



## Project Title

Improving Self-Management of Type 2 Diabetes Mellitus: Understanding mHealth Intervention Needs of Australians living with Type 2 Diabetes

## Research team contact details

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## Description

This project is being undertaken as part of the requirements for the Professional Doctor of Business Administration Research (DBAR) through the University of Southern Queensland. The goal of this project is to identify unmet mobile health (mHealth) application (app) needs for Australians living with Type 2 Diabetes (T2DM) in order to improve active participation in T2DM Self-Management. mHealth refers to mobile health apps that you use on your smart devices such as a mobile phone or tablet.

## Participation

Your participation will involve completion of a questionnaire that will take approximately 30 minutes of your time. Questions will include questions of the overall experience by giving an appropriate score for the question that you will be asking. Your participation in this project is entirely voluntary. If you do not wish to take part, you are not obliged to. If you decide to take part and later change your mind, you are free to withdraw from the project at any stage. Please take note that because the online survey is anonymous, the Research Team will be unable to remove your data from the project if you decide to withdraw from it after you have submitted your responses. If you do wish to withdraw from this project, please contact the Research Team (contact details at the top of this form). Your decision whether you take part, do not take part, or to take part and then withdraw, will in no way impact your current or future relationship with the University of Southern Queensland.

## Expected benefits

It is expected that this project will benefit people living with Type 2 Diabetes by better understanding their self-management of this condition using mHealth apps. The study can be used as a source of evidence for the healthcare sector in making strategic and investment decisions in adopting mHealth app interventions to improve T2DM condition outcomes. It will also help technology developers to build or enhance their existing mobile health apps for the improvement of people's self-management of T2DM.

1–2-page summary of key results of this research project will be provided to participants that indicated by providing a contact name and email that they would like to receive a summary of the key results to ensure fair access to results.

## Risks

There are low anticipated risks beyond the time it will take to complete the survey associated with your participation in this project.

## Privacy and confidentiality

All comments and responses will be treated confidentially unless required by law. The names of individual persons are not required in any of the responses. Any data collected as a part of this project will be stored securely as per University of Southern Queensland's Research Data Management policy. Data may be used for future studies as per University of Southern Queensland's Research Data Management policy.

## Consent to participate

Either the return of the completed questionnaire or clicking on the 'Submit' button at the conclusion of the questionnaire is accepted as an indication of your consent to participate in this project.

## Questions

Please refer to the Research Team Contact Details at the top of the form to have any questions answered or to request further information about this project.

## Concerns or complaints

If you have any concerns or complaints about the ethical conduct of the project, you may contact the University of Southern Queensland Ethics Coordinator on (07) 4631 2690 or email [ethics@usq.edu.au](mailto:ethics@usq.edu.au). The Ethics Coordinator is not connected with the research project and can facilitate a resolution to your concern in an unbiased manner.

If you are stressed by your feelings at any time, you can get assistance by dialling 13 11 14 to reach Lifeline.

**Thank you for taking the time to help with this research project. Please keep this sheet for your information.**