

PARTICIPANT CONSENT FORM

Project Title: **Measure More, Miss Less: A Community-Based Blood Pressure Screening Program in Canada 2026**

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You are being invited to take part in a research study. Before you take part, a member of the study team is available to explain the project and you are free to ask any questions about anything you do not understand. You will be given a copy of this form for your records.

Why am I being asked to take part in this research study?

You are being invited to take part because you are an adult aged 18 years or older, or an adolescent aged 15-17. This research study is being done to better understand the number of people with high blood pressure in Canada.

What is the reason for doing the study?

This is a global research project. It involves taking blood pressure measurements and entering basic information from adolescent and adult volunteers. Data collection will take place in more than 100 countries worldwide. Your local research team has partnered with the International Society of Hypertension for this blood pressure screening 2026 campaign. This project will allow us to combine data on adolescent and adult blood pressure levels at a regional, national, and global level.

High blood pressure is a very common condition worldwide. Many people do not know they have high blood pressure, and it can lead to heart disease, stroke, kidney disease, or even death.

With this project we plan to raise awareness of the importance of knowing your blood pressure. Research data will be used to motivate governments and other decision-making bodies to improve local blood pressure screening and treatment.

What will I be asked to do?

You will be expected to visit a participating community-based research site on one occasion.

If you agree to take part, a pharmacist, pharmacy technician, pharmacy student, or volunteer will collect some basic information about you in-person. This includes your city; when your blood

pressure was last measured; your age and sex; whether you currently take blood pressure medication; whether you have diabetes or heart disease, smoke, use alcohol, or caffeine. A blood pressure cuff will then be wrapped around your upper arm, and you will be expected to remain seated for at least 5 minutes. Your blood pressure and pulse will be measured three times at 1-minute intervals.

Your information will be entered into a secure electronic database. It will **not** include your name, date of birth, health care number, or contact information.

How long will I be in this study?

Participation will take a total of about 15-20 minutes.

What are the risks and discomforts?

There are no physical risks to taking part in this research. You may feel discomfort in your arm when the your blood pressure is measured. This discomfort will go away as soon as the cuff is released.

You may find that your blood pressure is high, which may cause you some concern, but a pharmacist or pharmacy student will give you information on healthy lifestyle choices and refer you for further treatment, if necessary.

It is not possible to know all of the risks that may happen in a study, but the researchers have taken all reasonable safeguards to minimize any known risks to a study participant.

What are the benefits to me?

You will know your blood pressure. We will provide you with dietary and lifestyle information to help keep blood pressure normal. If necessary, we will also advise you to consult with your doctor, pharmacist, or nurse practitioner for further measurements and treatment.

Do I have to take part in the study?

Being in this study is your choice. If you decide to be in the study, you can change your mind and stop being in the study, and it will in no way affect the care of treatment that you are entitled to. You may refuse to take part, refuse to answer any questions, or withdraw from the study at any point during your visit with the study personnel. You do not need to provide a reason to withdraw from this study. However, once your visit with the pharmacist is complete, you will no longer be able to withdraw from the study.

Will I be paid to be in the research?

You will not be paid to take part in this study.

Will my information be kept private?

During this study we will do everything we can to make sure that all information you provide is kept private. No information relating to this study that includes your name will be released outside of the researcher's office or published by the researchers unless you give us your

express permission. Sometimes, by law, we may have to release your information with your name so we cannot guarantee absolute privacy. However, we will make every legal effort to make sure that your information is kept private.

During research studies it is important that the data we get is accurate. For this reason, your data, including your name, may be looked at by people from the Research Ethics Board.

After the study is done, we will still need to securely store your data that was collected as part of the study; no identifying information will be stored. Your data will be stored securely in a password protected, cloud-based data management system managed by the EPICORE Centre at the University of Alberta. Any hard-copy data will be kept at the EPICORE Centre in a locked cabinet and locked office. Data for individuals aged 18 and older will be shared with the May Measurement Month Global Study Lead Investigator in the UK after December 31, 2026, to be merged with the global MMM 2026 study data. Data for individuals <18 years of age will not be shared.

After the study is done, study data sent to MMM Global will be stored in a secure data repository, Amazon Web Services (AWS), to facilitate re-use of the data by approved researchers. No data that we enter in the study database or share with MMM Global contains any personal identifying information such as your name or email address. Anonymized data may be used by other researchers without further ethics board review. Your data may be linked with other data for research purposes only to increase the usefulness of the data, as subject to scientific and ethical oversight as mentioned above.

Once all the data analyses are completed, signed consent forms will be sent to the following secured storage facility: Iron Mountain Canada Corporation 14410 121 A Ave. Edmonton, T5L 4L2. At the University of Alberta, we keep data stored for a minimum of 5 years after the end of the study.

What if I have questions?

If you have any questions about the research now or later, please contact Dr. Stephanie Gysel at 587-879-8997. If you have any questions regarding your rights as a research participant, you may contact the University of Alberta Research Ethics Office at ethics@ualberta.ca or (780)492-2615 and quote Ethics ID Pro00161615. This office is independent of the researchers.

How do I indicate my agreement to be in this study?

By signing below, you understand:

- That you have read the above information and have had anything that you do not understand explained to you to your satisfaction
- That you will be taking part in a research study
- That you may freely leave the research study at any time
- That you do not waive your legal rights by being in the study
- That the legal and professional obligations of the investigators and involved institutions are not changed by your taking part in this study.

SIGNATURE OF STUDY PARTICIPANT

Name of Participant

Signature of Participant

Date

SIGNATURE OF PERSON OBTAINING CONSENT

Name of Person Obtaining Consent

Contact Number

Signature

Date

A copy of this consent form has been given to you to keep for your records and reference.