



Understanding Society

IP 12

Health Measures and Sample Collection Leaflets

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DBS Collection leaflet

DBS Collection protocol summary booklet



Blood Spot Collection Summary



Before beginning your blood spot collection, please read through the accompanying information and instruction leaflets to the end. This is very important.

- 1 Open the upper flap to reveal the five sample collection circles.



- 2 Wash your hands with warm, soapy water.



- 3 Twist and remove the sterility cap.



- 4 Place the lancet on the side of your middle or ring finger and press firmly until the device clicks.



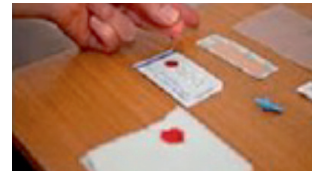
- 5 Wipe away the first blood drop. Gently massage the punctured finger to form a new drop of blood.



- 6 Allow the blood drop to drop into the circle and fill it.



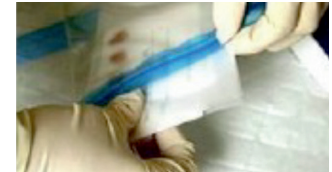
- 7 Repeat the process until all five circles are filled with blood.



- 8 Leave the dried blood spot card on a suitable surface to dry for at least 4 hours.



- 9 Once dried, pack the dried blood spot card into a Ziploc bag with desiccant and return to us by post



- 10 Please use the box the kit came in to return everything to us. We have provided a sharps bin (tube and screw cap) to allow you to return the used lancets.

Please DO NOT dispose of the lancets yourself.

- 11 We have provided a security seal for the return box and pre-addressed/pre-paid plastic envelope for the samples and kit to be returned.

Please DO NOT write your name or address on the sample card or on the kit. The barcode and other identification numbers will let us know who the sample is from. Thank you.

Health IP Childrens Hair Kit Postcard



We would like to
collect a small hair
sample from you

Why do you want some of my hair?

Your hair can tell us a lot about how healthy you are. Chemicals in your hair are measured by our researchers.

Usually hair samples for our survey are collected by a nurse, but we want to see whether you can collect your own hair sample and send it to us. We are going to compare the hair samples collected by nurses and the hair samples collected by people taking the survey. We want to know if we can measure the chemicals in your hair sample as well as we measure the ones in hair collected by nurses.

I'm not sure I want to take part...

You don't have to give a hair sample – it's entirely up to you whether you take part. You might want to talk with a parent or carer before you decide.

But, we hope that you will decide to take part!

Information from hair samples helps researchers understand how our life experiences and our health interact. It helps us know how we can prevent illness and what life experiences make us healthier.

Who is doing this research?

Researchers at the Institute for Social and Economic Research at the University of Essex.

What will happen to my hair sample?

The hair sample will be sent to a laboratory where researchers will measure the chemicals in it. Your hair sample will not be used for any other tests.

The information we collect is always confidential and never includes personal information like your name or address.

What do I have to do?

You will need to cut a very small section of hair from close to your head. The little bundle of hair needs to be about 2mm across and come from the back of your head. The hair collection kit has all the information you need.

It's quite tricky to collect the hair sample yourself, so it will be easier if someone in your family helps you.

Health Measures leaflet



This study has been approved
by the East of England – Essex
Research Ethics Committee.
REC Number: 19/EE/0146



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Health Measures Leaflet

This leaflet tells you more about this part of your survey which involves collecting some health measures. Before you decide whether to take part it is important for you to understand why the research is being done and what it will involve.



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Health measures to be taken within your interview

What health measurements do you want to collect?

With your consent we would like to measure your height, weight and blood pressure.

Why are we carrying out this study?

Physical measurements, such as height, weight and blood pressure, are important factors in our health. Changes in blood pressure can tell us about someone's health and risk factors for future health issues. A person's blood pressure is influenced by age. It can also vary from day to day with our emotions, the food we eat, the temperature around us, whether we smoke tobacco, drink alcohol, take medication, or whether we are in pain. Changes in height and weight within a population reflect the changes in the population's diet and lifestyle. We are interested in the relationship between height, weight and health. Taking these measurements in a large number of people can help to predict certain health patterns within a population.

Who is carrying out the research study?

Researchers at the Institute for Social and Economic Research (ISER) at the University of Essex are running the study. Kantar Public and NatCen Social Research will be working with us to conduct fieldwork and collect the measurements.

Do I have to take part?

