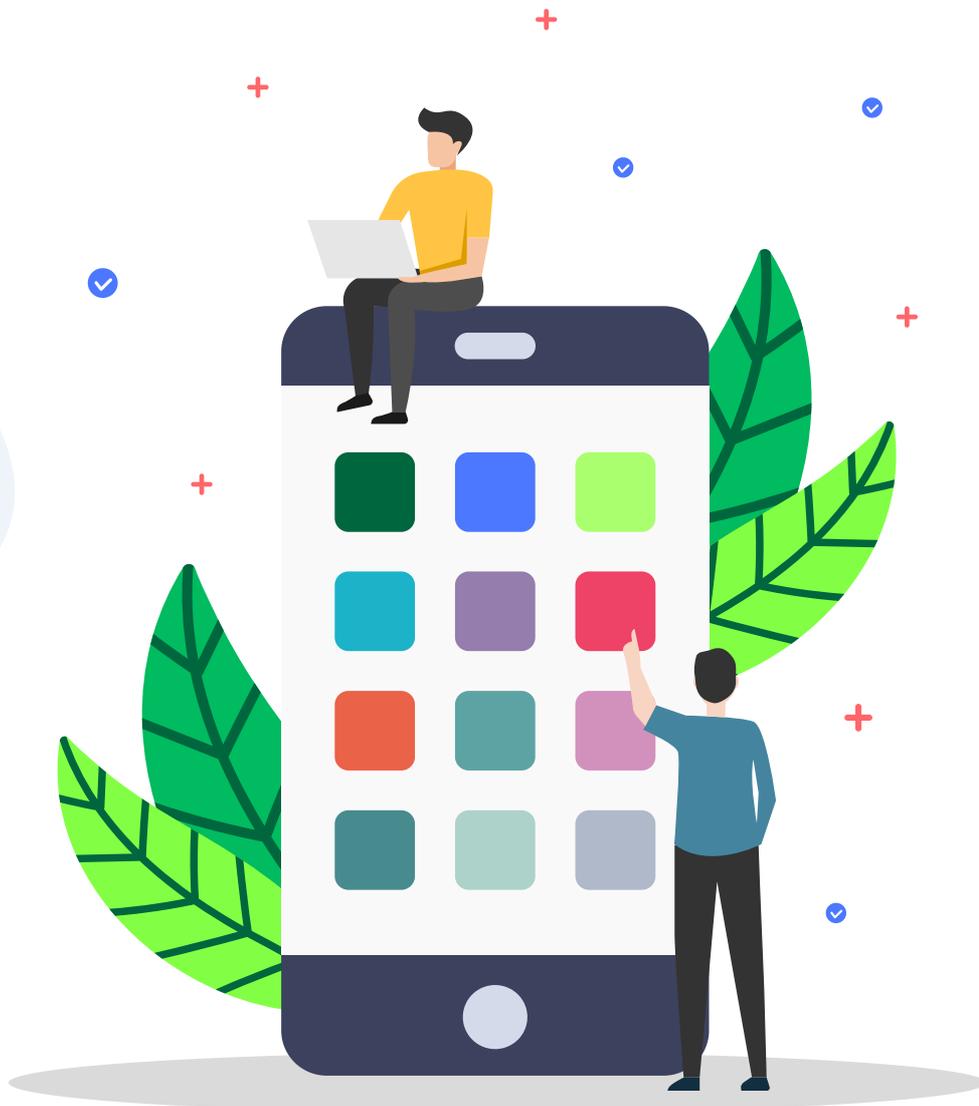




Relief
Hay fever app

RESEARCH STUDY INVITATION

This is an invitation to take part in a mobile app research study. Before you make a decision please read the following pages carefully



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What this invitation will tell you?

This invitation will explain why we are doing the study and what it will involve if you decide to take part. Taking part in this study is voluntary, it is up to you to decide whether or not to take part. Take time to read through this document carefully. Please ask the study team if any information in this document is not clear or if you require further information.

Why are we doing the study?

