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GARVAN INSTITUTE
Breakthrough Medical Research

Participant Information Sheet/Consent Form

Interventional Study - *Adult providing own consent*

Garvan Institute of Medical Research

Title	The Effect of a New GLP-1 agonist on Appetite and Gastric Emptying in Prader-Willi Syndrome
Short Title	ENGAGE PWS
Protocol Number	Version 2
Project Sponsor	The Garvan Institute of Medical Research
Coordinating Principal Investigator/ Principal Investigator	Prof. Lesley Campbell
Associate Investigator(s)	A/Prof. Alexander Viardot
Location	Garvan Institute of Medical Research

Part 1: What does my participation involve?

1 Introduction

You are invited to take part in this research project. The research project is testing a new treatment for Prader-Willi syndrome (PWS). The new treatment is called exenatide extended-release (exenatide ER). You are invited to take part as a healthy person whose results can be compared to those participants with PWS.

This Participant Information Sheet/Consent Form tells you about the research project. It explains the tests and treatments involved. Knowing what is involved will help you decide if you want to take part in the research.

Please read this information carefully. Ask questions about anything that you don't understand or want to know more about. Before deciding whether or not to take part, you might want to talk about it with a relative, friend or your local doctor.

Participation in this research is voluntary. If you don't wish to take part, you don't have to. You will receive the best possible care whether or not you take part.

If you decide you want to take part in the research project, you will be asked to sign the consent section. By signing it you are telling us that you:

- Understand what you have read
- Consent to take part in the research project
- Consent to have the tests and treatments that are described

- Consent to the use of your personal and health information as described.

You will be given a copy of this Participant Information and Consent Form to keep.

2 What is the purpose of this research?

Exenatide ER belongs to a class of drugs called GLP-1 agonists, which help to control blood glucose levels in people with type 2 diabetes. These have been shown to have beneficial effects on appetite in PWS in the short term but when given to people with type 2 diabetes they slow the speed at which food moves through the stomach (gastric emptying), which may not be a good thing for people with PWS. The aim of this study is to find out whether the longer-term use of exenatide ER affects appetite and gastric emptying in adults with PWS. The results of this study may give us information about whether exenatide ER is a safe and effective treatment for excessive appetite and obesity in PWS in the future. Gastric emptying has only been measured a few times in people with PWS, and the results of these studies are unclear because it was measured in different ways and at different ages. We plan to use the most accurate test – gastric scintigraphy – to get the best information about gastric emptying in PWS.

Exenatide ER is approved in Australia to treat type 2 diabetes. However it is not approved to treat obesity. Therefore, it is an experimental treatment in people with PWS. This means that it must be tested to see if it is an effective treatment in PWS.

The results of this research will be used by the study doctor Amanda Hor to obtain a PhD degree. This research has been initiated by the chief investigator Professor Lesley Campbell. It has been funded by a philanthropic donation.

3 What does participation in this research involve?

If you consent to participating in the ENGAGE study, you will be asked to sign the Consent Form. You will be screened by one of the study doctors (Visit 1) and, if eligible, invited to take part in a study measuring the rate of gastric emptying (Visit 2).

You will be asked not to eat or drink anything other than water from midnight the night before. After arriving at the Garvan Institute at 8am, you will be taken across the road to the nuclear medicine facility of St Vincent's Hospital.

You will be given a hospital gown to wear. A cannula will be placed in your arm and you will be asked to consume a scrambled egg meal within 10 minutes. You will then be asked to lie on a bench in a nuclear imaging room for ten minutes while the scintigraphy scanning is conducted.

After the 10-minute scan, you can have a 50-minute break in a nearby waiting room. It would be best if you didn't do any strenuous activity at this point, but walking around a little is fine. Three more 10-minute scans will be done at 1, 2 and 4 hours after eating the meal, with a break between each. During the 4 hours we will take blood samples via the cannula to measure levels of blood glucose, insulin, hormones and lipids.

After the gastric emptying study, we will perform a dual-energy X-ray absorptiometry (DXA) scan in a nearby room to assess body composition (the amount of fat tissue and muscle tissue). This is a scan that is commonly used to assess bone density in relation to osteoporosis. You will be asked to lie on a bench similar to that used in the gastric emptying study while the scanning is done. This will take about 5

minutes. You will not be able to eat anything during the 4-hour study, but we will supply a healthy lunch afterwards. After this visit, the study will be completed.