You do not need to have any measurements (e.g. height, blood pressure) taken if you do not wish to but, we hope you will agree to them as they are a very important part of this survey. If the survey results are to be useful to us, it is important that we obtain information from different people in all states of health. If you are happy to take part in some measurements but not others, this is absolutely fine; just let the nurse know.

What do I have to do if I agree to have my blood pressure measured?

Your nurse will measure your blood pressure using an inflatable cuff that goes around the upper arm. If you would like to know, the nurse will tell you your blood pressure along with an indication of its meaning, but a diagnosis cannot be made on measurements taken on a single occasion.

What do I have to do if I agree to have my height and weight measured?

Your nurse will measure your standing height. We would also ask to measure your weight (with your clothes on). If you would like to know, the nurse will tell you your measurements.

Are there any risks involved in participating?

Some individuals might experience some minor discomfort, during the blood pressure measurement as the cuff tightens around your arm.

What will happen to any information I give?

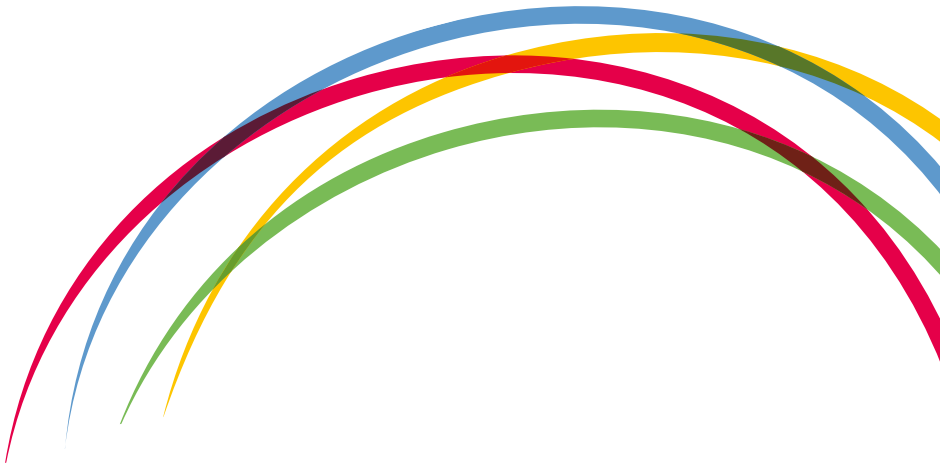
We will treat any information you give us in strict confidence. The results of the study will never include any names or addresses. The information collected is used for research purposes only and will be dealt with according to the principles of the Data Protection Act and General Data Protection Regulation (GDPR).

Will I be given my results?

After the measurements are taken, the nurse will check if you would like to know your results. If you would like to be told your results, the nurse will be able to let you know your height, weight and blood pressure readings. If you do not wish to be told your results, please let the nurse know, and you will not be given your results.

What if I change my mind during the study?

Your participation is entirely voluntary. You have the right to change your mind about any particular measurement or withdraw from the study at any time without explanation.



Health Measures leaflet 1pdf



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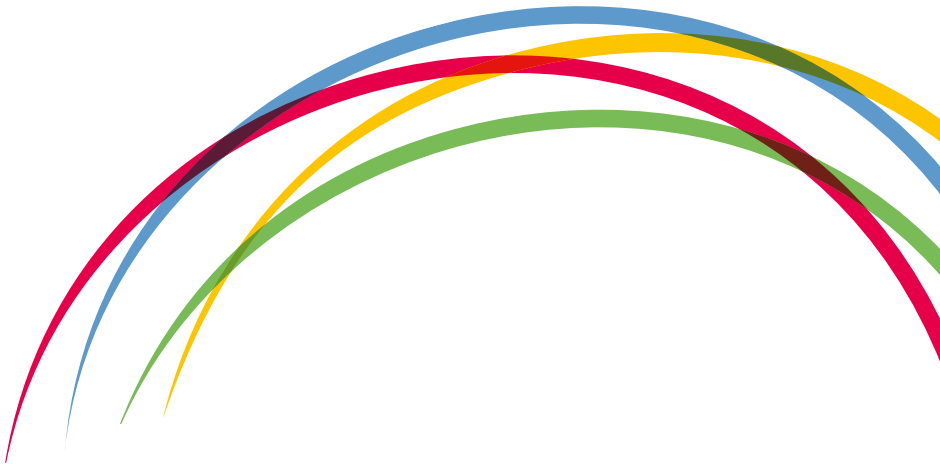
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What if I change my mind during the study?

