

University of California, Los Angeles

## **RESEARCH INFORMATION SHEET**

### **Community Survey of the Lifestyle Medicine Needs of Transgender and Gender Diverse Patients**

#### **INTRODUCTION**

Drs. Daniela Delgado, Amy Weimer, and Esther Kang, from the Divisions of General Medicine of the Department of Medicine at the University of California, Los Angeles are conducting a research study evaluating the nutritional and behavioral needs of transgender and gender diverse patients.

The goal of this study is to understand the nutritional and behavioral needs of transgender and gender diverse people seeking care at UCLA. We hope to use this information to help us develop more comprehensive services for our patients. Your participation in this research study is voluntary.

#### **HOW LONG WILL THE RESEARCH LAST AND WHAT WILL I NEED TO DO?**

Participation will take a total of about 15 minutes.

If you volunteer to participate in this study, you will be asked to answer a series of questions on the following topics:

- Demographic information
- History of gender affirming treatments
- History of eating disorders
- Prior treatment for an eating disorder
- Desire for nutritional, counseling and/or exercise services within a body positive and gender affirming framework

If there are any questions you do not feel comfortable answering, feel free to skip them. You are not required to complete every question to complete the survey, although we hope you will provide as much information as is comfortable for you.

#### **ARE THERE ANY RISKS IF I PARTICIPATE?**

Any study collecting data digitally comes with the potential for unintentional data breaches. This survey system, Qualtrics, is a HIPAA-compliant site, which restricts data access to study team members with password-protected accounts. Data will only be stored in Qualtrics and, once the study is complete, on secure UCLA servers. Some questions ask about prior history of eating disorders which may be triggering for some participants.

#### **HOW WILL INFORMATION ABOUT ME AND MY PARTICIPATION BE KEPT CONFIDENTIAL?**

The researchers will do their best to make sure that your private information is kept confidential. Information about you will be handled as confidentially as possible, but participating in research may involve a loss of privacy and the potential for a breach in confidentiality. Study data will be physically and electronically secured. As with any use of electronic means to store data, there is a risk of breach of data security.

**Use of personal information that can identify you:**

You will not be asked to provide any personally identifying information, and while it is completely up to you what you share here, we ask that you do not include any identifying information in free-entry fields. In the unlikely case of a data breach, we would like data to remain as anonymous as possible.

**How information about you will be stored:**

Your information will initially be stored on the Qualtrics system. Once data collection is complete, the data will be downloaded to secure UCLA servers.

**People and agencies that will have access to your information:**

The research team, authorized UCLA personnel may have access to study data and records to monitor the study. Research records provided to authorized, non-UCLA personnel will not contain identifiable information about you. Publications and/or presentations that result from this study will not identify you by name. Your data, including de-identified data may be kept for use in future research.

**WILL I BE PAID FOR MY PARTICIPATION?**

You will not be paid for your participation in this research study. There will be an optional raffle of six \$25 of gift cards. If you would like to participate in the raffle, you will be sent to a separate page after you complete the survey (if you do not want to complete all the questions, simply choose "no" when asked if you'd like to participate) where you will be asked to share contact information for entry into the raffle. Participation in the study is not required in order to participate in the raffle. Your contact information will not be linked to your survey responses. The raffle winners will be drawn December 1<sup>st</sup>, 2022. We believe the chance of winning are no lower than 1 in 1,000.

**WHO CAN I CONTACT IF I HAVE QUESTIONS ABOUT THIS STUDY?**

If you have any questions, comments, or concerns about this study, you can talk to the one of the researchers. Please contact: Dr. Daniela Delgado at 310-205-7310 or via mail at 9675 Brighton Way, Beverly Hills, CA 90210.

**UCLA Office of the Human Research Protection Program (OHRPP):**

If you have questions about your rights as a research subject, or you have concerns or suggestions and you want to talk to someone other than the researchers, you may contact the UCLA OHRPP by phone: (310) 206-2040; by email: [participants@research.ucla.edu](mailto:participants@research.ucla.edu) or by mail: Box 951406, Los Angeles, CA 90095-1406.

**WHAT ARE MY RIGHTS IF I TAKE PART IN THIS STUDY?**

- You can choose whether or not you want to be in this study, and you may withdraw your consent and discontinue participation at any time.
- Whatever decision you make, there will be no penalty to you, and no loss of benefits to which you were otherwise entitled.
- Decision to participate or not in this study will not affect services received by the Gender Health Program
- You may refuse to answer any questions that you do not want to answer and still remain in the study.