



**The following information will be present on the MMM website, and members of the public will be prompted to read this information prior to entering their data:**

## **PARTICIPANT INFORMED CONSENT**

### **PROJECT TITLE:**

**MAY MEASURE MONTH 2021 (MMM21)**

You are being invited to take part in a **global blood pressure screening survey** by the International Society of Hypertension (ISH). It is important that you clearly understand what this project is about and how you will be involved. Your participation is **entirely voluntary**.

If you have any questions, please contact [info@maymeasure.org](mailto:info@maymeasure.org)

## **WHAT IS THIS PROJECT ALL ABOUT?**

- High blood pressure is a very common condition worldwide. Because there are usually no symptoms, many people don't know they have high blood pressure even though it can lead to heart disease, stroke, kidney disease, and ultimately death.
- The aim of this project is to raise awareness of the importance of knowing your blood pressure. We will ask people around the world to take their blood pressure at home and enter it online together with some other basic demographic information. This will give us a better understanding of who has high blood pressure and whether high blood pressure is being currently treated effectively. These data will be used to motivate governments to improve blood pressure screening, treatment and facilities.
- This project will be conducted globally in approximately 100 countries during 2021. We aim to include over 1 million participants, making this the largest ever global blood pressure screening campaign.

## **WHO IS RUNNING THIS STUDY?**

This study is being run by the International Society of Hypertension (ISH). ISH is a charity which aims to promote and encourage scientific research so that cardiovascular diseases can be prevented and managed more effectively.

## **WHY HAVE YOU BEEN INVITED TO PARTICIPATE?**

- You have been invited to be a part of this project because you are an adult aged 18 years or older. (You must be 18+ to participate).
- Ideally you have not had your blood pressure measured often during the past 12 months.



### **WHAT WILL BE EXPECTED OF YOU?**

- Once you have agreed to take part, you will enter basic information onto our online web form such as the country and city where you live, when your blood pressure was last measured, your age, sex and ethnicity, whether you take blood pressure medication, whether you have diabetes, smoke, or drink alcohol and whether you have ever had a heart attack or stroke. You will then be asked to measure your blood pressure three times, while being seated and following the methods outlined on [maymeasure.org](http://maymeasure.org). We will ask you to record all three readings on the web form.
- It will take approximately 10/15 minutes to complete the questionnaire.

### **WHAT WILL YOU GAIN FROM TAKING PART IN THIS RESEARCH?**

- You will know your blood pressure, which contributes importantly to your risk of heart disease and stroke.
- We will provide you with dietary and lifestyle information to help keep blood pressure normal. If necessary, we will also advise you to consult your healthcare provider for further measurements and treatment.
- You will help to generate data which may lead to improving how blood pressure is managed and treated in the future.

### **ARE THERE RISKS INVOLVED IN YOU TAKING PART IN THE RESEARCH?**

There are no physical risks to having your blood pressure measured or to taking part in this research.

You may find that your blood pressure is raised, which may make you worry, but we will give you advice on making healthy lifestyle choices and recommend that you seek further treatment if necessary.

### **HOW WILL WE PROTECT YOUR CONFIDENTIALITY AND WHO WILL SEE YOUR DATA?**

We will not record your name, or any information that identifies you as an individual. The information we receive will be completely anonymous.

The data generated from this study will be viewed by staff who work on the MMM study as well as:

- MMM Lead Investigators and Regional Investigators
- Members of the International Society of Hypertension (ISH) research community
- Third parties may apply for access to the data. All applications will be subject to the ISH review process.
- ISH research ethics committee members or other relevant staff may need to inspect the research records from time to time.



### **CAN MY DATA BE DELETED?**

The data you enter is completely anonymous and we cannot link it to you. Therefore, once you have submitted your questionnaire, this data cannot be deleted.

### **WHO HAS APPROVED THIS STUDY?**

This study will be conducted according to international ethical guidelines and ethics approvals will be gained in all countries as required.

### **WHAT WILL HAPPEN WITH THE FINDINGS?**

We will use the findings to raise awareness of the importance of blood pressure management, awareness, treatment and control amongst the scientific community and government bodies.

### **WILL YOU BE PAID TO TAKE PART AND ARE THERE ANY COSTS FOR YOU?**

This study is funded by the [International Society of Hypertension](#). You will not be paid to take part in the study and there are no costs to you.

### **IS THERE ANYTHING ELSE THAT YOU SHOULD KNOW OR DO?**

You can contact the MMM team at [info@maymeasure.org](mailto:info@maymeasure.org) if you have any further questions.

### **DECLARATION OF PARTICIPANT**

By completing the form, I agree to take part in the research May Measure Month 2021 campaign.

I declare that:

- I have read this information in a language in which I am fluent and comfortable.
- I understand that taking part is voluntary.