Study titled: “Community Health Workers Led Integrated Management of Hypertension and Diabetes in Nepal.”

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Consent Form

Information for Participants

Purpose of the Study:
The purpose of this study is to evaluate the implementation outcomes of hypertension and diabetes prevention and control led by Female Community Health Volunteers (FCHVs) in Nepal. This includes understanding the prevalence of hypertension and diabetes, associated risk factors, and medication adherence. The total duration of the study is approximately one year. However, my participation in this baseline assessment will involve a single session lasting about **45 minutes**.

Procedures:
If you agree to participate,:

- **Direct Interview:** you will be asked questions about my health, lifestyle, diet, and family history related to hypertension and diabetes.
- **Physical Measurements:** you will be asked your height, weight, blood pressure, and blood glucose will be measured.
- **Assessment of Risk Factors:** Information will be collected regarding diet quality, physical activity, smoking, and alcohol consumption.
- **Medication Adherence:** If you are taking medication for hypertension or diabetes, your adherence to the prescribed regimen will be assessed.

Voluntary Participation: Participation in this study is completely voluntary. You have the right to refuse or withdraw from the study at any time, without providing a reason and without facing any negative consequences.

Confidentiality: Your personal information will be kept confidential. Only authorized research staff will have access to the collected data. Your name and personal details will not be disclosed in any reports or publications.

Risks and Benefits: Participating in this study involves minimal risks, such as the possibility of discomfort during interviews or discussions. However, the information you provide will help improve hypertension prevention and control strategies.The instruments used for physical measurements are safe. Blood for glucose testing will be collected safely using a glucometer. Answering interview questions poses no risk to my health.

We want to sincerely thank you for your time and willingness to participate in this study. While no payment or compensation will be provided to participants, your valuable contribution will greatly contribute to our understanding of hypertension prevention and control strategies. Your participation will play a crucial role in helping us improve public health outcomes. Your involvement is greatly appreciated.

Contact Information:
If I have questions about the study or procedures, I can contact **Dr. Archana Shrestha**.

For further information, I can also contact **KU-IRC, Dhulikhel, Phone: +977-011-490577**.

If I have concerns regarding participant rights or the study, I can contact **Nepal Health Research Council (NHRC), Ramshahpath, Kathmandu, Nepal, Tel: 4254220 / 4227460**.

Acknowledgement and Consent:
I have read and understood the information provided in this consent form. I am aware that participation is voluntary, and I can withdraw at any time. I agree to participate in this study and give my consent to the research team to collect and use my data.

Participant's Signature: _____
Date: _____

Witness's Signature: _____

Date: _____

Interviewer's Name: _____

Date: _____