



A PIS TEMPLATE FOR EASE OF UNDERSTANDING
ENGLISH VERSION



VIREC PARTICIPANT INFORMATION SHEET (PIS)

[Prepared in a language the participant can easily understand;
hand over one copy to participant & preserve a signed copy]

VIREC APPROVAL NO.: _____

PARTICIPANT'S NAME: _____

PARTICIPANT SERIAL NUMBER / CASE ID: _____

Dear Participant,

You are invited to take part in this research study. The following information is meant to help you decide whether to take part. Please go through it carefully and feel free to ask for any additional queries or concerns. Additionally, this information sheet has been read out and explained to the participant in his/her own language.

1. What is the topic of my research study? (research project title)

- “Association of Menstrual Hygiene Practices with Adolescent Anemia: A School-Based Survey in a District of Odisha”

2. Who am I? (Name and designation of the person who is conducting the research)

- **Name:** [Your Name]
- **Designation:** [Your Designation, e.g., Postgraduate Student / Research Scholar / Faculty Member]
- **Phone:** [Your Phone Number]
- **Email ID:** [Your Email Address]
- **Address:** [Your Institutional Address or Contact Address]

3. Whom shall you contact for any further clarification/concern? (Ethics committee address)

- Member Secretary, VIREC Office, NMC Cell, First Floor, Main College Building; VIMSAR, Ayurvihar, Burla, Sambalpur, Odisha, India – 768017; Email ID: virec@2025@gmail.com

4. What is the nature of your participation in the study?

- You will be asked to participate in a school-based health survey.
- The study will be conducted in your school premises.
- It will involve filling out a simple questionnaire regarding your menstrual hygiene practices, diet, and general health.
- A small amount of blood will be collected from your fingertip (finger prick) to test your hemoglobin level to assess for anemia.
- The entire process will take about 20–30 minutes.
- Your participation is completely voluntary.
- No treatment will be given as part of the study, but you may be referred to a healthcare facility if anaemia is detected.

5. Will your information be kept confidential during and after the study?

- Yes. Your name and identity will not be revealed at any stage. Your data will be coded and stored securely. The results will be used only for academic or public health purposes. No individual identity will be disclosed in any report or publication.

6. What benefits are expected from this research?

- There may be no direct personal benefits. However:
- You will receive free hemoglobin testing.
- You will receive health education on menstrual hygiene and anemia.
- If you are found to be anaemic, you will be referred for appropriate medical care.
- This research will help improve adolescent health programs in the future.

7. What are the possible risks for you in taking part in the study?

- A slight discomfort or pain during the finger-prick test.
- You may have to spare about 15-20 minutes to answer the questions asked by the interviewer;
- You might feel shy or hesitant while answering personal questions, but you can skip any question you are not comfortable answering.
- All procedures will be conducted ensuring your comfort and privacy.
- In case of any physical discomfort, appropriate care will be provided.

8. Is there any provision of any incentive/remuneration for your taking part in this study?

- No. You will not receive any financial benefit or incentive for participating in this study. No travel or other expenses are expected.

9. Is there any provision for compensation for possible loss or damage due to your taking part in the study?

- This study involves ‘not more than minimal’ risk. In the unlikely event of any physical harm due to the procedure (finger prick), immediate basic care will be provided, but there is no financial compensation.

10. What are your withdrawal options from taking part in the study?

- Your participation is entirely voluntary. You can withdraw at any point without giving any reason and without affecting your rights or school activities.

11. Can I use your biological material and data related to this study?

- Yes. A small amount of blood (1–2 drops) will be collected via finger prick to measure hemoglobin. The sample will be tested immediately and not stored or used for any other purpose. Your anonymised data may be analyzed for future scientific and academic purposes.

12. Consent

- Thank you for taking the time to read this information and for considering participating in this research. In case you agree to participate in the research project as explained above, you are required to sign a written consent annexed herewith.

_____/place_____/dt_____

Signature of Principal Investigator

I have understood all the information as above which have been explained to me.

_____/place_____/dt_____

Signature of Participant/LAR

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