



CONSENT FORM FOR CIRCLE PARTICIPANTS

Slhánaŷ Skwálwen: developing foraging walks with Squamish Nation to promote Indigenous women's heart health.

I. STUDY TEAM – Who is conducting the study?

Principal Investigator:

Annalijn Conklin, PhD, MPH
Assistant Professor, UBC
Phone: 778-879-1094
Email: aconklin@mail.ubc.ca

Co-Investigator:

Jeff Reading, PhD
Professor, SFU
Affiliate Professor, UBC
FNHA Chair Indigenous Heart Health & Wellness
Email: jeffrey_reading@sfu.ca

Collaborator:

Maurice (Latash) Nahanee
Elder, Squamish Nation
Email: sevenlatash@gmail.com

Principal Knowledge User:

Roberta Price,
Elder & Coast Salish Matriarch
Research Advisor, School of Nursing, UBC
Email: priceroberta@yahoo.ca

Co-Investigator:

Karin Humphries, Sc.D., MBA
UBC-Heart and Stroke Foundation Professorship in
Women's Cardiovascular Health
Scientific Director, B.C. Centre for Improved
Cardiovascular Health
Email: khumphries@icvhealth.ubc.ca

II. INVITATION AND STUDY PURPOSE – Why should you take part in this study?

Indigenous People experience a profound burden of heart disease and heart disease is the number one killer of women living on Turtle Island (Canada). There is a need to raise awareness and create prevention strategies that are grounded in community needs and priorities. Our initial consultation with Elders, including Squamish Nation, led to the idea of foraging or forest walks as a more culturally appropriate way to support Indigenous women's heart health. You are being invited to take part in this research study because you have agreed to participate in sharing circles discussing foraging / forest walks and women's heart health. This research project aims to establish the foundation of relationships and collect formative evaluation data to work together to co-develop and co-test this idea.

III. STUDY PROCEDURES – What happens if you say ‘Yes, I want to participate in this study’?

You will be asked to participate in a series of six Sharing Circles held virtually as UBC hosted Zoom meetings. These Circles will be led by Elder Roberta or Elder Latash, with the Principal Investigator (Annalijn Conklin), and a Squamish Nation community liaison Adina Williams. Each Circle may consist of about 8-10 other people and last no more than 2 hours. You will be asked questions about experiences and interest in foraging or forest walks in the community. You will also be asked to give your opinion about a Community-based program of foraging/forest walks to help support women's (and girls') heart health, especially what information and format you feel is most feasible for the community as well as any possible challenges to consider for planning future implementation.



A link and password will be emailed to you in the week before each Circle. In cases where scheduling or confidentiality issues arise, participants will be offered to participate in an individual interview via Zoom. Participating in the study is not a requirement to participate in the sharing circles.

Please note that we will be using a secure UBC Zoom account. The following are some recommended best practices when using Zoom:

- You may log in using a nickname or a substitute name (alternatively, we can provide you with a research code to use, ahead of time, if you prefer)
- You may turn off your camera throughout or during part of the session
- You may mute your microphone during the times it is not needed

Each Sharing Circle will be video recorded, but only the audio files will be saved, in order to provide a transcript of anonymized comments. Observations and comments made on the chat during the Sharing Circles may also be collected. You will have the opportunity at a later stage to give feedback on our understanding of the findings from the Circles and to comment on the validity of the findings as they relate to your experience.

IV. STUDY RESULTS – What happens to the results of the study?

The results from this project will lay groundwork for implementing and testing a new (or adapted) program of foraging/forest walks to support women’s heart health in the Community. The overall findings of the study will be summarised in a short report and shared with the Squamish Nation Council and all participants for feedback and comment. The main study findings will also be written as a scientific paper that could be published in academic journal articles and presented at scientific conferences. You have the option to be included as a co-author if you wish to be. Copies of any written outputs will be available to participants upon request. Any material that is shared (short report, abstract, paper, etc) will not include any personal identifiable information, but may include anonymized quotes from the Sharing Circles (or interview). If you request, we can send you any quotes for you to review and approve. Squamish Nation will have exclusive ownership of, and the sole right to reproduce the Indigenous Knowledge and the Data shared with, or identified by the Investigator and their research team during this Project. A final copy of the annotated data and results will be provided to the Squamish Nation within 6-months of the completion of the Project. Following a period of 5 years from the completion of the Project, the UBC Investigator must delete their copies of the Data.

