

**SEXUAL HEALTH IMPLICATIONS
OF PGAD STUDY**

SHIPS

LETTER OF INFORMATION





PHASE
PSYCHOLOGY, HEALTH
AND SEXUALITY LAB

SHIPS

 SWell
UBC SEXUALITY & WELL-BEING LAB

MEET THE TEAM

GET TO KNOW OUR RESEARCH TEAM!



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LEARN MORE 



What should you know?

Eligibility

You are:

- ✓ 18+ years
- ✓ PGAD/GPD symptoms
- ✓ Assigned female at birth
- ✓ Can access the Internet
- ✓ Fluent in English

Benefits

You will:

- ✓ Help researchers learn about PGAD/GPD
- ✓ Receive a personalized summary of your daily survey results
- ✓ There may be no other personal benefits

Risks

You may:

- ✓ Feel uncomfortable since some questions ask about sensitive topics like sexuality
- ✓ If you indicate high levels of depression or suicidal ideation, a research assistant will email you mental health resources for support.

Get in Touch with Us

✉ pgad@psych.ubc.ca

✉ phase.ships@ubc.ca

📍 604-822-8377

🌐 swelllab.psych.ubc.ca/research/

STUDY TIMELINE AND PROCESS



Screening Call

01

After reaching out to us by email, you will be invited to an interview call with a trained graduate student to determine your eligibility for the study.



Baseline Survey

02

You will be invited to complete a baseline survey with questions about you and your health. You will receive the link to the survey via email.



Daily Surveys

03

You will be invited to complete daily surveys for 21 consecutive days. You will receive the link to the surveys via email each evening.



Follow-up

04

You will be invited to complete follow-up surveys 3 and 6-months after finishing the diaries. You will receive the links to the surveys via email.



Can I take a break while doing the survey?

Yes! You may pause the survey at any point and resume it later by using the same link provided in your inbox. This means that if you need to take a break or are unable to complete the survey in one sitting, you can easily return to it at a later date without losing your progress. Simply access the survey using the original link you received in your email, and you'll be able to continue from where you left off.

Where can I find the survey?

You will be emailed a personalized link to access the survey.

The questions don't capture my experience. What do I do?

We recognize that the response options are limited and may not fully reflect your experience. Please select the answer that is closest to your experience. If there is more you would like to say, you will find text boxes throughout the survey where you can enter free-form responses. These can help us better understand or contextualize your experience.

Can I skip questions if I don't feel comfortable answering?

Yes! You can skip or choose not to respond to any question in the survey. Your decision to decline or skip a question will not have any negative consequences, and your participation will still be valued and appreciated.

Why do you need to know about (income, age, etc.) ?

Gathering demographic information helps us better understand how factors related to PGAD/GPD might impact different groups of people. It allows us to analyze if there are any patterns or differences based on factors like age, gender, or income level. This information may one day help us develop more effective strategies and ensure that our resources and support systems are inclusive and accessible to everyone.

Will my information be kept private?

Your identity will be kept strictly confidential. Your identity will not be directly linked to the data; instead, a participant number associated with your name will be linked to the data. The file linking your name and the participant number will be stored separately. All data will be stored on password-protected computers with encryption. All files will be password-protected. All members of the research team sign confidentiality agreements and have a strict obligation to keep all research information private and confidential. Information that discloses your identity will not be released without your consent unless required by law.

Can I withdraw from the study?

You may withdraw from this study at any time without giving any reason by contacting the Principal Investigators at pgad@psych.ubc.ca. If you withdraw from the study, you have the right to request the withdrawal of the personal information and data collected from you during the study. This request will be respected to the extent possible. However, please note that there may be exceptions where the data will not be withdrawn, for example, once the de-identified data are analyzed, published, or made public. If you do not make this request, the researchers will use the data that you provided up to the point at which you withdrew from the study, as it will still be helpful for the goals of the project.

Will I receive compensation for participating?

- For the first survey, you will be compensated with \$20 CAD in the form of a gift card.
- For the 3-month follow-up survey, you will be compensated with \$15 CAD in the form of a gift card.
- For the 6-month follow-up survey, you will be compensated with \$15 CAD in the form of a gift card.
- For the daily diary surveys, compensation is pro-rated based on how many diaries (out of 21 total) you complete up to a total of \$45 CAD in the form of a gift card.
 - 18-21 surveys completed: \$45
 - 14-17 surveys completed: \$36
 - 9-13 surveys completed: \$27
 - 4-8 surveys completed: \$17

Daily Survey Results

You will receive a personalized summary of your symptoms, mood, and health outcomes at the end of the study. This summary is tailored specifically to your individual experiences.



Completing daily surveys can prompt you to pay closer attention to your PGAD/GPD symptoms, mood, and general quality of life. This might help you identify patterns, triggers, and fluctuations in your symptoms.



You can share your personalized results with healthcare providers, helping them to gain an understanding of your symptoms over time, which might facilitate more productive and meaningful conversations during appointments.



INTERESTED IN JOINING OUR PATIENT ADVISORY BOARD?



IF YOU ARE INTERESTED IN BECOMING A PATIENT
PARTNER AND PROVIDING FEEDBACK ON THIS OR
FUTURE STUDIES, PLEASE LET US KNOW!

JOIN NOW





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**THANK YOU FOR YOUR
PARTICIPATION!**

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