

Participant Information Sheet

Amplifying Meaningful Perspectives and Lived experiences of Incretin therapy use From diverse communitY voices (AMPLIFY)

Research Summary – AMPLIFY Study

Thank you for your interest in the AMPLIFY study!

The aim of this research is to speak to individuals who currently use or have previously used **new weight management medications, including semaglutide (Ozempic) and tirzepatide (Mounjaro)**, to explore experiences and potential barriers and facilitators influencing treatment experiences across diverse groups. This knowledge will allow us to inform future research, communication, and clinical support models for people using these treatments.

We warmly invite you to take part in the AMPLIFY study by joining an **online focus group**. Your experiences and ideas will help us create better support for people using new weight management medications.

Get in Touch

If you have any questions or would like to talk to a researcher, please contact:

Email: Amplifystudy@mrc-epid.cam.ac.uk

Principal Investigator

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1. Why are we doing this research?

Although clinical trials have shown that new weight management medications can achieve clinically meaningful weight loss, we know that experiences with treatment vary across individuals. This study wants to explore the lived experiences of treatment, focusing on appetite, eating behaviour, wellbeing, and social life.

This study wants to learn more about these lived experiences by hearing from participants like you. What we learn will help improve support programmes for individuals in the future.

2. What's involved?

We will be running online focus groups with approximately 6-8 people that last for around 90 minutes. A focus group is a small group discussion where people share their thoughts and experiences on a topic. In this study, participants will talk about their experiences with weight management medications, any challenges they face, and the impact this has on various aspects of their lives. A researcher and co-production, lived experience partner will guide the conversation, and everyone will have a chance to share.

Before the focus group, everyone will be asked to complete a short questionnaire about themselves, which includes basic information like age, gender, background, where they live and questions around eating behaviour. In this study, it helps us to understand the different experiences of participants, and to make sure we hear the views of people with

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different backgrounds. This questionnaire will also include a brief section on treatment history as well as the five-item Food Noise Questionnaire (FNQ), to better understand food related thoughts.

3. Why are you being asked to take part?

We are looking for around 40 participants who are:

- Over the age of 18
- Living in the United Kingdom
- Currently or previously used GLP-1 or dual GIP/GLP-1 receptor agonist therapy for weight loss
- Have access to a stable internet connection (via computer or smartphone)
- Are happy to share their experiences and challenges pertaining to weight management medications

4. What should you expect if you take part?

If you decide to participate, you will be asked:

- Complete a consent form to confirm you are happy to take part, and that you understand how your information will be used and looked after.
- To fill in an online questionnaire about yourself (approx. 5 minutes)
- Attend one online focus group session using Microsoft Teams.
 - The session will be around 90 minutes.
 - You will share your experiences with new weight management medications, the challenges you face, and any facilitators that have supported your treatment.

Important:

- The focus group will be recorded to ensure accurate data collection.
- If too many people sign up, not everyone will be able to take part in the focus group. People will be selected using a computer programme based on responses to the 'about you' questionnaire, so that we get a good mix of different backgrounds.

5. Participant reimbursement

As a thank you for your time, you will receive a £37.50 e-voucher for Amazon after completing the focus group. Please note vouchers may be sent up to 2 weeks after the focus group.

Unfortunately, if you are not invited to take part in the focus group, you will not receive the voucher.

6. What information is being collected?

We will collect:

- Your name and email address, in order that we can confirm who has consented and send you communications relating to the study.
- Demographic information: General information about you and your household (e.g., gender, ethnicity, and contact details) via an online survey.
- A short, validated eating behaviour questionnaire via an online survey.
- Focus group data: Your thoughts and experiences shared during the online session.

Confidentiality:

- Your identity will not be linked to the data collected.
- Any personally identifiable information, like your name, will be kept on a secure computer network, with multiple levels of security. It will not be shared with anyone outside of the research team without your permission.

7. How to take part

We plan to hold one focus group with parents to discuss your experiences and views. This focus group will take place online via Microsoft Teams, allowing you to take part from the comfort of your home. You will be sent a link to access the focus group. You do not need to have Microsoft Teams on your device.

Focus Group Timing:

- Date Range: January – April 2026
- Duration: Around 90 minutes

If after reading this information sheet you wish to take part, please continue to complete the consent form and 'about you' questionnaire.

