

National Taipei University of Nursing and Health Sciences

Doctoral Dissertation Proposal

School of Nursing

**The Effect of a Yoga Intervention for Reducing Stress among People Living
with HIV in Indonesia: A Randomized Controlled Trial
(Participant Informed Consent)**

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Advisor: Miao-Yen Chen RN, PhD

NCT Number: NCT05503680

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Participant consent form



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Participant Consent Form

Title project: The effect of a yoga intervention for reducing stress among people living with HIV during covid-19 pandemic in Indonesia, a randomized controlled trial.

Student researcher: Dr. (Cand) Jufri Hidayat RN, MScN

Supervisor: Miao-Yen Chen RN, PhD

I _____ (the participant) have read and understood the information explained by the researcher. Any question I asked, have been answered to my satisfaction

I agree to:

- Participate in this study which will last two months in total

- Complete baseline assessment questionnaires, then take the surveys again after eight weeks of yoga sessions, and finally, one more time a month after the yoga sessions are done.
- Complete the CD4 count or viral load test at baseline, again after finishing the eight-week yoga sessions, and one more time a month after the sessions are done.
- Participate in a home-based yoga intervention program via Zoom (every Thursday and Sunday afternoon at 3:00 pm).
- Give permission to the researcher to access my medical records.

I realize I can withdraw my consent at any time if it is not convenient for me to continue, without comment or penalty. I agree that research data collected for this study may be published or may be provided to other researchers in a form that does not identify me in any way.

Name of participant.....

Signature..... Date:

Name of student researcher.....

Signature..... Date:

Name of supervisor.....

Signature..... Date: