

We would like you to participate in this study if you:

- Are a female between the ages of 18-50 (inclusive)
- Have been diagnosed with endometriosis
- Are proficient in English
- Have access to the internet and a mobile phone

***What is the purpose of the study?***

We understand that living with endometriosis can be physically and psychologically challenging. This study aims to understand the impact of a text messaging program designed to support individuals with endometriosis.

***What will the study involve?***

This study will involve two online questionnaires. You will initially be asked about some background information and your contact details (name, phone, email address) as well as questions about your current feelings about your endometriosis. It is expected that the surveys will take you approximately 30 minutes each time to complete. Some participants will also receive 4 text messages (containing information and support for managing endometriosis) to their mobile phone per week, free of charge for a period of 3 months. We will use your contact details to send text messages and a reminder to complete the 2<sup>nd</sup> questionnaire. For those participants who received the text messages, you will also be asked a few questions regarding your experience with the texts. If you did not receive the text messages as part of your study participation and would like to receive them, at the final survey you will have the option to receive them for the next 3 months as well.

***Who is conducting this research?***

This study is being conducted by Prof. Kerry Sherman (Contact: 9850 6874 or [kerry.sherman@mq.edu.au](mailto:kerry.sherman@mq.edu.au)) from the Centre for Emotional Health and Department of Psychology, Macquarie University, in conjunction with her colleagues: Prof Julie Redfern, Dr Mike Armour, Prof Blake Dear, Ms Anna Singleton, Ms Tanya Duckworth and Ms Donna Ciccia.

***Are there any risks involved in participating in the study?***

The surveys ask you to reflect your feelings surrounding your endometriosis condition. Thinking about these questions may cause you some discomfort or uneasiness. If you prefer not to answer any of the questions in the study, it is alright not to. If you would like to receive emotional support or discuss any concerns related to your well-being, Lifeline Counselling Services (Ph: 13 11 14) can provide more help. Support groups that are also specific to endometriosis, such as Endometriosis Australia (<https://www.endometriosisaustralia.org/>) and EndoActive (<https://endoactive.org.au/>) are able to provide resources for any women experiencing difficulties. These services are provided confidentially, and free of charge. Should you experience any further distress or symptoms, we recommend that you should contact your General Practitioner for additional support.

***Will I benefit from this study?***

We cannot guarantee or promise that you will receive any benefits from this research; however, the text messages from this study may provide some benefits in terms of how you manage your endometriosis condition.

***How will my confidentiality be protected?***

Any personal information or details collected throughout this study will remain confidential. The results of the study will be presented so that the identity of all participants remains anonymous.

Professor Kerry Sherman and the investigators named on this sheet will be the only individuals able to access your responses.

***What if I want to withdraw from the study?***

Your decision to participate in this study is entirely voluntary. If you decide to participate, you are able to withdraw from the study at any point in time without explanation or consequence.

***What happens with the results?***

After removing any identifying features from the dataset, this de-identified data will be published in a public, online data-store at the Open Science Foundation (<https://osf.io/qkxj4/>). This will allow other researchers to independently verify our findings and permit the testing of new research questions using your responses. The deidentified results of this study may be published in psychological or gynaecological journals, and may be presented at conferences or similar forums. A summary of the results of the study will be made available to all participants. For more information, you may contact the primary investigator, Prof. Kerry Sherman via the details provided above.

***What should I do if I want to discuss this study further before I decide?***

If you have any questions about this study, please do not hesitate to contact Prof. Kerry Sherman via the emails provided.

***Who should I contact if I have concerns about the conduct of this study?***

This study has been granted ethics approval by the Macquarie University Human Research Ethics Committee. If you have any complaints or reservations about the ethical aspect of your participation in this research, you may contact the Committee through the director, Research Ethics and Integrity (Ph: (02) 9850 7854, email: [ethics@mq.edu.au](mailto:ethics@mq.edu.au)). Any complaint that you make will be investigated in confidence, and you will be informed of the outcome.

**Thank you for taking the time to consider this study. If you have read the above information and you wish to take part in it, please read the following and agree to participate below.**

**Participant Consent**

I fully understand the nature of this research and I am participating in this study voluntarily. I have read and understand the information provided in this consent form, and all my questions have been answered to my satisfaction. I understand that I may not benefit directly from participation in this research.

I agree to participating in this research, with the knowledge that I can withdraw from the study at any point in time.

Please tick below to be included in the study and to start the initial questionnaire.

Yes

No