Participant Information Sheet

Clinical validation of circulating cell free DNA [ccfDNA] as a biomarker of metabolic health.

Protocol Number	DIA001
Project Sponsor	CSIRO
Principal Investigator	Dr. Warwick Locke
Ethics Approval Number	2022_006_HREC

1 Introduction

You are invited to take part in this clinical study. This is because you are between 18 to 55 years of age and have a BMI from 30 to 34.99 and may therefore be eligible for this trial.

This Participant Information Sheet tells you about the research project. It explains the tests and research 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. Participation in this research is voluntary. If you don't wish to take part, you don't have to.

If you decide you want to take part in the research project, you will be asked to sign the consent section. You will be given a copy of this Participant Information Sheet and Informed Consent Form to keep.

2 What is the purpose of this research?

This study is to determine the validity of a blood test, called ccfDNA, for the detection of metabolic diseases such as Type 2 Diabetes or Non- Alcoholic Fatty Liver Disease. There is a lack of tests that can accurately detect metabolic diseases before symptoms occur. This means that patients are receiving a diagnosis after the damage has already begun which can limit the chance of improving their health and wellbeing. CSIRO is developing ccfDNA as a potential screening tool for people who may be at risk of metabolic diseases.

3 What does participation in this research involve?

This study will involve:

1. Registering your interest via the CSIRO website. You will be asked for your contact details so we can send you a pre-screening survey.
2. Once your pre-screening survey is complete, it will be reviewed by one of our study team members. If you have passed to the next phase of screening. You will be invited to attend a visit at our clinic. If you did not pass, we will contact you via email.
3. You will attend your clinic visit. This is separated into two parts:

Clinic Visit – Part A

To determine whether you are eligible for this study, we will complete screening prior to starting any study related assessments. Before we start any assessments, you will need to sign the Informed Consent Form to consent to your participation in this study, restrictions associated with this study such as fasting and the study procedures themselves.

When you have provided voluntary informed consent, the following assessments will be conducted:

- Fasting Status 10-16 hours. If you have not fasted state, your appointment will be rescheduled.
- Demographics (information about your age, race and ethnicity)
- Height and weight to calculate BMI. You will be required to remove your shoes and may need to remove any heavy clothing (e.g., jacket) to get an accurate reading.
- Medical and surgical history. Collection of medical history may include cigarette and/or vape use. *You must also inform staff if you have a history of fainting and/or vomiting due to blood collection.
- Medication history of medication taken in the last 84 days (or approximately 3 months) prior to the clinic visit. Please inform staff of any medication. This includes supplements or alternative medicines that you have taken as some medications may interact with the study test.
- Your vital signs: blood pressure, respiratory rate, heart rate and temperature.

The assessments listed above will determine whether you are eligible for participation in this study.

Clinic Visit – Part B

If you are deemed eligible, you will be invited to complete Part B of the clinic visit. The following procedures will be conducted:

- Waist and hip measurements. Please note that you may be required to lift your clothing to expose your waist to accurately measure your waist and hip measurements. We may need to touch you to find correct placement for the tape measure.
- We will take blood samples from you.
- You will be questioned about any changes your health and wellbeing throughout your visit
- You will be provided with a light breakfast (optional).

*At completion of the study, you will be provided with a **$60.00** gift card as **reimbursement** for any inconvenience and the time taken to complete the study.*

4 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.

Your decision whether to take part or not to take part, or to take part and then withdraw, will not affect your relationship with those working with you or your relationship with CSIRO.

5 What are the possible benefits of taking part?

We cannot guarantee or promise that you will receive any benefits from this research. There will be no clear benefit to you from your participation in this research. Future research may come

from the research you may participate in and their findings may help to improve the detection of metabolic diseases.

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

While this research does not involve any interventional treatment, you may be receiving medical treatments that 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 are worried about them, talk with your clinical trial coordinator. Your clinical trial coordinator and registered nurse will also be looking out for side effects.

Blood collection: there is some slight discomfort and small risk of a blood clot will form in the vein, which may take a few weeks to resolve. There is a small risk of bruising and discomfort around the area of collection but is often minor and resolves in a few days. There is a risk of infection however the use of antiseptic solutions minimizes this risk. Assessments relating to blood collection can also cause light-headedness ("feeling dizzy"), and in some cases fainting or vomiting. There reactions are usually mild, with feelings of weakness, sweating, slowing of heartbeat and decrease in blood pressure.

