



Driving Health: Developing evidence-based strategies to improve the health of truck drivers- Initial Survey

Project ID: 19191

Project title: Driving Health: Developing evidence-based strategies to improve the health of truck drivers

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Your participation in this study is voluntary and there will be no cost to you. If you do not want to take part in this study you do not have to. Choosing not to take part in this study will not affect your current and future medical care in any way. Please read this Explanatory Statement in full before deciding whether or not to participate in this research. If you would like further information regarding any aspect of this project, you are encouraged to contact the researchers on the phone number or email address listed above. Alternatively visit www.drivinghealth.net for more information about the study.

What does the research involve?

The Driving Health study is asking drivers questions about themselves, their family, their work conditions and regulations that impact upon them to identify what are the important factors that contribute to both good and poor health. This information will be used to work with the transport industry and government regulators to design strategies, programs, policies and services to improve the health of drivers using the combined information from all the drivers who participate in this study.

There are three stages in the study. This is the first stage, an online survey that is mostly about your health, should take less than 10 minutes to complete. At the end of the survey you will be invited to participate in Stage 2 which is a follow-up survey, where the Social Research Centre will call you to ask more detailed questions about your work and how your work may impact your health. We predict the phone call will take up to 25 minutes of your time. At the end of Stage 2, you will be invited to participate in the third and final stage of the study, which involves providing the research team access to your Medicare and Pharmaceutical Benefits Scheme information, which will tell us about the types of health services you use. To participate in the third stage you will need to complete and return a form that we will send to you in the post.

Source of funding

This project is funded by an NHMRC Partnership Project grant (ref APP1169395), incorporating funding from Monash University, Linfox Australia Pty Ltd, the Centre for Work Health and Safety and the Transport Workers Union (TWU). The Driving Health study partners include representatives from three major parts of the transport sector including workers (TWU), employers (Linfox) and government (Centre for Work Health and Safety).

Consenting to participate in the project and withdrawing from the research

By completing this online survey you are providing consent to the first stage of the study. Your responses will be anonymous unless you choose to provide your contact information at the end of this survey.

You can choose to withdraw from the study at any time. If you have provided your contact information we can delete your survey responses. If you do not provide your contact details we will be unable to identify which survey was yours. You can withdraw from the study by contacting Dr Ross Iles or the Monash University Human Research Ethics Committee using the provided in this document.

You may participate in Stage 2 without providing contact details by completing an online version of the survey. Completion of the Stage 2 survey will then be anonymous, and we will be unable to remove your information if you want to withdraw.

Possible benefits and risks to participants

Completing the surveys will not give you any additional benefit beyond further helping to change your industry to improve the health of drivers. A lack of effective action to improve the health of drivers will result in continuing negative impacts on drivers, and their families, as well as problems in recruiting and retaining drivers. This could contribute to an industry-wide shortage of workers and put more pressure on those who remain in the industry.

Completing the Stage 1 and Stage 2 surveys may be an inconvenience due to the time it may take you. In order to compensate you for this, we will send a \$20 Coles group voucher to the first 700 people completing both Stage 1 and Stage 2 surveys. To receive the Coles voucher you will need to provide an address at the end of the Stage 2 survey so we can post it to you. We will also send information about participating in Stage 3 of the research – you will receive the prepaid Coles card regardless of whether you choose to participate further.

The surveys in Stage 1 and 2 will ask you about your health and how your work affects your health. There is a small chance that answering the questions may cause you discomfort or make you realise you need help to manage your physical or mental health. If this happens, please contact your GP to schedule an appointment to discuss your health.

Alternatively you can contact Lifeline on 13 11 14, Beyond Blue on 1300 224 636 or the Turning Point Alcohol and Drug Centre on 1800 888 236 for advice on how to best manage your health.

Confidentiality

Access to the data is only available to Monash University Driving Health researchers through password-protected accounts. Any identifying information (such as your name and contact number) will be separated from the survey data. If you provide your contact details at the end of this survey, we will provide them to the Social Research Centre to conduct the second survey. The Social Research Centre will only use your contact details for the purpose of conducting the survey.

Only non-identifiable data will be reported in study publications. We will only publish combined data from groups of participants and only if there are enough people in the group so individual people are not able to be identified.

To make a difference we have to let others know what we have found. This may include:

1. Reports (oral and written) to the Driving Health Industry Advisory Group, which will comprise of employer, driver and government representatives;
2. Reports (oral and written) to the broader transport sector;
3. Presentations at major national transport industry events; and
4. Academic journal publications;
5. An annual seminar hosted by the study team.

Storage of data

All electronic study data will be stored at Monash University in a secure research environment, including secure access through an encrypted network and data storage and backup in a secure data centre. The School of Public Health and Preventive Medicine at Monash University conducts an annual audit for compliance to good practice and ethical and regulatory requirements.

Monash University requires that data and study documentation is retained for at least seven years following study closure. The Primary Investigator is responsible for overseeing the destruction of such documentation, including confidential information, with the support of the School of Public Health and Preventive Medicine's Research Manager in accordance with the data destruction policy. This requires that any confidential paper documents are destroyed in a manner that protects the identity of the people who provided the information and that electronic data, including all back-up copies, are destroyed.

Results

As mentioned above, we have to let others know what we have found to make a difference to the health of truck drivers. We will distribute the study findings in reports to the broad transport sector, including summaries of the preliminary and final study findings. We expect preliminary results to be available in early 2020, with final results available by the end of 2020. If you would like to receive a summary of any study results or other outputs from the study, please contact Dr Ross Iles using the contact details listed above, or visit www.drivinghealth.net.

Complaints

Should you have any concerns or complaints about the conduct of the project, you are welcome to contact the Executive Officer, Monash University Human Research Ethics Committee (MUHREC):

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