

Information Sheet

Study 1

HREC Project Number:	<i>RDHS-267-15</i>
Project Title:	<i>Back, breast & bra study. Study 1.</i>
Principal Investigator:	<i>Associate Professor Kathy Briffa</i>
Version Number:	<i>1</i>
Version Date:	<i>11/10/2015</i>

The Project

Upper back pain is a common complaint affecting many women. Older women often show changes in their posture which leads them to seek treatment for upper back pain. Breast size, is one factor among many that may affect posture and contribute to the pain felt in the upper back. In addition to breast size there are a number of other physical and psychological factors that may contribute to pain. Whether a woman's breast size is more or less important than these other factors is unknown. This study aims to explore the relationship between upper back pain and the breast.

The Research Team

The project is being conducted by Linda Spencer who is a Musculoskeletal Physiotherapist completing a Doctor of Philosophy at Curtin University. Associate Professor Kathy Briffa, Dr Robyn Fary and Dr Leanda McKenna offer substantial experience in research and are supervising Linda with the project.

The Search for Volunteers

We are looking for healthy mature women to participate in this study. You have been asked to take part because you are of least 40 years of age. You will be asked to complete a series of questionnaires for this study. There will be no cost to you for taking part in this research.

Taking part in a research project is voluntary. If you decide to take part and then change your mind, you can withdraw from the project. If you chose not to take part or start and then stop the study, it will not affect your relationship with the University, staff or colleagues.

The Role of the Volunteer

As a participant in this study you will be asked to:

- Complete a number of questionnaires (paper copies or online) about your health, back pain, breast symptoms; bras and medications. This is likely to take approximately 30 mins.
- Select if you are interested in continuing your participation in a follow-up study where physical measures of the upper back, posture and breasts would be completed.

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Your Privacy:

All of your personal details and questionnaire data will be de-identified, coded, protected and stored securely. The study has to adhere to strict guidelines which will ensure confidentiality. The data will only be accessible to the principal investigator and used for research purposes only. The Curtin Ethics Office may access the data for audit purposes.

The information we collect in this study will be kept under secure conditions at Curtin University for 7 years after the research has ended and then it will be destroyed.

The results of this research may be presented at conferences or published in professional journals. You will not be identified in any results that are published or presented.

The Risks

There are no identifiable risks from participating in this study.

The Contact Details

Contact Linda Spencer if you would like to discuss any aspect of the study or would like to volunteer to participate.
Email: Linda.spencer@postgrad.curtin.edu.au or Telephone: **9266 4644**

If you decide to take part in this research we will ask you to sign the consent form. Signing the consent indicates that you have understood the information provided in this document and agree to be in the research project. Please take your time and ask any questions you have before you decide what to do. You will be given a copy of this information and the unsigned consent form to keep.

Curtin University Human Research Ethics Committee (HREC) has approved this study (HREC number RDHS-267-15). Should you wish to discuss the study with someone not directly involved, in particular, any matters concerning the conduct of the study or your rights as a participant, or you wish to make a confidential complaint, you may contact the Ethics Officer on (08) 9266 9223 or the Manager, Research Integrity on (08) 9266 7093 or email hrec@curtin.edu.au.