Leisure noise exposure and use of hearing protection

We invite you to take part in research

• Before you decide whether you want to take part we want you to understand why this research is being done and what it would involve for you.

• Please take time to read the following information carefully. Discuss it with friends and family if you wish.

• It is up to you whether you take part in this research.

• Ask us if there is anything that is not clear or if you would like more information.

1 Why are we doing this research?

This research will explore young adults’ attitudes, behaviours and knowledge towards leisure noise exposure, hearing problems (including tinnitus), and use of hearing protection. We would like to speak to you about your opinions concerning leisure noise exposure.

We are interested in how often you visit venues with loud music. For example, this could include rock concerts, nightclubs, fitness classes, sporting arenas, cinema, theatre, or any other venues you may think of.

There is some evidence that frequent leisure noise exposure can pose a significantly higher risk of hearing problems. As a result there has been an increase among the younger generation of noise induced hearing problems such as tinnitus and hearing loss. Using hearing protection such as ear plugs or turning the volume down can protect against the damage noise can do. However we know many people do not use hearing protection.

We are interested in your behaviours regarding use of hearing protection, and how you think protective hearing behaviours could be improved among young adults, and indeed if you think they should.

The aim of the study is to explore attitudes, beliefs and behaviours of young adults towards hearing loss and tinnitus, and use of hearing protection in loud venues. A better understanding of young adults’ attitudes and behaviours will assist with the future development of strategies to improve awareness and use of hearing protection.
2 Why have I been asked to take part?

You have been asked to take part because you are aged between 18 and 35 years old and have either a hearing impairment or tinnitus. We are interested in your views.

3 What will I have to do?

You will be required to take part in an interview lasting up to 1 hour. The discussion will centre around questions concerning leisure noise exposure, venues you may visit, your attitudes and behaviours towards leisure noise, hearing problems and use of hearing protection. You will also complete two short questionnaires.

There are no right or wrong answers. We are simply interested in your opinions on these issues.

If you agree to take part you will be given a consent form to sign at the start of the interview. The interview can take place at your home at a time convenient for you. If you have any questions you can contact Abby and she will be happy to answer your queries.

4 Do I have to take part?

If you want to take part please contact Abby with your availability and Abby will confirm whether there is availability to take part in an interview. If more people respond than there are places, you may not get selected.

Even after you have chosen to take part you are free to withdraw at any time and without providing a reason.

5 What are the disadvantages or risks of taking part?

None of the questions in the interview are likely to cause discomfort.

6 Payments

As a thank you for taking part you will receive a £20 Amazon voucher.

7 Data Protection

Any personal data that we may collect will not be accessible or disclosed to other parties. The data collected will be stored, analysed and published in an anonymous way so that they are not identifiable in any way.

8 What will happen to the results?

The results from the interview will be written up and presented at national and international scientific meetings. We will also publish the results in scientific journals. A copy of this can be mailed out to you in the post on request.

The results will also help to inform the design of a future study.

9 Organising and funding the research

The research is organised by the Nottingham Hearing Biomedical Research Unit, supported by the National Institute for Health Research, at the University of Nottingham. The research is being funded by a grant from the British Tinnitus Association, and is being led by Dr Abby McCormack.

10 What if there is a problem?

If you have any questions about any aspect of this research, you should speak to the researchers who will do their best to answer your questions. If this does not achieve a satisfactory outcome then you should contact the Ethics Committee Secretary, Mrs Louise Sabir, Division of Therapeutics and Molecular medicine, D Floor, South Block, Queens Medical Centre, Nottingham, NG7 2UH, Email: louise.sabir@nottingham.ac.uk, Phone: 0115 8231063.

11 How to contact us

If you would like to discuss the research further please contact Dr Abby McCormack at: NIHR Nottingham Hearing Biomedical Research Unit Ropewalk House 113 The Ropewalk Nottingham, NG1 5DU abby.mccormack@nottingham.ac.uk 01158232611. Website: www.hearing.nihr.ac.uk