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Sample collection leaflet



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Why are we carrying out this study?

Many studies routinely collect biological samples such as blood and hair. Analysis of these samples can tell researchers a lot about the health of the population. These samples are usually collected by a nurse or at a research clinic. However, for some large studies, where participating households are spread across the country, this is not always possible. Many health researchers are therefore interested in whether participants can collect their own samples and return these to the researchers.

What samples are we collecting for the study?

If you are willing to, we would like you to collect a finger-prick blood spot sample (also known as a dried blood spot sample) and a hair sample following the instructions provided.

As a token of our appreciation for collecting the samples we will send you a £5 voucher for the dried blood spot sample and a £5 voucher for the hair sample after the samples are returned to us.

Who is carrying out the research study?

Researchers at the Institute for Social and Economic Research (ISER) at the University of Essex are running the study. Kantar Public and NatCen Social Research will be working with us to conduct fieldwork.

Do I have to take part?

You do not need to collect any samples if you do not wish to but we hope you will agree to them as they are a very important part of this survey. If you are happy to give one of the samples but not the other, this is absolutely fine; please indicate this in the enclosed consent form.

What do I have to do if I agree to give a blood spot sample?

This part of the survey involves a small quantity of blood being obtained by a finger prick and collected on a blood spot collection card. This would involve pricking your finger and allowing the blood drops to drip on to the collection paper. We would like

you to collect five spots of blood which will then be left to dry. Along with this leaflet, we have sent you a dried blood spot collection kit. This includes everything you need to collect this sample, as well as detailed instructions of how to collect it.

What do I have to do if I agree to give a hair sample?

We would like you to provide a hair sample from close to your scalp keeping the hairs together in a bundle. The sample should come from the back of your head. This little bundle of hair needs to be about 2mm across and ideally at least 3cm long. The 'hair collection kit' includes everything you need to collect this sample, as well as detailed instructions of how to collect it and return the samples to us.

As the hair needs to come from the back of your head, it is much easier if members of your household can help each other to collect the hair sample. If you live alone, you can try to collect the sample yourself, or you might want to arrange for a friend or family member to help you.

What will happen to the blood and hair samples I provide?

Dried blood spot sample: We would like to study your blood samples for certain substances that have been shown to affect health. Usually this is done in a blood sample taken from your vein. In this study we would like to check if we are able to accurately measure these substances in a finger-prick blood sample. Collecting a finger-prick blood spot is less invasive than collecting a blood sample from your vein. If these substances can be measured with a finger-prick blood spot sample, this could have a positive impact on future health studies.

There are substances that are carried in our blood which are useful when measuring a person's health, such as fats and sugars. Your blood sample will be analysed for cholesterol (total cholesterol and HDL), triglyceride and HbA1c (glycated haemoglobin), C-reactive protein, interleukin-6 and testosterone levels. We will also analyse levels of the following substances related to nutrition: lipids, haemoglobin and ferritin, vitamin C, vitamin B1 (thiamin), vitamin B2

(riboflavin), vitamin B6 (pyridoxine), vitamin B12 (cyanocobalamin) and folic acid (folate), vitamin A and related carotenoids, vitamin E and vitamin D.

Hair sample: Our bodies are constantly producing certain chemicals called hormones to help manage the ups and downs of daily life. Some of these chemicals have been shown to change with different levels of stress. We will measure different hormones in your hair sample which will include cortisol, cortisone and testosterone.

After the blood and hair samples are analysed any remaining samples will be destroyed. We will not be storing your samples long term.

Will I be given my results?

If you would like to be told your results, please indicate this in the enclosed consent form. If you have given us your consent to return your results, we will tell you the results for HDL, cholesterol and HbA1c levels in your blood samples. The tests we are carrying out are not medical diagnostic tests and will only let us know if your cholesterol and HbA1c levels are within the normal range or not. Dried blood spot analysis is not routinely used in clinical practice but has the potential as a less invasive alternative to whole blood analysis in health studies. In this study, as well as using your samples to test a number of blood analytes, we aim to test the feasibility of using dried blood spots to provide participants with feedback on total cholesterol, HDL and HbA1c levels. The data we receive could help studies to measure health better in the future.

If you do not wish for your results to be returned to you, please indicate this on the consent form and we will not contact you with your results.