It is known that taking nasal corticosteroids (preventer medication) daily during the hay fever season can help control hay fever and in turn reduce asthma symptoms and attacks in people living with both hay fever and asthma. However, many people who suffer from hay fever do not manage to take their nasal corticosteroids daily. More recently, smartphone apps have been suggested as a potential tool to help support people taking nasal corticosteroids and help self-manage their hay fever during the hay fever season. However, little is known about whether people living with hay fever and asthma find them useful.

We want to test and further develop a smartphone app that can support hay fever self-management to see whether it is acceptable and usable.

How will you be involved?

In this study, you will be asked to download the free app and tell us what you like/dislike about it and whether it is easy to use. If you decide to take part:

- We will kindly invite you to fill out an online questionnaire before you start to use the app. It will ask you about your symptoms, medication adherence, and how you are feeling.
- After completing the questionnaire, you will be invited to download the free app to your smartphone. The first 2 weeks of the study, you will have access to a limited version of the app to get properly accustomed to its functions and to allow you to ask questions if there should be any issues.
- After those 2 weeks, the rest of the app functions will be made available for you to freely use.
- After 6 weeks in total, we will again send you the same online questionnaire, along with additional questions asking you about what you think about the app. We will also invite you to take part in an online interview about how it was using the app.



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The app

What does the app do?

- The app will help you understand and track your hay fever and support you to control it.
- You will be able to track your medication adherence, symptoms, and view daily pollen counts through the app and graphically visualise them.
- Other key features include medication reminders, monitoring feedback and information about hay fever, medication types and tips for developing a habit of taking daily nasal corticosteroid treatment.

What does the app NOT do?

- The app is not monitored by clinicians or other healthcare professionals. If your symptoms worsen, please follow the instructions already received from your healthcare professional.
- Please do not rely on the app in case of emergency. In case you have any concerns or issues about your health, you must contact appropriate healthcare professionals.

Who will be leading this study?

Mr. Mats Baxter, will be leading this research as part of his PhD research, which is supervised by Professor Jürgen Schwarze, Professor Andrew Bush and Professor Aziz Sheikh.



Mr. M. Baxter



Prof. J. Schwarze



Prof. A. Bush



Prof. A. Sheikh

FAQs

What are the benefits of taking part?

Using the free app will offer to support you self-manage your hay fever, though it is not certain that you will improve your hay fever control. However, taking part in the study will help us develop a better app for hay fever self-management.

What will happen to the study results?

You will receive a summary of the research findings at the end of the study via email. These will be fully anonymous and will be posted on the Asthma UK Centre for Applied Research (AUKCAR) website, presented at conferences and in scientific journals.

Are there any risks by taking part?

No. Your treatment will not be changed by taking part in the study and there are no risks using the smartphone app.

How is the study funded and reviewed?

The study is part of research in the Asthma UK Centre for Applied Research (AUKCAR). The study is being funded by the Chief Scientist Office Scotland and has ethical approval from Yorkshire & The Humber - Bradford Leeds Research Ethics Committee (23/YH/0020).

Will what I say be kept confidential?

Yes. All information about you and what you share with the research team and input into the app will be kept strictly confidential and securely at The University of Edinburgh and the app developer (uMotif Ltd) and will not be shared with any other parties or be used for any other purposes outside this research.

Can I change my mind about taking part?

Yes. You will be able to change your mind at any stage during the research and will not have to give a reason. Your treatment will not be affected if you withdraw.

Expenses and payments?

There will be no expenses or payments required by you. The app will be free to download. Also, all participants will be given a £20 Amazon/love2Shop voucher as a thank you for participating in the study.

Further questions about the study?

Mats Baxter will be pleased to answer any questions. **Phone:** 07774641038.
Email: m.s.baxter@sms.ed.ac.uk

If you have any concerns or wish to make a complaint about the study please contact Mats Baxter on the above contact details.

"I would like to take part!"

If you have read the above and want to take part in the study, please follow the link below to proceed with the study website to sign up.



Website link:

<https://www.ed.ac.uk/usher/aukcar/knowledge-hub/projects/relief>

Thank you for taking the time to read this information sheet