The role of healthy individuals, including you, in this study is to establish a healthy range of gastric emptying values. We will then use these values to test whether the participants with PWS have gastric emptying within this normal range. You will not be asked to take part in the exenatide ER treatment arm of the project; only participants with PWS will be treated with the drug.

Results from the study will be monitored by a doctor who is not involved in this project.

This research project has been designed to make sure the researchers interpret the results in a fair and appropriate way and avoids study doctors or participants jumping to conclusions.

There are no additional costs associated with participating in this research project, nor will you be paid. All tests and medical care required as part of the research project will be provided to you free of charge.

You may be reimbursed for any reasonable travel, parking, meals and other expenses associated with the research project visits, up to $75.

4 What do you have to do?

As your participation is this research project is for one day only, you don't need to change your diet, exercise or lifestyle habits. If you become sick around the time of the study, we will reschedule your visit for when you recover.

5 Other relevant information about the research project

We anticipate that a total of 40 participants will be taking part in this study. 20 of these will be healthy people who don't have PWS; these people will have a gastric scintigraphy study but will not enter the treatment arm of the study. This study involves researchers from the Garvan Institute of Medical Research, St Vincent's Hospital Sydney and Royal Prince Alfred Hospital, and all study procedures will be conducted at either the Garvan Institute of Medical Research or St Vincent's Hospital. This study will build on findings from another study previously conducted at the Garvan Institute of Medical Research, which investigated the effects of a single injection of a shorter-acting form of exenatide on appetite in PWS.

6 Do I have to take part in this research project?

Participation in any research project is voluntary. If you do not wish to take part, you do not have to. If you decide to take part and later change your mind, you are free to withdraw from the project at any stage.

If you do decide to take part, you will be given this Participant Information and Consent Form to sign and you will be given a copy to keep.

Your decision whether the participant can take part or not take part, or take part and then withdraw, will not affect your routine treatment, or your relationship with the Garvan Institute of Medical Research or St Vincent's Hospital Sydney.

7 What are the possible benefits of taking part?

There will be no clear benefit to you from your participation in this research. However, this project may give us important information that could improve treatment for people with PWS in the future.

8 What are the possible risks and disadvantages of taking part?

Medical procedures can cause side effects. You may have none, some or all of the effects listed below, and they may be mild, moderate or severe. If you have any of these side effects, or you are worried about them, talk with your study doctor. Your study doctor will also be looking out for side effects.

There may be side effects that the researchers do not expect or do not know about and that may be serious. Tell your study doctor immediately about any new or unusual symptoms that you get.

Many side effects go away shortly after the procedure is finished. However, sometimes side effects can be serious, long lasting or permanent. If a severe side effect or reaction occurs, your study doctor may need to stop the procedure. Your study doctor will discuss the best way of managing any side effects with you.

- *Blood sampling*: You may experience slight pain when we insert the needle for blood sampling. If you wish, we can apply an anaesthetic cream to the skin before inserting the needle. There is a slight chance of skin irritation and/or bruising, however these are usually temporary and are expected to resolve completely.

- *Scintigraphy and DXA scanning*: If you have participated in other research studies involving x-rays or nuclear medicine tests in the last 5 years, please inform one of the study coordinators of the details. This research study involves exposure to a very small amount of radiation. As part of everyday living, everyone is exposed to naturally occurring background radiation and receives a dose of about 2 millisieverts (mSv) each year. The effective dose from this study is about 1.22 mSv. At this dose level, no harmful effects of radiation have been demonstrated as any effect is too small to measure. The risk is believed to be very low. You must not participate in this study if you are pregnant or trying to become pregnant, or breast-feeding. If you are female and child-bearing is a possibility, you will be required to undergo a pregnancy test prior to commencing the research project.

If participation in this study were to uncover a medical condition of which you were unaware, the study doctor would discuss this with you and provide an appropriate referral. Then depending on the seriousness of the condition, the study doctor would make a decision as to whether participation in the research project would be continued.