Due to the large number of samples we will be processing and the thorough checks we are required to carry out, you may not get your results for a couple of months after you return your samples. Unfortunately, we may not be able to give you any results if the sample does not pass the lab's quality test.

Are there any risks involved in participating?

Some individuals might experience some minor discomfort, slight bruising or bleeding from the blood sampling procedures. However, the effects are minor and should not persist beyond a few days. Some individuals might feel a bit faint during or after blood collection. The instructions suggest you should be sitting down during the blood collection. If at any point you feel uncomfortable please stop the process immediately. If you feel unwell please contact NHS Direct on 111.

What will happen to any information I give?

We will treat the information you give in strict confidence. The results of the study will never include any personal information such as names or addresses. The information collected is used for research purposes only and will be dealt with according to the principles of the Data Protection Act and the General Data Protection Regulation (GDPR).

What if I change my mind during the study?

Your participation is entirely voluntary. You don't have to do any part of the study that you don't want to. You have the right to withdraw from the study at any time without explanation.

Why can't a nurse collect my samples?

We wish to assess the feasibility of participants collecting their own samples and test our current protocols. We have provided detailed instructions on our website (www.understandingsociety.ac.uk/ hair and www.understandingsociety.ac.uk/blood) which you will be able to follow when collecting the samples.

Sample collection leaflet. (2)



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Sample collection leaflet



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Why are we carrying out this study?

Many studies routinely collect biological samples, such as blood and hair. Analysis of these samples can tell researchers a lot about the health of the population. These samples are usually collected by a nurse or at a research clinic. However, for some large studies, where participating households are spread across the country, this is not always possible. Many health researchers are therefore interested in whether participants can collect their own samples and return these to the researchers. We are conducting this study to find out if we can measure chemicals in blood and hair samples collected by participants themselves in the same way as if a nurse collected the samples.

What samples are we collecting for the study?

If you are willing to, we would like you to collect a finger-prick blood spot sample (also known as a dried blood spot sample) and a hair sample following the instructions provided.

As a token of our appreciation for collecting the samples we will send you a £5 voucher for the dried blood spot sample and a £5 voucher for the hair sample after the samples are returned to us.

Who is carrying out the research study?

Researchers at the Institute for Social and Economic Research (ISER) at the University of Essex are running the study. Kantar Public and NatCen Social Research will be working with us to conduct fieldwork and collect biological samples.

Do I have to take part?

You do not need to collect any samples if you do not wish to but we very much hope you will agree to them as they are a very important part of this survey. If you are happy to give one type of sample but not the other, this is absolutely fine; please indicate this in the enclosed consent form.

What do I have to do if I agree to give a blood spot sample?

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blood being obtained by a finger prick and collected on a blood spot collection card. This would involve pricking your finger and allowing the blood drops to drip on to the collection paper. We would like you to collect five spots of blood which will then be left to dry. Along with this leaflet, your interviewer has given you a dried blood spot collection kit. This includes everything you need to collect this sample, as well as detailed instructions of how to collect it.

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As the hair needs to come from the back of your head, it is much easier if members of your household can help each other to collect the hair sample. If you live alone, you can try to collect the sample yourself, or you might want to arrange for a friend or family member to help you.

What will happen to the blood and hair samples I provide?

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After the blood and hair samples are analysed any remaining samples will be destroyed. We will not be storing your samples long term.

Will I be given my results?

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Are there any risks involved in participating?

Some individuals might experience some minor discomfort, slight bruising or bleeding from the blood sampling procedures. However, the effects are minor and should not persist beyond a few days. Some individuals might feel a bit faint during or after blood collection. The instructions suggest you should be sitting down during the blood collection. If at any point you feel uncomfortable please stop the process immediately. If you feel unwell please contact NHS Direct on 111.

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What if I change my mind during the study?

Your participation is entirely voluntary. You don't have to do any part of the study that you don't want to. You have the right to withdraw from the study at any time without explanation.

Why can't the interviewer collect my samples during the visit?

We wish to assess the feasibility of participants collecting their own samples and test our current protocols. The interviewer is there to hand out the kits, explain the process and answer any questions or concerns you may have. We have provided detailed instructions on our website (www.understandingsociety.ac.uk/hair and www.understandingsociety.ac.uk/blood) which you will be able to follow when collecting the samples.

Sample Collection leaflet.



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After the blood and hair samples are analysed any remaining samples will be destroyed. We will not be storing your samples long term.

