@lincoln.ac.uk.

Further information and contact details

Contact details

Nighat Kalsoom 28802763@students.lincoln.ac.uk

Mrs Nighat Kalsoom (University Hospitals of Derby and Burton)

Miss Hayley Carter (University Hospitals of Derby and Burton)

Dr Kathryn Fackrell (University of Nottingham)

Information compliance

The University of Lincoln is the lead organisation for this study and will be the data controller for this study. This means that we are responsible for looking after your information and using it properly.

The university's **Research Participant Privacy Notice** (Privacy-Notice-for-Research-Participants-33293f809e0f812f.pdf (bpb-eu-w2.wpmucdn.com)) explains how we will be using information from you in order to undertake this study.

If you feel that we have let you down in relation to your information rights then please contact the Information Compliance Team by email on compliance@lincoln.ac.uk or

by post at Information Compliance, Secretariat, University of Lincoln, Brayford Pool, Lincoln, LN6 7TS.

You can also make complaints directly to the Information Commissioner's Office (ICO). The ICO is the independent authority upholding information rights for the UK. Their website is ico.org.uk and their telephone helpline number is 0303 123 1113.