If you are selected to take part in a focus group:

- You will be contacted via email by the research team with a link to an online booking system where you can select a suitable date and time for the focus group
- A member of the research team will confirm your booking and provide details on how to join the focus group.

You will be notified by email if you aren't selected to take part.

8. Deciding whether or not to take part

Your participation in this study is entirely voluntary. You are free to decide whether or not to take part.

This study will ask you about your eating behaviours and challenges related to your use of new weight management medications. This may trigger certain feelings, depending on your previous health and experience. If this is something that would make you feel uncomfortable, please consider whether you would still like to take part.

If you choose to participate, please proceed to the online consent form and 'about you' questionnaire.

If you prefer not to take part, you don't need to do anything. You will not be contacted further.

If you have any questions or would like more information before deciding, please contact:

The AMPLIFY Study Team

Email: Amplifystudy@mrc-epid.cam.ac.uk

9. Is there anything else I should know?

We hope that you find taking part and sharing your thoughts enjoyable. Your thoughts and experiences will be handled with respect and care.

You are free to withdraw at any time, without giving a reason.

Due to the nature of focus group discussions, it may not be possible to ensure other participants will treat personal information confidentially.

In the event that safeguarding issues emerge during the focus group, confidentiality may need to be broken.

During the conduct of the study, the research team will follow the university policy on safeguarding of Children and Adult at risk <https://www.hr.admin.cam.ac.uk/policies-procedures/children-and-adults-risk-safeguarding-policy>.

What will happen to information about me collected during the study?

The focus groups will be recorded using Microsoft Teams. All names and identifiable details will be removed from the transcript. Individuals will only be identified by an anonymised code. Apart from the research team, no one will have access to the recording. Anonymised transcripts and data you provide may be used in future research.

All information that is collected about you during the course of this research will be kept strictly confidential. With your permission, the MRC Epidemiology Unit, University of Cambridge, will store information about you anonymously and will have your name and address removed so that you cannot be identified. It will not be used or made available to anyone for any purpose other than for research. Codes connecting your individual identity to the stored data records will be kept separately.

The contact information you provide such as email address and phone number(s) will be used by the research team to keep you informed about your participation in the study.

The University of Cambridge is the Sponsor for this study based in the United Kingdom. We will be using information from you in order to undertake this study and the University of Cambridge will act as the data controller for this study. The University of Cambridge will keep identifiable information about you for 10 years after the study has finished.

Your rights to access, change or move your information are limited, as we need to manage your information in specific ways in order for the research to be reliable and accurate. If you withdraw from the study, we will keep the information about you that

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we have already obtained. To safeguard your rights, we will use the minimum personally-identifiable information possible.

What will happen to the results of the research?

When the research is completed, the results of focus groups will be published in an academic journal that is free to everyone so that anyone can see the results. We may also present the results at scientific meetings and to interested stakeholders. If you take part in any of these activities, when published or presented, your identity, affiliations and personal details will be kept strictly confidential. No information that could identify you, like your name, will be published in any report about this study. We will also send you a copy of any publications.

Who is organising and funding the research?

This research is organised by the MRC Epidemiology Unit, part of the University of Cambridge.

This study is funded by the University of Cambridge through the Public Engagement Starter Fund, made possible by UKRI Higher Education Innovation Funding (HEIF).

Adequate provision is made for insurance or indemnity to cover liabilities which may arise in relation to the design, management and conduct of the research project.

Who has reviewed the study?

This research has been reviewed by an independent group of people, called a Research Ethics Committee, to protect your safety, rights, wellbeing and dignity. The research has been given a favourable opinion by the School of the Humanities and Social Sciences Ethics Committee, REC, reference: 25.429.

10. Helpful Resources

If you need any support, please contact your GP, or talk to someone you trust.

If you or someone else is experiencing a health emergency or are unable to keep safe

- In the event of a life-threatening emergency: call 999
- If you're not sure if you need to call 999: call 111
 - NHS 111 can check your symptoms and tell you what to do
 - Check your symptoms on 111 online: <https://111.nhs.uk/triage/check-your-symptoms>

Crisis Helpline

SOS Crisis Mental Health Helpline: 0808 115 1505 24 / 7 access

Thank you very much for taking the time to read this information and for considering taking part in this study. If you would like to sign up and register your interest, please progress to the consent form.
