Information and Consent Form

Date : Sept. 26, 2022, 9:25 a.m.

Participant : TEST_660

A 3-month cycle of virtual weekly Montreal Museum of Fine Arts tours to promote social inclusion, well-being, quality of life and health in older community members : a pilot study

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1. INTRODUCTION

You are invited to participate in a research study. Take the time to carefully read, understand and think about the information that has been explained and given to you included in this form. If you choose to take part in this research study, we will ask you to sign this consent form.

This form may contain some words or information that you do not understand. We encourage you to ask the researcher responsible for this research study (i.e. principal investigator) or a member of the research team all questions that you may have. Ask them to explain all words and information that are unclear. They have the obligation to answer in such a way that you can understand all the information presented to you.

You can validate your participation by clicking on the button “I agree to participate” at the end of the page.

2. NATURE AND OBJECTIVES OF THE RESEARCH STUDY

Aging is often associated with deteriorating health and withdrawal from social activities, both of which increase the risk of poor quality of life. This issue increased with the coronavirus disease (COVID-19) pandemic which attacking your society at its core. Social distancing and in particular home confinement exacerbated social isolation of frailer groups like the elderly people.

It is thought that experiencing art, such as touring museums, could improve the quality of life and health of older persons. However, this has never been explored or studied. Recently, the Montreal Museum of Fine Arts developed a new participatory art activity corresponding to weekly virtual guided tours for 3 months for seniors.

The purpose of this study is to examine the effects of the Weekly Virtual Guided Tours on the well-being, quality of life, health, social inclusion and vulnerability of seniors.
Social inclusion is defined as the number and quality of your interpersonal contacts.
Vulnerability is a reduction in a person's ability to adapt to a given situation. This state of vulnerability takes into account several parameters such as mental and physical health, social inclusion, etc.

A total of 40 participants will be recruited. You cannot participate in any other experimental studies while you are participating in this study.

You can participate in this study if you :
1) are 65 years of age or older
2) understand and write at least one of the different languages of the recruitment centre (French, English).
3) have Internet access and an electronic device with a functional webcam (computer, laptop, smartphone and/or tablet)
4) have not participated to a participatory art-based activity of the MMFA during the 6 month-period before the recruitment
5) live in Quebec

If you have any questions about these requirements, please contact the study team, as indicated in section 11.

This study is sponsored by the Jewish General Hospital and all costs will be covered by CIUSSS West-Central-Montreal.

3. RESEARCH STUDY PROCEDURES

This study will last 3 months. You will be asked to attend the guided tour program once a week for 3 months, for a total of 12 virtual guided tours. Each visit lasts 30 minutes.

You will participate to each virtual guided tour from your home, on internet.

The guided tours will all be different and managed by a trained guide who will present you different pieces of arts. The guide is not part of the research team, Should you have any questions regarding the study, you can contact directly the main researcher or the research team members.

To participated to the study:
1) A week before the beginning of the tours, we will send you by e-mail a link to a secure virtual meeting (Zoom) to help you set the parameters of your electronic device.
2) A link will be sent to you by e-mail each week, in the morning of the day of the tour to connect the guided tour. You will only have to click on the link to access the questionnaire, you will not have a log in or a password to the visioconference system.
3) During your participation you will be asked to fill in 2 series of questionnaires, once at the beginning of the study and once at the end of the intervention (last virtual tour of the Museum). The research team will provide you with the link to access questionnaires online, by sending you an e-mail in the morning of the day of your first and last tours.

Completing the questionnaires will take maximum 40 minutes each time.

The questionnaires include questions about your: 1) attendance at the tours over the 3 months, 2) well-being, quality of life, general health, 3) feelings of insecurity related to your social life, and 5) vulnerability. Some of the questions may appear sensitive and you may choose not to answer any question if you do not want to.

If you decide to participate:
o You will agree not to participate in any museum activities, in any museum, for the next 3 months. If you participate to another museum activity, you will have to report it to the research project manager.
o You commit to complete the questionnaires online at the beginning and at the end of the guided tour program.

In order to evaluate your compliance with the Montreal Museum of Fine Arts' participatory art activities, based on the number of visits completed during the three-month intervention period, we will note in the study file your presence or absence at the beginning of each tour.

No data from your medical file will be accessed or used for this study.

4. RISKS, INCONVENIENCES AND DISADVANTAGES RELATED TO RESEARCH PARTICIPATION

The tours and the questionnaires will take time to complete:
- about 30 min a week for each tour during the 3 months of your participation
- about an extra 40 minutes at the beginning and the end of the study (first tour in week 1 and last tour in week 12).

In order minimize any inconveniences this study might create, the tours and completion of the questionnaires will be organized during day time and will not take place in week-ends.

Some questions may potentially cause negative emotions such as anxiety or depression for some people.

