

Participant Information Sheet

Title	The impact of stroke on body image – a survey
Short Title	Body image after stroke
Project Number	206690
Project Sponsor	n/a
Chief Investigator/ Principal Investigator Supervisor	Professor Susan Hillier

Introduction

We all hold an internal sense or image of our body that is constantly changing. Stroke can alter this in many ways. These changes may affect how people see, feel about, and experience their own body, sometimes referred to as body image.

We are a team of researchers, including people with lived experience of stroke and rehabilitation professionals, who want to better understand these changes. By learning more about how body image may change after stroke, we hope to determine whether rehabilitation services should pay more attention to this area.

What is the purpose of this research?

The aim of this study is to better understand how stroke may affect body image and body awareness, and whether these changes influence recovery, wellbeing, and everyday life. This information may help researchers and clinicians improve how rehabilitation services support people after stroke.

What does participation in this research involve?

If you decide to take part in this research study, you will be asked to complete a short online survey. The survey will ask questions about your experiences of body image and your body after stroke, including how stroke may have affected how you experience your body in daily life.

The survey should take approximately 10–15 minutes to complete. It can be completed online at a time and place that suits you. You may ask someone to assist you with completing the survey, as long as the responses reflect your own thoughts and experiences.

What are the possible benefits of taking part?

You will not receive any direct benefit from participating. However, the information collected may help improve understanding of body image after stroke and inform future rehabilitation support and services.

What are the possible risks and disadvantages of taking part?

There are no risks or disadvantages involved. We acknowledge that sometimes talking about these quite personal experiences can be confronting so we have provided details of resources or contacts for you to talk through your concerns with if needed.

- Your general practitioner (GP doctor)
- Lifeline - 13 11 14 or <https://www.lifeline.org.au>
- Beyond Blue - 1300 22 4636 or <https://www.beyondblue.org.au>
- *For International help lines:* <https://findahelpline.com/i/iasp>

Do I have to take part in this research project?

Participation is voluntary; you are free to withdraw from the survey at any time by closing your web browser. However once you submit your survey, if you have not included your name or contact details we will be unable to remove your response as it will be impossible to identify your individual data.

What will happen to information about me?

Your responses will remain anonymous and will only be used by the investigators listed for research purposes. All data will be stored securely and confidentially at the Adelaide University as electronic files and will be kept for five years before being securely destroyed.

What if something goes wrong?

As mentioned, it may be that some of the questions will be personal in nature. How much you wish to discuss is up to you. If the content proves distressing, we will help you find support.

What happens when the research project ends?

When the project ends, all recordings and transcripts will be stored securely for five years as electronic files on the primary researcher's server files (password protected) at Adelaide University and will then be securely deleted. We will use the analysed findings (put together from all participants) to feed back to rehabilitation services via publications and reports. As mentioned, all findings will be anonymous.

Who is organising and funding the research?

This research is being organised by the University of South Australia/Adelaide University and is partially funded by the Lifetime Support Authority.

Who has reviewed the research project?

The ethical aspects of this research project have been approved by the Human Research Ethics Committee (HREC) of the University of South Australia/Adelaide University as required by the Australian government research requirements, specified in the National Statement on Ethical Conduct in Human Research (2023). This statement has been developed to protect the interests of people who agree to participate in human research studies.

Further information and who to contact

The person you may need to contact will depend on the nature of your query. If you want any further information concerning this project or if you have any problems which may be related to your involvement in the project, you can contact the researcher or any of the following people:

Research contact person

Name	Susan Hillier
Position	Professor of neuroscience and Rehabilitation
Telephone	Ph +61 0419034578 or 08 83022544
Email	susan.hillier@adelaide.edu.au

If you have any complaints about any aspect of the project, the way it is being conducted or any questions about being a research participant in general, please contact:

Reviewing HREC approving this research and HREC Executive Officer details

Reviewing HREC name	University of South Australia Human Research Ethics Committee (now part of Adelaide University)
HREC Executive Officer	Human Ethics Officer
Telephone	+618 8302 6330
Email	humanethics@unisa.edu.au or hrec@adelaide.edu.au