Will I be given my results?

We will not be providing any feedback on your blood and hair results.

Are there any risks involved in participating?

Some individuals might experience some minor discomfort, slight bruising or bleeding from the blood sampling procedures. However, the effects are minor and should not persist beyond a few days. Some individuals might feel a bit faint during or after blood collection. The instructions suggest you should be sitting down during the blood collection. If at any point you feel uncomfortable please stop the process immediately. If you feel unwell please contact NHS Direct on 111.

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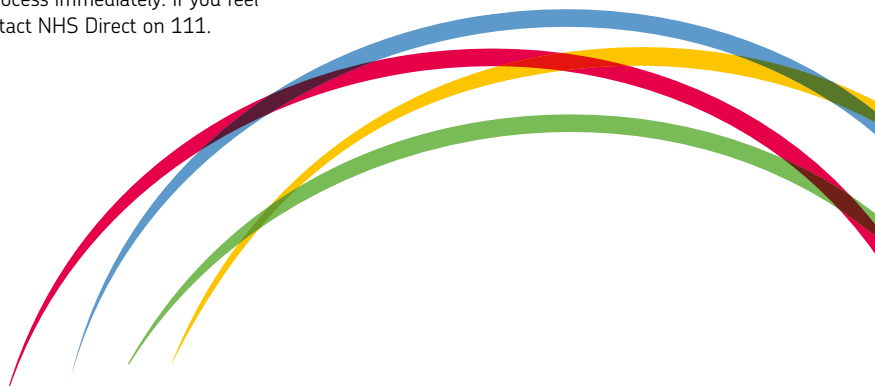
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What if I change my mind during the study?

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Why can't a nurse collect my samples?

We wish to assess the feasibility of participants collecting their own samples and test our current protocols. We have provided detailed instructions on our website (www.understandingsociety.ac.uk/hair and www.understandingsociety.ac.uk/blood) which you will be able to follow when collecting the samples.



Sample collection_ leaflets..

Should I avoid any activities after giving the sample?

To reduce any risk of bruising, where possible we suggest you avoid any heavy lifting or strenuous exercise for the rest of the day you give your sample.

If you experience any of the following, you should seek further help, for instance from your GP or NHS direct:

- Severe pain
- Numbness or persistent 'pins and needles' in the arm, hand or fingers
- Swelling which is large or increasing in size
- Painful redness / inflammation

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What if I have concerns about the way the study was carried out?

Please contact Sarah Manning-Press, the Research Governance and Planning Manager at the University of Essex on 01206 873561 or email sarahm@essex.ac.uk

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Society

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Many studies routinely collect biological samples such as blood and hair. Analysis of these samples can tell researchers a lot about the health of the population. These samples are usually collected by a nurse or at a research clinic. However, for some large studies, where participating households are spread across the country, this is not always possible. Many health researchers are therefore interested in whether participants can collect their own samples and return these to the researchers.

In order to compare this, the University of Essex is conducting a study where some samples are collected by participants themselves, and some are collected by nurses. This way, we can compare whether samples collected by participants are as useful for research as samples collected by a nurse.

What samples are we collecting for the study?

With your consent, we would like to collect a blood sample from your arm, a finger-prick blood spot sample (also known as a dried blood spot sample) and a hair sample.

As a token of our appreciation for collecting the samples we will give you a £5 voucher for providing the hair sample. We will also send you a £5 voucher for your time for returning the dried blood spot sample to us.

Who is carrying out the research study?

Researchers at the Institute for Social and Economic Research (ISER) at the University of Essex are running the study. Kantar Public and NatCen Social Research will be working with us to conduct fieldwork and collect biological samples.

Do I have to take part?

You do not need to have any samples taken if you do not wish but, we hope you will agree to them as they are a very important part of this survey. If you are happy to give one type of sample but not another, this is absolutely fine; just let the nurse know.

What do I have to do if I agree to give blood samples?

A nurse will collect a blood sample from a vein in your arm and also prepare a finger-prick blood spot sample. The blood spot part of the survey involves a small quantity of blood being obtained by a finger prick and collected on a blood spot collection card.

Is any special equipment needed?

Before a needle is inserted in your vein, the survey nurse will apply a tourniquet (a band put round your arm to control your blood flow). This keeps more blood in the vein, making it easier for the nurse to see and access it.

