

## Who are the researchers leading this study?

The Chief Investigator on this Study is Professor Bu Yeap from the University of Western Australia.

The Co-Investigators include researchers from the Telethon Kids Institute, Ngala, Curtin University, The University of Western Australia and clinicians from the Joondalup Health Campus.

## Who to contact if you have any concerns about the organisation or running of the study?

The ethical aspects of this study have been approved by the Ramsay Health Care WA | SA Human Research Ethics Committee (RHC WA | SA HREC). If you have any complaints or reservations about any ethical aspect of your participation in a research project, please contact the Consumer Liaison Office at the Joondalup Health Campus on 08 9400 9404 who will direct your complaint to the most appropriate person. Any complaint you make will be investigated by an independent party, treated in confidence, and you will be informed of the outcome.



## Any questions?

If at any time during the study you have any questions, please ring our office on 9408 3118 or email the CARE-Dads team at [ORIGINSproject@telethonkids.org.au](mailto:ORIGINSproject@telethonkids.org.au).



[originsproject.telethonkids.org.au/current-studies/care-dads](http://originsproject.telethonkids.org.au/current-studies/care-dads)

THE  
ORIGINS  
PROJECT



TELETHON  
KIDS  
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Discover. Prevent. Cure.

Joondalup  
Health Campus  
Part of Ramsay Health Care



# CARE-DADS

(CARDIOVASCULAR RISK EVALUATION IN EXPECTANT FATHERS)

## PARTICIPANT INFORMATION BROCHURE





## We want to improve the health of Dads-to-be

The ORIGINS Project is centered on “a healthy start for a better future.” We want to understand and improve the health of the parents as well as their children. This is the primary goal of the ORIGINS Project – to understand how best to promote both early and long term health by helping families provide a healthier early environment for their children. The ORIGINS Project will test a series of interventions (lifestyle and practical changes) designed to improve various aspects of early life.

The CARE-Dads Study is aimed at providing expectant Dads with a health check-up. Dads play an important role within the family as their involvement in child-rearing enhances the health of their children. Studies have shown that a father’s involvement in his child’s life can be associated with positive child outcomes.

A healthy dad is an important part of a nurturing early environment. ORIGINS will provide a range of studies to explore ways to improve the health of dads-to-be – the CARE-Dads Study is the first step.

## What will I need to do?

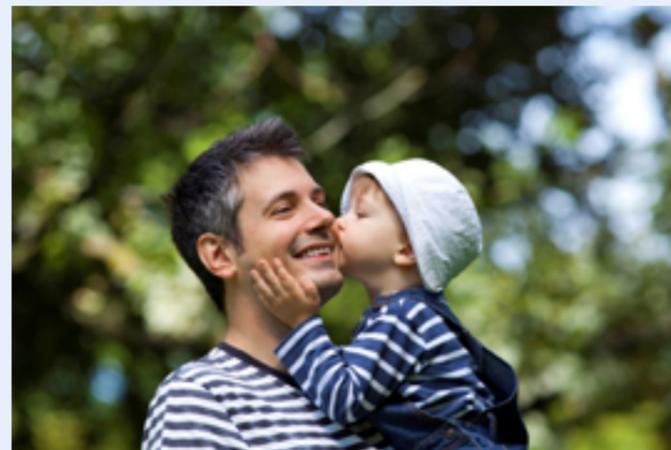
You will be asked to complete a four-page questionnaire covering mood, anxiety and stress levels, physical activity, self-rated health, smoking, alcohol and medical conditions. Your height, weight, waist circumference and blood pressure will be measured. An additional blood sample, 10 ml (half a tablespoon), will be collected at the same time as your ORIGINS sample.

Your blood will be tested for elevated cholesterol levels – which may indicate a chance of future heart problems or stroke – and impaired glucose tolerance – which may suggest increased risk for diabetes, and for hormone levels. You will receive feedback on these results. There will be no cost to you, nor will you be paid.

You will be invited to return around the time your child is having their 1 year clinic visit within The ORIGINS Project. You will be asked to complete the same questionnaire, have the same measurements repeated, and a second blood sample, 50 ml (two and a half tablespoons) will be collected. Of this 10 ml will be tested and the remaining 40 mls will be given to the ORIGINS Project.

## What are the possible benefits of taking part?

You will receive two free health check-ups where your risk of diabetes and cardiovascular disease will be assessed using blood pressure measurements, blood glucose levels and cholesterol levels. Your hormone levels will be checked. You will receive an email copy of the results and these will be explained to you. Abnormal results will be highlighted and you will be advised to follow-up with your GP. We will provide you with a letter for your GP, if this follow-up is needed.



## What will happen to my information collected in this study?

All information gathered about you, such as personal and health details, and questionnaire answers will be treated with confidence and no information that could identify you or your child will be released to any person not associated directly with the study.

In very rare circumstances, disclosure of your health information can be required by law, for example, as a result of a court order. Such requests are rare; however, we have an obligation to inform you of this possibility.

The results from the study may eventually be published in medical journals or at professional meetings, but you will not be identified in any way.

## Do I have to take part in this research study?

Participation in any research study is voluntary. If you do not wish to take part, you do not have to. If you decide to take part and later change your mind, you are free to withdraw from the study at any stage.

Should you choose to withdraw, the information and samples that you provide will continue to be kept securely and used for the purpose of the study unless you request for them to be disposed of.

Your decision whether to take part or not to take part, or to take part and then withdraw, will not affect your routine treatment, your relationship with those treating you or your partner, nor your relationship with the Joondalup Health Campus.