

**THE
ORIGINS
PROJECT**



**TELETHON
KIDS
INSTITUTE**
Discover. Prevent. Cure.



**Joondalup
Health Campus**
Part of Ramsay Health Care



FLOURISHING IN FATHERHOOD

CARE-DADS PART 2

PARTICIPANT INFORMATION BROCHURE

GENEROUSLY SUPPORTED BY





We want to improve the health of Dads

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.

What is the Flourishing in Fatherhood project?

The Flourishing in Fatherhood project is aimed at assessing the general health and wellbeing of Dads.

Flourishing in Fatherhood is a sub-project of [The ORIGINS Project](#), which is centred on "a healthy start for a better future." We want to understand and improve the health of the parents as well as their children.

What is the difference between CARE-Dads and Flourishing in Fatherhood?

The CARE-Dads study was aimed at assessing the cardiovascular and metabolic health of fathers.

In collaboration with [HBF](#), Flourishing in Fatherhood seeks to build on the findings of CARE-Dads research by gaining a more holistic and in-depth understanding of a father's health.

Who can participate in this study?

The project seeks to recruit both previous CARE-Dads participants and other ORIGINS fathers. Participants must be over the age of 18 years.

What does participation involve?

Clinic appointment

You will be asked to attend one clinic appointment, where we will collect a blood sample of up to 52ml, a urine sample of up to 60ml and we will measure height, weight, waist circumference and blood pressure.

Your blood will be tested for elevated cholesterol levels – an indication of future heart problems or stroke. We will also test for impaired glucose tolerance – an indication of an increased risk for diabetes. Your hormone levels will also be tested.

You will receive feedback on these results.

Urine samples will be stored in the ORIGINS Biobank for future research.

Questionnaire

You will be asked to complete a questionnaire, which will ask you various questions about yourself, your social wellbeing, and your family. Your history of COVID-19 infection will also be recorded.

Focus groups

Approximately 15 participants will be asked to attend a group session where researchers will ask you questions about your experiences as a father.

Generally, researchers will be interested in your opinion of the level of support you have received as a father, challenges you may have faced, and your overall wellbeing. These questions will allow us a more in-depth understanding of Dad's wellbeing, allowing us to better provide for fathers who are in need.

You will be notified individually by phone if you have been selected to participate in this portion of the study.

Participation of this portion of the study is completely voluntary.

Benefits to families

You will receive an email summarising and explaining the results of your health check-up including;

- blood pressure measurement
- level of risk of diabetes and cardiovascular disease
- blood glucose, hormone and cholesterol levels.

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.

There will be no cost to you, nor will you be paid.

What will happen to my information and samples collected in this study?

All information gathered about you, such as personal and health details, and questionnaire answers will be treated with confidence.

No information that could identify either 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.

The blood and urine samples you provide to the Flourishing in Fatherhood study, that are not used for diagnostic testing, will be stored according to the ORIGINS Biobank Guidelines and will only be used in future studies which have received ethical approval from the Joondalup Health Campus Human Research Ethics Committee.

Who are the researchers leading this study?

Chief Investigator: Professor Bu Yeap, The University of Western Australia.

Co-Investigators: researchers from Telethon Kids Institute, and The University of Western Australia, alongside clinicians from Joondalup Health Campus.

Do I have to take part in this 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 this study at any stage.

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

Your decision whether to take part or not, or to take part and then withdraw, will not affect your routine treatment, your relationship with those treating you or your partner, or your relationship with the Joondalup Health Campus.

Ethical information

The ethical aspects of this study have been approved by Ramsay Health Care WA | SA Human Research Ethics Committee. If you have any complaints or reservations about any ethical aspect of your participation in a research project, please contact Joondalup Health Campus Executive Office on (08) 9400 9404. 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 you would like to contact the Flourishing in Fatherhood Project, or have any questions about participating in the project, please do so at:

- ORIGINSflourishingfathers@telethonkids.org.au
- **Emily Segers: 0466 147 726**

Support for Fathers

Parenting can be difficult. ORIGINS understands that fathers play an important role in their families and the community and want Australian fathers to flourish.

Participants of the Flourishing in Fatherhood project, and all fathers, are encouraged to consider reaching out to their GP, or contacting one of the following services if they are experiencing any difficulties such as stress, anxiety, loneliness, or are simply looking for support:

- [The Fathering Project](#) Fathering support
- [MensLine Australia](#) Free phone help, referrals & counselling for men
Ph: 1300 78 99 79
- [FriendLine](#) Online chat or telephone calls
- [Lifeline](#) 24-hour crisis counselling, support groups and suicide prevention
Ph: 13 11 14, Text 0477 13 11 14 or chat online.