The nurse will use a needle to draw blood into a number of small sample tubes (typically 2ml to 6ml) that are dispatched to the lab for analysis. If the nurse is using a modern needle model called a 'butterfly needle' they may first use another small sample tube to get the blood flowing. This tube is then safely discarded by the nurse and not sent to the lab.

What do I have to do if I agree to give a hair sample?

We would like to collect a hair sample from close to your scalp, keeping the hairs together in a bundle. The sample will be taken from the back of your head by the nurse. The little bundle of hair needs to be about 2mm across and ideally at least 3cm long.

What will happen to the blood and hair samples I provide?

Blood samples: We would like to study your blood samples for certain substances that have been shown to affect health. Usually this is done in a blood sample taken from your vein. In this study we would like to check if we are able to accurately measure these substances in a finger-prick blood sample. Collecting a finger-prick blood spot is less invasive than collecting a blood sample from your vein. If these substances can be measured with a finger-prick blood spot sample, this could have a positive impact on future health studies.

There are substances that are carried in our blood which are useful when measuring a person's health, such as fats and sugars. Your blood sample will be analysed for cholesterol (total cholesterol and HDL), triglyceride and HbA1c (glycated haemoglobin), C-reactive protein, interleukin-6 and testosterone levels. We will also analyse levels of the following substances related to nutrition: lipids, haemoglobin and ferritin, vitamin C, vitamin B1 (thiamin), vitamin B2 (riboflavin), vitamin B6 (pyridoxine), vitamin B12 (cyanocobalamin) and folic acid (folate), vitamin A and related carotenoids, vitamin E and vitamin D.

Hair sample: Our bodies are constantly producing certain chemicals called hormones to help manage the ups and downs of daily life. Some of these chemicals have been shown to change with different levels of stress. We will measure different hormones in your hair sample that will include cortisol, cortisone and testosterone.

After the blood and hair samples are analysed any remaining samples will be destroyed. We will not be storing your samples long term.

Will I be given my results?

If you would like to be told your results, please indicate this in the enclosed consent form. If you have given us your consent to return your results, we will tell you the results for HDL, cholesterol and HbA1c levels in your blood samples. The tests we are carrying out are not medical diagnostic tests and will only let us know if your cholesterol and HbA1c levels are within the normal range or not. If you do not wish for your results to be returned to you, please indicate this on the consent form and we will not contact you with your results.

Due to the large number of samples we will be processing and the thorough checks we are required to carry out, you may not get your results for a couple of months after you return your samples. Unfortunately, we may not be able to give you any results if the sample does not pass the lab's quality test.

Are there any risks involved in participating?

Blood sampling may cause some discomfort. Very rarely you may feel a stronger sensation. Please tell the nurse immediately if you are at all concerned.

The survey nurses maintain the highest hygiene standards to reduce any risk of infection. We use a new sterile needle and tubes for every person.

Some individuals might experience some minor discomfort, slight bruising or bleeding from the blood sampling procedures. However, the effects are minor and should not persist beyond a few days.

Anyone might feel faint during or immediately after giving a blood sample, although most people don't. If you begin to feel faint at all, tell the nurse as soon as possible, if you can. The nurse will be watching you for any signs of fainting, and if necessary will stop taking the blood sample. If you actually faint, which can happen but is very unlikely, you will be advised not to drive for at least 30 minutes once you have come round.

How long should I keep the dressing on after giving blood?

The nurse will apply a dressing after taking the sample. You should leave this dressing on for at least 30 minutes after the blood sample has been taken.

Will I get bruised?

Bruising occurs when blood leaks from a vein into the surrounding tissues. The nurse will make every attempt to reduce bruising through applying pressure to the affected vein after taking the blood sample. However, bruising does sometimes occur. This may be slightly uncomfortable for a day or so after giving the sample but usually no action is required. If it gets worse (for example if the bruise hurts or gets much bigger), you should seek further help, for instance from your GP or dialling the NHS 111 service.

Sample collection__leaflets.



This study has been approved
by the East of England – Essex
Research Ethics Committee.
REC Number: 19/EE/0146



KANTAR PUBLIC

NatCen
Social Research that works for society



University of Essex



Sample collection leaflet



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After the blood and hair samples are analysed any remaining samples will be destroyed. We will not be storing your samples long term.

Will I be given my results?

We will not be providing any feedback on your blood and hair results.

Are there any risks involved in participating?

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Should I avoid any activities after giving the sample?

