



PARTICIPANT INFORMATION STATEMENT AND CONSENT FORM

Task- and Sleep-Related Contributors to Driver Fatigue

Dr. Rena Friswell

1. What is the research study about?

You are invited to take part in this research study. The research study aims to investigate how a person's state of alertness combines with a long drive to affect fatigue and performance.

2. Who is conducting this research?

The study is being carried out by the following researchers: Dr Rena Friswell, Prof. Ann Williamson, and Mr. Rainer Zeller.

3. Inclusion/Exclusion Criteria

Before you decide to participate in this research study, we need to ensure that it is ok for you to take part. The research study is looking recruit people who meet the following criteria:

- *Aged from 18 to 65*
- *Have a driver's licence (excluding learner's permits)*
- *Usually sleep at night and are awake during the day (e.g., not a night-shift worker)*
- *Do not have a diagnosed sleep disorder (e.g., Obstructive Sleep Apnoea)*
- *You can avoid driving or operating machinery on the second day of participation*
- *You can travel to UNSW without driving yourself (e.g., walk, bus, driven by another person) on the second day of participation*

4. Do I have to take part in this research study?

Participation in this research study is voluntary. If you do not want to take part, you do not have to. If you decide to take part and later change your mind, you are free to withdraw from the study at any stage.

If you decide you want to take part in the research study, you will be asked to:

- Read this information carefully (ask questions if necessary);
- Sign and return the consent form if you decide to participate in the study;
- Take a copy of this form with you to keep.

5. What does participation in this research require, and are there any risks involved?

If you decide to take part in the research study, the research team will ask you to attend the laboratory on two consecutive weekdays. The first day will take approximately one hour, during which you will complete some background and sleep-related questionnaires, be fitted with an EEG, and complete a 30-minute drive in a desk-based driving simulator. You will be asked to change the time you spend in bed on the night before the second session, and to wear a sleep monitor on your wrist and keep a log of your sleep times that night. The second day will take approximately 2.5 hours commencing at 9:30am, during which you will again be fitted with an EEG, complete a 2-hour drive, then complete a questionnaire regarding your experience.

We don't expect the driving task or questionnaires to cause any harm or discomfort, however if you experience feelings of distress as a result of participation in this study you can let the research team know and they will provide you with assistance.

6. What are the possible benefits to participation?

We hope to use information we get from this research study to benefit others who experience extended periods of driving, such as long distance bus and truck drivers, by better understanding how people experience fatigue.



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7. What will happen to information about me?

By signing the consent form you consent to the research team collecting and using information about you for the research study. We will keep your data for 7 years. We will store information about you in a de-identified format on secure UNSW servers. Your data will only be used for research purposes.

8. How and when will I find out what the results of the research study are?

The research team intend to publish and/or report the results of the research study in a variety of ways. All information published will be done in a way that will not identify you.

If you are interested in the results of the study, you will be able to access a report of the main findings on the TARS website (www.tars.unsw.edu.au) once the study has been completed.

9. What if I want to withdraw from the research study?

If you do consent to participate, you may withdraw at any time. You can do so by completing the 'Withdrawal of Consent Form' which is provided at the end of this document. Alternatively you can ring the research team and tell them you no longer want to participate. Your decision not to participate or to withdraw from the study will not affect your relationship with UNSW Australia.

If you decide to leave the research study, the researchers will not collect additional information from you. The research team will destroy any information about you that was collected during your participation in the study.

10. What should I do if I have further questions about my involvement in the research study?

The person you may need to contact will depend on the nature of your query. If you require further information regarding this study or if you have any problems which may be related to your involvement in the study, you can contact the following member/s of the research team:

Research Team Contact Details

Name	Mr. Rainer Zeller
Position	Student Researcher
Telephone	0499 289 350
Email	r.zeller@unsw.edu.au

Or

Name	Dr. Rena Friswell
Position	Chief Investigator and Supervisor
Telephone	(02) 9385 5353
Email	r.friswell@unsw.edu.au

What if I have a complaint or any concerns about the research study?

If you have a complaint regarding any aspect of the study or the way it is being conducted, please contact the UNSW Human Ethics Coordinator:

Complaints Contact

Position	UNSW Human Research Ethics Coordinator
Telephone	+ 61 2 9385 6222
Email	humanethics@unsw.edu.au
HC Reference Number	HC16988



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Consent Form – Participant providing own consent

Declaration by the participant

- I understand I am being asked to provide consent to participate in this research study;
- I have read the Participant Information Sheet or someone has read it to me in a language that I understand;
- I understand the purposes, study tasks and risks of the research described in the study;
- I understand that the research team will audio record my verbal ratings of sleepiness throughout the simulated drive; I agree to be recorded for this purpose.
- I provide my consent for the information collected about me to be used for the purpose of this research project only.
- I have had an opportunity to ask questions and I am satisfied with the answers I have received;
- I freely agree to participate in this research study as described and understand that I am free to withdraw at any time during the study and withdrawal will not affect my relationship with any of the named organisations and/or research team members;
- I would like to receive a copy of the study results via email or post, I have provided my details below and ask that they be used for this purpose only;

Name: _____

Address: _____

Email Address: _____

- I understand that I will be given a signed copy of this document to keep;

Participant Signature

Name of Participant (please print)	
Signature of Research Participant	
Date	

Declaration by Researcher*

- I have given a verbal explanation of the research study, its study activities and risks and I believe that the participant has understood that explanation.

Researcher Signature*

Name of Researcher (please print)	
Signature of Researcher	
Date	

***An appropriately qualified member of the research team must provide the explanation of, and information concerning the research study.**

Note: All parties signing the consent section must date their own signature.

Transport and Road Safety (TARS) Research



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Form for Withdrawal of Participation

I wish to **WITHDRAW** my consent to participate in this research study described above and understand that such withdrawal **WILL NOT** affect my relationship with The University of New South Wales. In withdrawing my consent I would like any information which I have provided for the purpose of this research study withdrawn.

Participant Signature

Name of Participant (please print)	
Signature of Research Participant	
Date	

The section for Withdrawal of Participation should be forwarded to:

CI Name:	Dr. Rena Friswell
Email:	r.friswell@unsw.edu.au
Phone:	(02) 9385 5353
Postal Address:	Transport and Road Safety (TARS) Research L1 Old Main Building UNSW Australia UNSW Sydney NSW 2052