

Information Sheet



Women's experience of menopausal tempo: An exploratory approach

Study Information Sheet

Thank you for considering participating in this research project. The purpose of this document is to explain to you what the research study is about and what your participation would involve, to enable you to make an informed choice.

Who am I and what is this study about?

My name is Sarah Nestor, and I am a trainee clinical psychologist currently doing my doctoral training at University College Cork. The study I am conducting is part of the doctoral training coursework. The purpose of the project is to explore women's experiences of menopausal tempo. Menopausal tempo can be described as the pace (or speed) at which people move through perimenopause to menopause. That is the time from when a person first experiences changes to the regularity of their menstruation compared to the previous 12 months (perimenopause) to the cessation of their menstrual cycle for at least 12 months (menopause) (WHO, 2022).

What will be expected of me if I participate in this study?

Should you choose to participate, you will be asked to take part in an online interview with, me, Sarah Nestor. Interviews are expected to last up to an hour and will take place online on Microsoft Teams, and will be audio recorded using the Microsoft Teams app. Interviews will consist of open-ended questions relating to your experience of menopausal tempo to gain deeper insight into what this experience was like for you.

Do I have to take part and will taking part be confidential?

Participation in this study is completely voluntary. There is no obligation to participate, and should you choose to do so, you can refuse to answer specific questions or decide to withdraw

from the interview. Once the interview has been conducted, you can choose to withdraw at any time up to two weeks after the interview.

All of the information you provide will be kept anonymous and available to the research team including Sarah Nestor, Dr Samantha Dockray, Dr Maria Dempsey and Dr Sarah Foley. The information you provide may be spread across conferences and research papers but will be anonymous and all identifying information will be deleted. Where information is disclosed which indicates that there is a serious risk to you or others this information will be shared with the relevant person. In the event there is a serious risk identified, I will discuss this with you before potentially discussing it with my research supervisors.

Where will my data be stored and who will have access to it?

The interview will take place online and will be transcribed and audio recorded by Microsoft Teams (MS Teams). The researcher will check the transcribed interview for accuracy, and all identifying information will be removed. Once this is done, the audio recording will also be deleted and only the pseudonymized transcript will remain. This will be stored on the University College Cork's OneDrive system and subsequently on the UCC computer server for a period of 10 years. The research team have access to this system including Sarah Nestor, Dr Samantha Dockray, Dr Maria Dempsey and Dr Sarah Foley. The data set may be used in other studies and as such it could be open to other researchers, supervised by members of the research team, undertaking a secondary data analysis.

What will happen to the results of the study?

Anonymised findings may be disseminated in scientific reports and/or submitted to academic journals, as well as being used to inform other outputs such as conferences, blog posts, podcasts, and other community dissemination strategies. Data will always be anonymised and aggregated, and no identifying information will ever be shared

Will anything happen to me if I take part in the study?

There are no anticipated negative consequences to taking part in this study, participation is not expected to cause any harm to you or the researchers. However, it is possible that you may experience changes in mood and emotions by reflecting on any difficulties you may have experienced because of perimenopause or menopause. This may include increased negative emotions. If you do experience any unease or discomfort at the end of the interview or when

reflecting on the same, you will be guided to seek support from family or friends as appropriate or other relevant support services such as Mental Health Ireland – Women’s Health. You will be provided a debriefing sheet with contact details for free support (e.g. Mental Health Ireland – Women’s Health).

Has the study obtained ethical approval?

This study has obtained ethical approval from the Clinical Psychology Research Ethics Committee at University College Cork.

Who should I contact if I want further information about this study?

If you have any queries about this research, you can contact me at 122105166@umail.ucc.ie
Dr [Samantha Dockray at S.Dockray@ucc.ie](mailto:S.Dockray@ucc.ie) , Dr [Maria Dempsey at M.Dempsey@ucc.ie](mailto:M.Dempsey@ucc.ie) and
[Dr Sarah Foley at sarah.foley@ucc.ie](mailto:sarah.foley@ucc.ie) .