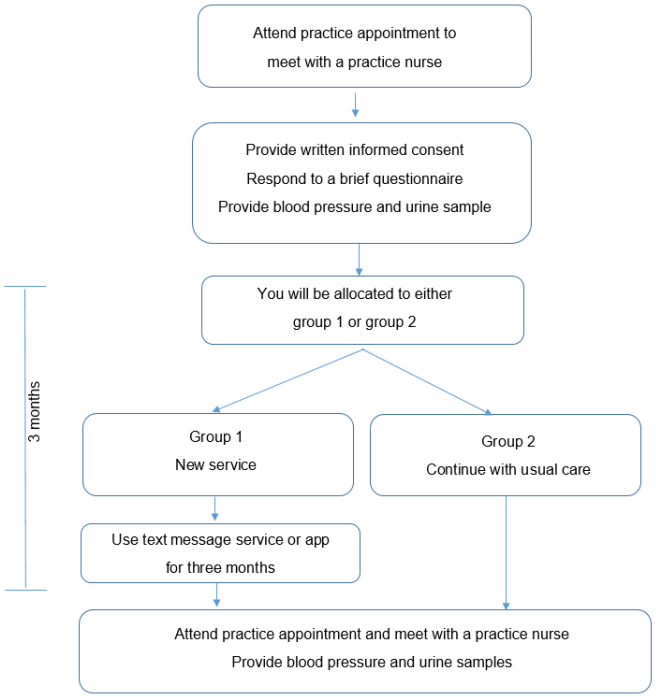
Will the information I provide be kept confidential?

Yes. All information that is collected about you during the course of this study will be kept strictly confidential and proceed in accordance with the Data Protection Act 2018 and General Data Protection Regulation (GDPR, 2018). All information will be anonymized and stored securely on a password protected database hosted at the University of Cambridge and separately from individual responses. The University of Cambridge is compliant with the information governance policy to store sensitive personal information (for more information about the confidentiality policy, see: https://www.medschl.cam.ac.uk/research/information-governance/sdhs-security-policy/ and: https://www.medschl.cam.ac.uk/research/information-governance/frequently-asked-

For further information on how we will keep your identity, clinical samples and study outcomes confidential, please visit **https://www.pam.phpc.cam.ac.uk/for-patients-confidentiality-info/**

Study flow chart



What if something goes wrong?

We do not anticipate any problems associated with taking part in this study. However, should you wish to make a complaint or raise a concern, you can contact the research team via the email address on the front cover of this leaflet. Alternatively, you can contact the Patient Experience Team, NHS Cambridgeshire and Peterborough CCG via email capccg.pet@nhs.net

After reading the study information sheet, if you are happy to take part in this study, please arrange an appointment with the practitioner.

Please ensure to drink plenty of water before your appointment and do not empty your bladder, as you will be providing a urine sample at your practice.

PAM

Programme on Adherence to Medication

Participant information leaflet

NIHR | National Institute for Health Research

UNIVERSITY OF CAMBRIDGE

Research team contact details

PAM@medschl.cam.ac.uk

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What is the purpose of this study?

We are developing a new service involving very brief face-to-face consultation with a health care practitioner, followed by a text messaging or an app service, to support people about the way in which they take their prescribed medications. This service is designed to provide support for medication adherence to people with hypertension (high blood pressure) only, or high blood pressure and other health conditions, e.g. type 2 diabetes or raised cholesterol. We would like you to help us evaluate whether this new service is practical and acceptable. The information gained will help us to develop new ways to support patients to take their prescribed medications. This will also help us to make recommendations to health care providers within primary care about how best to help patients to take their medications regularly and achieve the relevant long-term health benefits.

Why have I been approached?

You have been approached because your GP practice records indicate that you are currently prescribed medications to manage high blood pressure, or high blood pressure and type 2 diabetes or cholesterol.

Do I have to take part?

It is entirely your decision whether or not you take part. If you decide to be involved, we will ask you to sign a consent form, to say that you understand what the study involves and that you agree to take part.

What will happen if I decide to participate in this study?

You will be randomly allocated to one of two groups:

- Group 1: testing the new medication adherence service.
- Group 2: continuing with your usual care.

If you decide to take part, you will need to attend an appointment with your health care practitioner at your practice. During the practice visit, the practitioner will respond to any questions you may have about this study. You will be asked to provide a written informed consent for the research team to access and collect information from your practice records. This information will be about your prescribed medications. You will also be asked to:

1. respond to very brief questionnaires
2. provide clinical measures, i.e. blood pressure (if you have high blood pressure) and blood samples (if you also have type 2 diabetes or cholesterol).
3. provide urine samples.

What will happen after the 3-month study period?

Three months after allocation to groups, participants in both groups will be sent follow-up questionnaires and asked to attend the practice. During the practice meeting, the healthcare practitioner will take clinical measures. Please see the study flow chart on page 5 of this leaflet for a visual explanation of the study activities.

At 3 months follow up only, we will select some patients from Group 1 and Group 2 and invite them to take part in a face-to-face or telephone interview to obtain their views about their experiences of taking part in this study. This interview will last around 45 minutes.

You will need to use a mobile phone or an Android smart phone (version 6, 7, 8, or 9) in order to take part in this study.

What are the possible risks of taking part in this study?

We expect minimal risks to taking part in this study. If you decide to take part in the interview at the end of the study, we will ask your views about taking part in this study. We will not ask you sensitive or personal questions. You can withdraw from the interview and this study at any time.