



Tehran University of Medical Sciences
International Campus (IC-TUMS)
Office of Vice Dean for Research Affairs

Appendix

Consent Form

Consent sheet to participate in the project entitled: " **The impact of family-oriented gamification on self-management of people with multiple sclerosis: a mixed-methods study protocol**"

Dear Sir/Madam,

You are cordially invited to participate in the aforementioned research study. Detailed information regarding this study is provided in the accompanying fact sheet. Participation is entirely voluntary, and you are under no obligation to take part.

You are encouraged to take your time to make an informed decision. Feel free to ask the researcher any questions or consult with anyone you trust before deciding. Prior to signing the consent form, please ensure you fully understand all the information provided and that all your queries have been addressed.

Project Manager

1. I understand that the aim of this research is: To investigate the impact of family-oriented gamification on the self-management of people with MS.

2. I understand that my participation in this study is completely voluntary and that I will not be coerced into participating in this study. I have been assured that my treatment will not be affected if I am not willing to participate in this study.

3. I understand that even after agreeing to participate in the study, I can withdraw from the study at any time after notifying the researcher and that my withdrawal from the study will not cause any problems in my treatment process.

4. My participation in this study includes engaging in qualitative interviews, reviewing and confirming the interviews conducted by the researcher, evaluating the developed gamification, actively participating in its use, and completing the associated questionnaires.

5. The potential benefits of my participation in this study include contributing to a deeper understanding of how family-oriented gamification can enhance the self-management of individuals with Multiple Sclerosis. By sharing insights into the challenges faced in self-management, this research aims to uncover the cultural influences and personal experiences that shape patients' perceptions and behaviors. Ultimately, this study seeks to address gaps in self-management strategies for MS, thereby improving patient satisfaction, fostering a supportive healthcare environment, and promoting ethical values in patient care.

Potential harms and complications from participating in this study are as follows:
Participation in this study will not cause any complications or harm to participants

6. Participation in this study is entirely voluntary, and refusal to participate will not affect the participant's treatment or care. The benefits of participation include the opportunity to contribute to qualitative research aimed at understanding the self-management challenges faced by individuals with Multiple Sclerosis and how family-oriented gamification can support their experiences. While there are no direct benefits for participants, their involvement may foster a sense of fulfillment from sharing insights that could enhance MS management



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strategies. There are no complications associated with participation; individuals may withdraw from the study at any time without any impact on their care or treatment.

7. I understand that the people involved in this research have kept all information about me confidential and may only publish the general and group results of this research without mentioning my name and details.

8. I understand that the research ethics committee may have access to my data to monitor compliance with my rights.

9. I understand that I will not be responsible for any costs associated with the research interventions described below. In this study, participants will only engage in interviews and complete questionnaires related to the impact of family-oriented gamification on self-management in individuals with Multiple Sclerosis (MS). There will be no costs incurred by the participants.

10. Ms. Leily Zare was introduced to me and I was told to communicate with her and ask her for advice if there is any problem or question related to participation in the said study.

Her address and cell phone numbers were given to me as follows:

Address: medical-surgical department, nursing & midwifery faculty, Tehran University of Medical Sciences, Tehran. Iran. Phone numbers: 00989141544300 and phone: 00982166927171

11. I understand that if during and after the research any problem, both physical and mental, occurs to me as a result of participating in this research, the treatment of complications, its costs and the related compensation will be the responsibility of the project manager.

12. I know that if I have any problems or objections regarding the researchers or the research process, I can contact the Research Ethics Committee of Tehran University of Medical Sciences and raise my problem verbally or in writing. Phone number: 00982166927171

13. This information and consent form is prepared in two copies, one of which will be for me after signing and the other copy for the administrator.

I have read and understood the above information and therefore give my consent to participate in this study.

Signature of the participant

I, Leily Zare, undertake to fulfill the obligations arising from the above provisions for the executive and undertake to ensure the rights and safety of the participants in this research.

Signature of the researcher