To reduce any risk of bruising, where possible we suggest you avoid any heavy lifting or strenuous exercise for the rest of the day you give your sample.

If you experience any of the following, you should seek further help, for instance from your GP or NHS direct:

- Severe pain
- Numbness or persistent 'pins and needles' in the arm, hand or fingers
- Swelling which is large or increasing in size
- Painful redness / inflammation

What will happen to any information I give?

We will treat the information you give in strict confidence. The results of the study will never include any personal information such as names or addresses. The information collected is used for research purposes only and will be dealt with according to the principles of the Data Protection Act and the General Data Protection Regulation (GDPR).

Sample CollectionLeaflets...



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What samples are we collecting for the study?

If you are willing to, we would like you to collect a finger-prick blood spot sample (also known as a dried blood spot sample) and a hair sample following the instructions provided.

As a token of our appreciation for collecting the samples we will send you a £5 voucher for the dried blood spot sample and a £5 voucher for the hair sample after the samples are returned to us.

Who is carrying out the research study?

Researchers at the Institute for Social and Economic Research (ISER) at the University of Essex are running the study. Kantar Public and NatCen Social Research will be working with us to conduct fieldwork and collect biological samples.

Do I have to take part?

You do not need to collect any samples if you do not wish to but we very much hope you will agree to them as they are a very important part of this survey. If you are happy to give one type of sample but not the other, this is absolutely fine; please indicate this in the enclosed consent form.

What do I have to do if I agree to give a blood spot sample?

This part of the survey involves a small quantity of blood being obtained by a finger prick and collected on a blood spot collection card. This would involve pricking your finger and allowing the blood drops to drip on to the collection paper. We would like you to collect five spots of blood which will then be left to dry. Along with this leaflet, your interviewer has given you a dried blood spot collection kit. This includes everything you need to collect this sample, as well as detailed instructions of how to collect it.

What do I have to do if I agree to give a hair sample?

We would like you to provide a hair sample from close to your scalp keeping the hairs together in a bundle. The sample should come from the back of your head. This little bundle of hair needs to be about 2mm across and ideally at least 3cm long. The hair collection kit includes everything you need to collect this sample, as well as detailed instructions of how to collect it and return the sample to us.

As the hair needs to come from the back of your head, it is much easier if members of your household can help each other to collect the hair sample. If you live alone, you can try to collect the sample yourself, or you might want to arrange for a friend or family member to help you.

What will happen to the blood and hair samples I provide?

Dried blood spot sample: We would like to study your blood samples for certain substances which have been shown to affect health. Usually this is done in a blood sample taken from your vein. In this study we would like to check if we are able to accurately measure these substances in a finger-prick blood sample. Collecting a finger-prick blood spot is less invasive than collecting a blood sample from your vein. If these substances can be measured with a finger-prick blood spot sample, this could have a positive impact on future health studies.

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Hair sample: Our bodies are constantly producing certain chemicals called hormones to help manage the ups and downs of daily life. Some of these chemicals have been shown to change with different levels of stress. We will measure different hormones in your hair sample that will include cortisol, cortisone and testosterone.

After the blood and hair samples are analysed any remaining samples will be destroyed. We will not be storing your samples long term.

Will I be given my results?

We will not be providing any feedback on your blood and hair results.

Are there any risks involved in participating?

Some individuals might experience some minor discomfort, slight bruising or bleeding from the blood sampling procedures. However, the effects are minor and should not persist beyond a few days. Some individuals might feel a bit faint during or after blood collection. The instructions suggest you should be sitting down during the blood collection. If at any point you feel uncomfortable please stop the process immediately. If you feel unwell please contact NHS Direct on 111.

What will happen to any information I give?

We will treat the information you give in strict confidence. The results of the study will never include any personal information such as names or addresses. The information collected is used for research purposes only and will be dealt with according to the principles of the Data Protection Act and the General Data Protection Regulation (GDPR).

What if I change my mind during the study?

Your participation is entirely voluntary. You don't have to do any part of the study that you don't want to. You have the right to withdraw from the study at any time without explanation.

Why can't the interviewer collect my samples during the visit?

We wish to assess the feasibility of participants collecting their own samples and test our current protocols. The interviewer is there to hand out the kits, explain the process and answer any questions or concerns you may have. We have provided detailed instructions on our website (www.understandingsociety.ac.uk/hair and www.understandingsociety.ac.uk/blood) which you will be able to follow when collecting the samples.

