**Participant Information Sheet**

Note: The text in “blue” or “grey highlights” in the original Thai version is for illustration only and should be customized to fit the specifics of your research project. Text in “red” should be deleted before use.

Writing Principle:

- Use simple and easy-to-understand language appropriate for the participants.

- Avoid technical terms or English unless necessary.

- Include visuals if it helps participants understand the study better.

- Clearly explain the risks and benefits of decision-making.

- Emphasize voluntary participation and available alternatives.

Project Title (in Thai): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Principal Investigator: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Research Site: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Funding Source (if any): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Before signing the informed consent form, you should be aware that this is a research project—not a standard treatment or service.

Your participation is entirely voluntary. You may choose to participate or not and withdraw at any time without affecting the care or services you are entitled to.

If there is any part of this document that you do not understand, please feel free to ask the researcher for clarification.

The researcher will provide you with sufficient time and information to make an independent decision. Before deciding, take this document home to discuss with family or close friends.

**- What is this research about?**

Provide a simple explanation about the issue or keywords from the research title.

**- Why have you been invited to participate?**

* You have been invited to participate in this research. Please take the time to read this document carefully. Participation is voluntary and will not affect the care or benefits you are entitled to.
* Participants will be selected based on: [specify eligibility criteria].
* Study duration: \_\_\_\_\_\_ months/years. Total participants: \_\_\_\_\_\_.

**- Purpose of the research (in lay terms):**

* This study aims to explore patterns in health care provision...
* The information collected will help inform future resource planning...

**- Data collection method/tools:**

Tool: xxxxxx – designed for... Provide the technical name, then explain in lay terms.

**- Research procedures:**

Explain what the participant will be asked to do, including timeline, number of visits, and any standard vs. research procedures.

If interviews are involved:

State whether they are face-to-face or self-administered questionnaires, as well as the duration and possibly uncomfortable content.

**- Benefits of participation:** (Please describe the anticipated direct and indirect benefits. Note that compensation is not considered a direct benefit.)

You may not receive direct benefits. However, the knowledge gained may contribute to future health care development...

**- Risks and discomforts:**

Describe /discomforts and preventive measures. List side effects using bullet points and plain language.

Please explain the potential risks and discomforts in sufficient detail to support the participant’s decision-making, especially any serious side effects. Measures for risk mitigation and problem resolution prepared by the researcher should also be clearly stated.

**- Participant responsibilities:**

You will be asked to record your dietary intake, fast for 6–8 hours before blood tests, and notify the researcher if you are unable to participate.

**- Confidentiality and data use:**

Your information will be securely stored (locked cabinet or password-protected electronic file). Data will be anonymized in publications. Certain authorized personnel (e.g., ethics committee, auditors) may access the data for verification.

Your research-related data will be kept confidential in accordance with international human research ethics standards and the Personal Data Protection Act B.E. 2562 (2019). The dissemination of research findings at academic conferences or in scholarly journals will not include any information that can identify or be linked to you. If some data are submitted to a journal-mandated database for sharing with other researchers, such data will be anonymized and untraceable to you. However, specific individuals or groups may be permitted to access your personal data, including members of the Human Research Ethics Committee, research coordinators, research monitors, and officials from institutions or regulatory agencies responsible for audit and oversight to verify the accuracy of the data and research procedures.

**- Right to withdraw:**

You may withdraw at any time without affecting your care. If you revoke consent, no new personal data will be recorded. You may also skip sensitive questions or stop participating at any time.

Situations where researchers may remove you from the study. For your safety, if the study is discontinued or the protocol is not followed.

In cases where the research involves sensitive questionnaire items, participants should be allowed to skip any question or discontinue participation if they feel uncomfortable. For example:

– While completing the questionnaire (or being interviewed), if you feel uncomfortable answering any particular question, you may skip that question or stop the questionnaire (or interview) at any time.

**- Costs and compensation:** Specify which expenses will be covered for research participants and which expenses, if any, participants are responsible for themselves. For example:"

* Participation is free of charge. You may receive travel compensation of \_\_\_ Baht per visit for \_\_\_ visits, paid on the day of participation.

**- Injury or harm during participation:**

* If you are harmed directly from this study, the party responsible (e.g., [specify sponsor]) will provide necessary care and compensation per legal requirements.

(In cases where a private company sponsors the research, it should be stated that the sponsor will be responsible for covering medical expenses and compensation for any injuries resulting from the research in all cases.)

**- Alternatives to participation:** Specify the available alternatives for those who choose not to participate in this research, including details of those options.

* Participation is not mandatory, and alternatives will be provided without affecting the standard care you receive.

**Inquiries or concerns:**

You may contact the principal investigator directly or reach out to the institution at:

Assistant Professor Dr. Wineekarn Kongsuwan, Chair of the Human Research Ethics Committee, or Miss. Panwadee Theerakulpisut, Faculty of Nursing, Prince of Songkla University, 15 Kanchanavanich Rd., Hat Yai, Songkhla 90110 Phone: 0-7428-6470, Email: sbsirb.psuhatyai@gmail.com

**Important for participants:**

* You will receive a copy of this information sheet and the consent form.
* Keep it for your reference.
* The consent form must be signed by: 1) you, 2) the researcher, and 3) include the date signed **by you.**

Updated on May 15, 2025