9 What will happen to my test samples?

Blood will be collected from you in this study so that we can measure levels of appetite-regulating hormones. Blood samples will be stored in a freezer with secure access at the Garvan Institute of Medical Research in a re-identifiable (coded) way. Access to codes allowing the re-identification of samples will be stored on a password-protected secure server, with only members of the research team having access. Remaining blood samples will be disposed of as biological waste after 15 years.

10 Can I have other treatments during this research project?

Whilst you are participating in this research project, you may not be able to take some or all of you medications or treatments, if you have been taking any. It is important to tell your study doctor and the study staff about any treatments or medications you may be taking, including over-the-counter medications, vitamins or herbal remedies, acupuncture or other alternative treatments. Your study doctor will also explain to you which treatments or medications need to be stopped for the time you are involved in the research project.

11 What if I withdraw from this research project?

If you decide to withdraw from the project, please notify a member of the research team before you withdraw. This notice will allow that person or the research supervisor to further discuss any health risks or special requirements linked to withdrawing.

If you do withdraw your consent during the research project, the study doctor and relevant study staff will not collect additional personal information from the participant, although personal information already collected will be retained to ensure that the results of the research project can be measured properly and to comply with law. You should be aware that data collected up to the time you withdraw will form part of the research project results. If you do not want them to do this, you must tell them before you join the research project.

12 What happens when the research project ends?

You will receive a summary of the results of the study by email or post, whichever you prefer, within 6 months of completion of data collection. If requested, we can provide you with a copy of any scientific papers that we will publish using this research project's data and discuss them with you.

Part 2: How is the research project being conducted?

13 What will happen to information about me?

Collected data will be stored as electronic files on a password-protected secure server at the Garvan Institute of Medical Research and as paper files in a locked filing cabinet. They will be stored in a re-identifiable (coded) way, with access to codes allowing re-identification restricted to members of the research team. Data will be stored for 15 years after collection, after which time it will be destroyed. You are being asked to provide consent for the use of data for this project only. This project does not involve the establishment of a database.

By signing the consent form you consent to the study doctor and relevant research staff collecting and using personal information about you for the research project. Any information obtained in connection with this research project that can identify you will remain confidential. Collected data will be stored as electronic files on a password-protected secure server at the Garvan Institute of Medical Research and as paper files in a locked filing cabinet. They will be stored in a re-identifiable (coded) way, with access to codes allowing re-identification restricted to members of the research team. Data will be stored for 15 years after collection, after which time it will be destroyed. This project does not involve the establishment of a database.

Your information will only be used for the purpose of this research project and it will only be disclosed with your permission, except as required by law.

It is anticipated that the results of this research project will be published and or presented in a variety of forums. In any publication and/or presentation, information will be provided in such a way that you cannot be identified, except with your permission. Your data will not be presented individually but as a group.

In accordance with relevant Australian and NSW privacy and other relevant laws, you have the right to request access to your information collected and stored by the study team. You also have the right to request that any information with which you disagree be corrected. Please contact the study team member named at the end of this document if you would like to access your information.

14 Complaints and Compensation

If you suffer any injuries or complications as a result of this research project, you should contact the study team as soon as possible and you will be assisted with arranging appropriate medical treatment. If you are eligible for Medicare, you can receive any medical treatment required to treat the injury or complication, free of charge, as a public patient in any Australian public hospital.

15 Who is organising and funding the research?

This research project is being conducted by Professor Lesley Campbell and has been funded by a philanthropic donation.

No member of the research team will receive a personal financial benefit from the participant's involvement in this research project (other than their ordinary wages).

16 Who has reviewed the research project?

All research in Australia involving humans is reviewed by an independent group of people called a Human Research Ethics Committee (HREC). The ethical aspects of this research project have been approved by the HREC of St Vincent's Hospital Sydney (reference number HREC/15/SVH/437). This project will be carried out according to the National Statement on Ethical Conduct in Human Research (2007). This statement has been developed to protect the interests of people who agree to participate in human research studies.