Blood pressure measurement: triplicate or 3 consecutive assessments will be taken with supplemental measurements, IF required. You may experience some slight discomfort as the cuff inflates and squeezes your arm.

7 Will I be given the results of the research project?

This clinical study is not for the purpose of diagnosing health conditions or treatment of symptoms you may have. It is very important that you understand participation in this study does not take the place of a visit to your General Practitioner.

Your information will be used for the purposes of research. You will be provided with a generalised report of the research findings at the end of the project's completion. Your information will be analysed in combination with other participants data in the study. Your results are de-identified prior to analysis and only results of the group (all of the participants together) will be produced. This means it is not possible to provide individual results.

8 What will happen to my test samples?

Samples of your blood obtained for the purpose of this research project will be processed (e.g., be prepared for analysis) on the site of collection. One blood sample will be sent to an external provider to be processed. The remaining blood samples will be stored in a specialist freezer at -80^{0}C till the desired number of participants have been recruited. Your samples will then be transferred to two sites: CSRIO Laboratory located in Adelaide and CSIRO Diagnostic Solutions Laboratory located in Sydney to be processed.
No biological samples will be stored after analyses are completed.

9 What if I withdraw from this research project?

If you decide to withdraw from this research project, please notify a member of the research team before you withdraw. A member of the research team will inform you if there are any special requirements linked to withdrawing.

If you do withdraw your consent during the research project, the clinical trial coordinator and relevant study staff will not collect additional personal information from you, 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 by

the sponsor 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.

If you are unable to comply and/or experience distress with study procedures, the Principal Investigator or delegate can withdraw you from the study.

10 What will happen to information about me?

Your personal information is protected by the Privacy Act 1988 (Cth) and CSIRO will handle your personal information in accordance with this Act and the National Health & Medical Research Council (NH&MRC) National Statement on Ethical Conduct in Human Research (2007, updated 2018), or as required by law.

CSIRO is collecting your personal information, including your name, contact details, date of birth (DOB), gender, signature, answers to the screening questionnaire and questions asked during the in-person visit, for the purposes of the Study, and related scientific research. If you do not provide your personal information, you will not be able to participate in this study.

You will be asked to bring and show a document that verifies your identity on the day of your in-person visit, such as a driver's licence, passport, proof of age card or birth certificate. A CSIRO staff member will sight these only for the purpose of verifying your identity. Whilst the CSIRO staff member will record that they sighted and verified your document including the type of document, no copies or information contained in these documents will be recorded.

CSIRO is also collecting your sensitive information including your health information, such as your medical history, body measurements and blood samples, for the purposes outlined above. CSIRO may disclose your information to third parties including for the purposes outlined above. This will only include a portion of your blood sample, DOB and a Unique Identifier Number assigned by CSIRO.

CSIRO may collect additional health information about you if you inform CSIRO of any changes to your health during the course of the project as requested earlier in this form. It is also possible that CSIRO may incidentally become aware of a medical condition as part of analysing your health information including your blood samples. If either of these instances result in a clinically relevant medical result, they will inform you and ask for your consent to inform your General Practitioner.

The results from the Study will be de-identified before they are published/presented in a variety of forums including IP/patents, which may also involve sharing the de-identified data with patent law consultants, and publicly available research publications, press releases, and conference presentations.

The CSIRO Privacy Policy available at https://www.csiro.au/en/About/Access-to-information/Privacy outlines how your personal information will be handled, including details about how you can seek access or correction of the personal information we hold about you, how you can make a complaint about a breach of the APPs and how CSIRO will deal with the complaint. If you require further information on how your personal information will be handled, please contact privacy@csiro.au.

11 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 the CSIRO.

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.

12 The Informed Consent Form

Sign the consent form only after you have made up your mind to take part in this clinical study. If you wish, we will arrange for someone to read the form to you in a language you understand. You must be provided with a signed and dated copy of the Participant Information Sheet and Informed Consent Form for your personal record.

13 Further information and who to contact

Clinical contact person

Name	*Katie Wood/ Nuy Chau*
Position	*Clinical Research Coordinator/s*
Telephone	*08 8303 8850/ 08 8305 0614*
Email	*katie.wood@csiro.au/ nuy.chau@csiro.au*

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

Complaints contact person

Name	*Dr Bianca Benassi-Evans*
Position	*Clinic Manager*
Telephone	*08 8303 8982*
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Reviewing HREC name	*Rob McDowall*
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