V. POTENTIAL RISKS OF THE STUDY – Is there any way that being in this study could be bad for you?

Due to the group format of Sharing Circles, there is a lack of confidentiality among participants. To mitigate this risk, we will discuss the importance of not speaking about what was shared during the series of sharing circles. If you become upset during the Circles (or interview if applicable), and want to discuss this with someone, you are welcome to contact the Principal Investigator Dr. Annalijn Conklin, or Elder Roberta Price (contact information on the first page).

VI. POTENTIAL BENEFITS OF THE STUDY – What are the benefits of participating?

There are no known direct benefits for you from participating in this study, but you may benefit from sharing your stories and learning from others’ experiences about foraging/forest walks as a good way to support heart health and wellness for Indigenous women and girls. Your insights will be useful to identify an initial plan for a future program to create a culturally appropriate strategy that could benefit the health and wellness of the community. Knowledge about what Indigenous women and their communities want for a land-based heart health program could also benefit other communities.



VII. CONFIDENTIALITY – How will your privacy be maintained?

We encourage all participants to refrain from disclosing the contents of the group discussions outside of the Sharing Circles (focus group); however, we cannot control what other participants do with the information discussed. We will remind all participants that what is shared inside the Circle, stays in the Circle and is not to be shared outside of them.

All information that you provide will remain confidential. Your identity will be kept strictly confidential, known only to the research team and the participants of the Sharing Circle. We may use unidentified quotes from the conversation to include in summary reports of the results. Your name and the name of anyone else you mention in the Circle will not be used in any report. After the research has concluded, Elder Latash, as the primary liaison and formal Collaborator on the research team, will have access to the identifiable information should the Squamish Nation need it when they acquire the data.

Any notes will be kept in a locked drawer within a locked office to which only researchers on the study team have access. Electronic and audio files will be password protected and encrypted and saved on the UBC secured drive. Five years after the study, all files will be destroyed (e.g. paper copies will be shredded and electronic files permanently deleted).

VIII. PAYMENT – Will you be paid for your time?

Honorarium of \$50/hour will be provided for your time; Elders will receive \$100/hour. These payments will be sent as cheques to the contact address you provide.

IX. STUDY SPONSORS – Who is funding the study?

This project is funded by the Canadian Institutes of Health Research (CIHR) Indigenous Gender and Wellness Development Grant.

X. CONTACT FOR INFORMATION ABOUT THE STUDY OR COMPLAINTS

If you have any questions or desire further information with respect to this study, you may contact Principal Investigator, Annalijn Conklin at 778-879-1094 or aconklin@mail.ubc.ca.

If you have any concerns or complaints about your rights as a research participant and/or your experiences while participating in this study, contact the Research Participant Complaint Line in the UBC Office of Research Ethics at 604-822-8598 or if long distance e-mail RSIL@ors.ubc.ca or call toll free 1-877-822-8598. Please reference the study number H21-00187 when calling so the Complaint Line staff can better assist you.

XI. PARTICIPANT CONSENT AND SIGNATURE PAGE

Taking part in this study is entirely up to you. You have the right to refuse to participate at any time. If you decide to take part, you may choose to pull out at any time without giving a reason.

- Attending one of the Sharing Circles for Gathering Knowledge indicates that you have received a copy of this consent form for your own records.
- Attending one of the Sharing Circles for Gathering Knowledge indicates that you consent to participate in this study.
- The contact information you provide is how the research team will contact you for reminders and where your honorarium will be sent.



Participant Signature

Date

Printed Name of Participant signing above:

Phone Number:

Email:

Mailing Address:

If you wish to participate, return this form to:

Dr. Annalijn Conklin
The University of British Columbia
Faculty of Pharmaceutical Sciences
2405 Wesbrook Mall | Vancouver, BC Canada V6T 1Z3

Or send the form to annalijn.conklin@ubc.ca