17 Further information and who to contact

The person you may need to contact will depend on the nature of your query. If you want any further information concerning this project or if you have any medical problems which may be related to your involvement in the project (for example, any side effects), you can contact either of the study doctors—Dr Alexander Viardot on 0405 457 732 or Dr Amanda Hor on 0433 166 088—or any of the following people:

For matters relating to general information and scheduling:

Name	Dr Louise Purtell

Position	Study co-ordinator
Telephone	0448 910 267
Email	l.purtell@garvan.org.au

For matters relating to research at the site at which the participant is participating, the details of the local site complaints person are:

Name	Prof. Lesley Campbell
Position	Chief investigator
Telephone	9295 2622
Email	l.campbell@garvan.org.au

If you have any complaints about any aspect of the project, the way it is being conducted or any questions about being a research participant in general, then you may contact:

Reviewing HREC approving this research and HREC Executive Officer details

Reviewing HREC name	St Vincent's Hospital Sydney Human Research Ethics Committee
HREC Executive Officer	
Telephone	8382 2075
Email	sarah.charlton@svha.org.au

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Consent Form - *Adult providing own consent*

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Short Title	ENGAGE PWS
Protocol Number	Version 2
Project Sponsor	The Garvan Institute of Medical Research
Coordinating Principal Investigator/ Principal Investigator	Prof. Lesley Campbell
Associate Investigator(s)	A/Prof. Alexander Viardot
Location	Garvan Institute of Medical Research

Declaration by Participant

I have read the Participant Information Sheet or someone has read it to me in a language that I understand.

I understand the purposes, procedures and risks of the research described in the project.

I give permission for my doctors, other health professionals, hospitals or laboratories outside this hospital to release information to the Garvan Institute of Medical Research concerning my disease and treatment for the purposes of this project. I understand that such information will remain confidential.

I have had an opportunity to ask questions and I am satisfied with the answers I have received.

I freely agree to participate in this research project as described and understand that I am free to withdraw at any time during the study without affecting my future health care.

I understand that I will be given a signed copy of this document to keep.

Name of Participant (please print) _____

Signature _____ Date _____

Name of Witness* to Participant's Signature (please print) _____

Signature _____ Date _____

* Witness is not to be the investigator, a member of the study team or their delegate. In the event that an interpreter is used, the interpreter may not act as a witness to the consent process. Witness must be 18 years or older.

Declaration by Study Doctor/Senior Researcher

I have given a verbal explanation of the research project, its procedures and risks and I believe that the participant has understood that explanation.

Name of Study Doctor/
Senior Researcher[†] (please print) _____

Signature _____ Date _____

[†] A senior member of the research team must provide the explanation of and information concerning the research project.

Note: All parties signing the consent section must date their own signature.

I consent to the storage and use of blood and tissue samples taken from me for use, as described in the relevant section of the Participant Information Sheet, for this specific research project.

Name of Participant (please print) _____

Signature _____ Date _____

Name of Witness* to Participant's Signature (please print) _____

Signature _____ Date _____

* Witness is not to be the investigator, a member of the study team or their delegate. In the event that an interpreter is used, the interpreter may not act as a witness to the consent process. Witness must be 18 years or older.

Name of Study Doctor/ Senior Researcher† (please print) _____

Signature _____ Date _____

† A senior member of the research team must provide the explanation of and information concerning the research project.

Note: All parties signing the consent section must date their own signature.

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Form for Withdrawal of Participation - *Adult providing own consent*

Title	The Effect of a New GLP-1 agonist on Appetite and Gastric Emptying in Prader-Willi Syndrome
Short Title	ENGAGE PWS
Protocol Number	Version 2
Project Sponsor	The Garvan Institute of Medical Research
Coordinating Principal Investigator/ Principal Investigator	Prof. Lesley Campbell
Associate Investigator(s)	A/Prof. Alexander Viardot
Location	Garvan Institute of Medical Research

Declaration by Participant

I wish to withdraw from participation in the above research project and understand that such withdrawal will not affect my routine treatment, my relationship with those treating me or my relationship with *[Institution]*.

Name of Participant (please print) _____

Signature _____ Date _____

[In the event that the participant's decision to withdraw is communicated verbally, the Study Doctor/Senior Researcher will need to provide a description of the circumstances below.]

Declaration by Study Doctor/Senior Researcher†

I have given a verbal explanation of the implications of withdrawal from the research project and I believe that the participant has understood that explanation.

Name of Study Doctor/
Senior Researcher† (please print) _____

Signature _____ Date _____

† A senior member of the research team must provide the explanation of and information concerning withdrawal from the research project.

Note: All parties signing the consent section must date their own signature.