If you are experiencing negative emotions, such as distress or anxiety, as a result of the questions, we encourage you to contact the principal researcher, Dr Olivier Beauchet: (+1) 514-340-8222, #26120, olivier.beauchet@mcgill.ca If you prefer, you can also contact your Local Community Service Centre (CLSC) or Info Social - 811.

5. POTENTIAL BENEFITS RELATED TO RESEARCH PARTICIPATION

We cannot guarantee that you will derive any personal benefit from this study. However, you may experience an improvement in your well-being and quality of life, as previously observed in the pilot study on physical guided tours. In addition, the information gained from this research could lead to better prevention of age-related diseases and

improvements in quality of life.

6. COMPENSATION

You will receive no compensation for your participation.
There will be no costs to you for participating in this study.

7. CONFIDENTIALITY

Quebec laws require that we respect personal privacy. It is a fundamental right protected by the Charter of Rights and Freedoms, the Civil Code of Québec, The Act Respecting Health Services and Social Services as well as all professional deontological codes.

During this research, we will collect personal information about you (i.e. information that identifies you). The principal investigator and his or her representatives will collect and store your personally identifiable information in a digital file. Only information necessary for the study of the research will be collected.

In order to protect your privacy, all information collected will remain confidential to the extent permitted by law. No information that discloses your identity will be communicated outside the research team.

Legal obligation to report
In certain situations, researchers may not be able to protect the confidentiality of participants' information and data provided, due to legal requirements (e.g. reporting communicable diseases to the appropriate medical authorities, or disclosing of elder abuse and/or neglect to the appropriate authorities, etc.).

Coded personal information
In the study of the guided tour cycle, in order to keep your information confidential, you will only be identified by a code (random numeric code with no identifiers). The code key that links your name to your research file will be kept by the Research Coordinator of the Centre of Excellence on Longevity, who will be the only one with access to the list of participants and the corresponding code key. This key will be stored separate from any information collected from you.

Right to Access Information Collected
You have the right to view your study file in order to check the information gathered about you and to correct it, if necessary, for as long as the study researcher or the institution keeps this information. However, you may only have access to certain data once the study has ended so that the quality of the research study is protected.

Auditing/Monitoring
For monitoring, control, protection and security purposes, your research study file could be checked by a person authorized by the Research Ethics Committee of the CIUSSS West-Central Montréal or by persons mandated by authorized public agencies. These persons are bound by a confidentiality agreement.

Storage, Retention and Destruction of Documents
The digital information will be stored on the secured webserver of RUISSS McGill Centre of Excellence on Longevity. Data will be downloaded from this webserver using a secure link on a secure computer in a locked room of the Division of Geriatric Medicine at the Jewish General Hospital. The researcher and the project manager are the only persons allowed to download of database. Download will be proceeded on their professional computers at the Jewish General Hospital. There will be a double lock system on the computer to access the data: Password to open the computer and password to open the database. Only the researcher and the research members involved in the analysis of data will have access to the passwords.

The researcher in charge of this study is responsible for the data collected in this study. Data will be permanently destroyed after 10 years following the end of your participation.

8. VOLUNTEER PARTICIPATION AND THE RIGHT TO WITHDRAW

Your participation in this research study is voluntary and ongoing. You are free to refuse to participate. You may withdraw from this research study at any time without having to give a reason and without any consequence to you now or in the future. You may refuse to answer any question and still remain in the study.

Your participation in this study may also be stopped with or without your consent at any time by the Principal investigator if he feels it is in your best interest to withdraw you from the study because you are not following study instructions in which case a member of the research team will contact you.

If you withdraw from this study, you may ask to remove any information collected from you before the data is analyzed.

9. FUTURE USE, COMMUNICATION AND PUBLICATION OF RESEARCH RESULTS

The data collected during the research study will not be accessible to any of your treating clinicians, or any person outside the research team even if they request it. You may obtain a summary of research study results, once it becomes available, by indicating your choice at the end of the consent form.

The results may be presented at conferences, published in specialized journals, be the subject of scientific discussions or be used for teaching purposes. We will take all necessary measures to ensure that you are not identified.

10. COMMERCIALIZATION OF RESULTS

Your participation in this research study could lead to the creation of commercial products. For example, the Montreal Museum of Fine Arts could patent this participatory art-based activity if it's proven that it is effective. Then this participatory art-based activity could be sold to other museum in the world. If this would happen, you will not receive any money from the sale of these products.

11. RESOURCE PERSONS

If you have any questions regarding this research study, you can contact the researcher in charge, Olivier Beauchet, Tel: (+1) 514-340-8222, # 26120, olivier.beauchet@mcgill.ca For all questions concerning your rights during your participation in this study, or if you have any complaints or comments regarding your experience in taking part in this research study, you can contact the Local Commissioner of Complaints and Quality of Service of the CIUSSS West-Central Montreal or the ombudsman of the institution at (514) 340-8222, ex. 2422

By clicking on the box below, you consent to be part of this study.

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