Participant Information Sheet

Study Title: ***The REFLEX study*** - Reflex testing for metabolic associated fatty liver disease (MAFLD) in patients living with type 2 diabetes compared to usual care - a randomised controlled trial

Chief Investigator: Professor Christopher Byrne

ERGO ID: 80205 **IRAS ID:** 326212

You are being invited to take part in the above research study. To help you decide whether or not you would like to take part, it is important that you understand why the research is being done and what it will involve. Please read the information below carefully and ask questions if anything is not clear or you would like more information before you make your decision. You may like to discuss it with others but it is up to you to decide whether or not to take part. If you are happy to participate you will be asked to sign a consent form.

What is the research about?

Research, including our work, has shown that 15% of people living with type 2 diabetes are at risk of long-term complications to their health, including liver problems. However, we do not know what is the right way to monitor people living with type 2 diabetes for liver problems.

The aim of our study is to test a new way of identifying liver disease in people living with type 2 diabetes to see if it better than what we are currently doing.

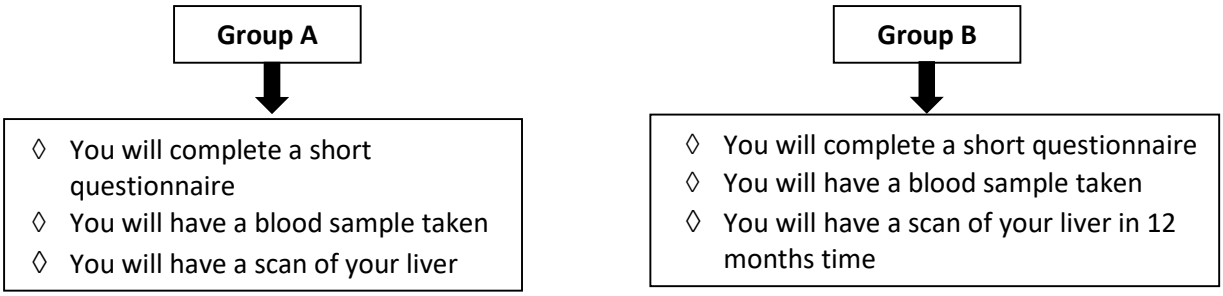
EchoSens, France, is funding this research. The University of Southampton is the study sponsor.

Why have I been asked to participate?

You have been asked to participate because you have type 2 diabetes. We are aiming to recruit 640 patients living with type 2 diabetes to the study.

What will happen to me if I take part?

You will be randomly put into one of two groups. The diagram below shows what will happen depending on which group you are put in.



Group A and Group B

We will book a date and time with you to see the research team so we can collect your blood. This will take place in a community clinical setting near to, or at, your GP surgery

Liver Scan

Group A will have their liver scanned directly following blood collection. Group B will be contacted in 12 months time to book their liver scan. The appointment will last approximately 20-30 minutes.

Figure 1: Patient receiving a liver assessment using the FibroScan machine

Source: https://apexhealthtech.com/product/fibroscan/?lang=en

The FibroScan uses ultrasound technology to measure the speed at which a sound wave returns from your liver. You will need to lie down on your back and raise your right arm so that the FibroScan probe can be placed in a gap between your ribs (**Figure 1**). This scan doesn't break the skin, is painless and takes about 10 minutes.

Group B

We need to see what happens to you over the next 12 months. To do this we will need to access the results of any standard care tests you have had done within the 12 month period.

Your liver assessment results

The results of your FibroScan assessment and blood test scores will all be reviewed by the clinical team at University Hospital Southampton (UHS). Any additional tests will be organised by the clinical team at UHS who will contact you to discuss these. We will notify you of your liver assessment results and convey this information to your GP.

After your liver assessment there is no further follow up from the research team. However, if you have any questions at any time, please contact the study team on: *< insert contact details>.*

Are there any benefits in my taking part?

During the study all participants will have the opportunity to have their liver health assessed by blood tests and a scan. More broadly the information we get from the study will help us understand how best to monitor people with type 2 diabetes for complications to their health.

We would also like to offer you with a £15 voucher for taking the time to participate in our study.

Are there any risks involved?

The FibroScan assessment is a painless noninvasive procedure. Collecting blood involves using a needle stick which may hurt a bit – like a usual blood test. There is a small risk of bruising, a rare risk of infection, and you may feel lightheaded.

If you have any questions before or after your participation, then please contact the research team. See below for contact information.

What data will be collected?

The personal data we would like to collect includes: name, contact details (including email, home address, phone numbers), sex, ethnicity, NHS number, hospital number, date of birth, height, weight, alcohol consumption, and any current prescription medications you may be taking. We would also like to have access to your medical records.

Your blood sample will be sent to University Hospital Southampton for analysis. We will analyse your blood using two tests that are commonly used to assess liver health: the enhanced liver fibrosis (ELF™) test and Fibrosis-4 (FIB-4) test. We will archive your blood to use at a later date for measurement of cardio metabolic risks (e.g. cholesterol levels) and factors that are known to modify the severity of liver disease. Your blood will not be labelled with any identifiable data. For the duration of this study we will store your blood at the University of Southampton in -80'C freezers on Level A, in the Institute of Developmental Sciences (IDS) building.

