



The University of Hong Kong

Lay-led Brief Cognitive Behavioural Therapy for Insomnia (CBT-I) Group for older Adults in Hong Kong: A Pilot Study

Informed Consent

You are sincerely invited to participate in the feasibility study on a Cognitive Behavioral Therapy for Insomnia (CBT-I) Group conducted by the Department of Social Work and Social Administration, The University of Hong Kong. Before consenting to participate, carefully read the information below, and if needed, you may discuss with family, friends, or professionals. If anything is unclear or if you need more information, please contact the research team.

PURPOSE OF THE STUDY

In Hong Kong, middle-aged individuals and older adults face a variety of mental health challenges, particularly concerning insomnia and sleep disturbance. This study aims to evaluate the sleep time, sleep habits and attitudes and pre-sleep state of the said population.

INCLUSION CRITERIA

The inclusion criteria for the study are as follows: participants must be aged 45 or older, experiencing existing symptoms of depression and sleep disturbance, and capable of providing informed consent for their participation in the study. Participants will be excluded if they have a known history of intellectual disabilities, schizophrenia spectrum disorders, bipolar disorder, Parkinson's disease, or dementia. Additionally, individuals assessed to be at active suicidal risk will not be eligible for participation. Those who experience significant difficulties in communication will also be excluded from the study.

PARTICIPATION AND WITHDRAWAL

Taking part in this study is completely voluntary. You can withdraw at any time without consequences. If you choose to participate, you will need to sign a consent form and will receive a copy of this informed consent and a signed consent form for your records.

PROCEDURE

You will be invited to fill out two questionnaires, each taking about 10 to 15 minutes to complete. The time interval between filling out the two questionnaires is four weeks, and the content will cover your sleep time,

sleep habits, attitudes, and pre-sleep state. Upon completion of the first questionnaire, you will receive a booklet on sleep health. And upon completion of the second questionnaire, you will receive an incentive of HKD\$50.

ANTICIPATED BENEFITS

Participation in this study will contribute valuable data regarding the efficacy of mental health services, facilitating the development of optimized and sustainable treatment protocols for sleep disturbance among the older adult population.

PRIVACY AND CONFIDENTIALITY

If you agree to participate in this study, the research team and personnel from regulatory bodies may review your personal information to ensure the correct implementation of the study and analyze the results. Any information obtained in this study will be used solely for research purposes, and personal information will be kept strictly confidential and not disclosed to third parties. Your name and other private information will not appear in any reports related to this study. All data will be stored on password-protected computers managed by the research team. Records containing personal identifiers will be retained for five years after the first publication of this study; thereafter, identifying information will be permanently removed and anonymous data will be kept on an online depository (osf.io).

RIGHTS OF RESEARCH PARTICIPANTS

If you would like to learn more about your rights as a research participant, please contact the Human Research Ethics Committee, HKU (Tel: 3917-5267; Email: hrec@hku.hk). If you have any questions about the research, please feel free to contact Ms Wong (Tel: 3917-3913; Email: lonniw@hku.hk) or; Dr. Branda Yu, The University of Hong Kong (Tel: 3917-3914; Email: branda.yu@hku.hk)

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Consent form

I confirm that I fully understand the above information and agree to its contents. I have had the opportunity to ask questions for clarification, and my questions have been satisfactorily answered.

I understand that my participation is voluntary, and I can withdraw at any time without providing any reason, without affecting my existing and future legal rights.

Please tick the appropriate box ✓:

- ☐ I **agree** to participate in the study and agree to provide information for research purpose purposes.
- ☐ I **do not agree** to participate in the study and **do not agree** to provide information for research purpose purposes.

Name of participant

Date

Signature

Date of Preparation :

HREC Reference Number : EA260143