On all the materials we collect from you we will put a unique number. This number will be used, instead of your name, to identify any data relating to you. Your data will be entered in to a password protected study database by

a member of the research team. The study database will be stored on a secure server at the University of Southampton. There will be no identifying information stored with the research data we collect, this will be stored on a separate database and only the study principal investigator, or nominated representative, will have the key to unlocking and identifying patients.

Future research
At the end of the study, your blood will be sent for archive storage at the Southampton Faculty of Medicine Tissue Bank (Human Tissue Authority Licence No: 12009) for use in future ethically approved health related studies. Only non-identifiable samples will be shared with other researchers for future use.

As part of this study we want to better understand the progression of liver disease, so that the time span between liver assessments is optimal. However, liver disease develops slowly over many years, therefore we would like to remotely track any relevant changes to your health and continue to build our database of valuable liver disease information. We will therefore link your unique number onto an anonymised dataset and obtain any relevant information from NHS digital over the next 10 years regarding changes to your health. To do this we will need to share your name, date of birth and NHS number with NHS digital.

If you consent to be contacted for future studies, then we will keep your contact details separate from the study database and store them on the secure server at the University of Southampton.

Will my participation be confidential?
Your participation and the information we collect about you during the course of the research will be kept strictly confidential. Only the research team will have access to the research data. The study will be overseen and monitored by the University of Southampton, where the study Chief Investigator Christopher Byrne is Professor of Endocrinology & Metabolism.

Only members of the research team and responsible members of the University of Southampton may be given access to data about you for monitoring purposes and/or to carry out an audit of the study to ensure that the research is complying with applicable regulations. Individuals from regulatory authorities (people who check that we are carrying out the study correctly) may require access to your data. All of these people have a duty to keep your information, as a research participant, strictly confidential.

Do I have to take part?
No, it is entirely up to you to decide whether or not to take part. If you decide you want to take part, you will need to sign a consent form *<insert date and version number>* to show you have agreed to take part.

What happens if I change my mind?
You have the right to change your mind and withdraw at any time without giving a reason and without your participant rights or routine care being affected.

If you wish to withdraw from the study, please contact the research team *<insert contact details>.*

If you withdraw from the study, we will keep the information about you that we have already obtained for the purposes of achieving the objectives of the study only.

What will happen to the results of the research?
Your personal details will remain strictly confidential. Research findings made available in any reports or publications will not include information that can directly identify you without your specific consent.

The results of this study will be published. All participant details will remain strictly confidential and no patient identifiable information will be used.

Where can I get more information?
You can contact the research team on *<insert research team contact details>.*

The British Liver Trust and Diabetes UK have plenty of useful information. You can speak directly to a liver nurse on: 0800 652 7330 or go to their website: www.britishlivertrust.org.uk. Contact details for Diabetes UK: 0345 123 2399 / www.diabetes.co.uk

What happens if there is a problem?
If you have a concern about any aspect of this study, you should speak to the researchers who will do their best to answer your questions.

If you remain unhappy or have a complaint about any aspect of this study, please contact the University of Southampton Research Integrity and Governance Manager (023 8059 5058, rgoinfo@soton.ac.uk).

Data Protection Privacy Notice
The University of Southampton conducts research to the highest standards of research integrity. As a publicly-funded organisation, the University has to ensure that it is in the public interest when we use personally-identifiable information about people who have agreed to take part in research. This means that when you agree to take part in a research study, we will use information about you in the ways needed, and for the purposes specified, to conduct and complete the research project. Under data protection law, 'Personal data' means any information that relates to and is capable of identifying a living individual. The University's data protection policy governing the use of personal data by the University can be found on its website (https://www.southampton.ac.uk/legalservices/what-we-do/data-protection-and-foi.page).

This Participant Information Sheet tells you what data will be collected for this project and whether this includes any personal data. Please ask the research team if you have any questions or are unclear what data is being collected about you.

Our privacy notice for research participants provides more information on how the University of Southampton collects and uses your personal data when you take part in one of our research projects and can be found at http://www.southampton.ac.uk/assets/sharepoint/intranet/ls/Public/Research%20and%20Integrity%20Privacy%20Notice/Privacy%20Notice%20for%20Research%20Participants.pdf

Any personal data we collect in this study will be used only for the purposes of carrying out our research and will be handled according to the University's policies in line with data protection law. If any personal data is used from which you can be identified directly, it will not be disclosed to anyone else without your consent unless the University of Southampton is required by law to disclose it.

Data protection law requires us to have a valid legal reason ('lawful basis') to process and use your Personal data. The lawful basis for processing personal information in this research study is for the performance of a task carried out in the public interest. Personal data collected for research will not be used for any other purpose.

For the purposes of data protection law, the University of Southampton is the 'Data Controller' for this study, which means that we are responsible for looking after your information and using it properly. The University of Southampton will keep identifiable information about you for 10 years after the study has finished after which time any link between you and your information will be removed.

To safeguard your rights, we will use the minimum personal data necessary to achieve our research study objectives. Your data protection rights – such as to access, change, or transfer such information - may be limited, however, in order for the research output to be reliable and accurate. The University will not do anything with your personal data that you would not reasonably expect.

If you have any questions about how your personal data is used, or wish to exercise any of your rights, please consult the University's data protection webpage (https://www.southampton.ac.uk/legalservices/what-we-do/data-protection-and-foi.page) where you can make a request using our online form. If you need further assistance, please contact the University's Data Protection Officer (data.protection@soton.ac.uk).

Thank you for taking the time to read this information sheet and considering taking part in the research.