



RESEARCH PARTICIPANTS WANTED

**Have you been diagnosed with MS? Do you live in rural or regional Australia?
Are you aged 18 years or more?**

If so, you are invited to take part in a research study exploring experiences with **self-management strategies and modifiable lifestyle factors** that may impact health, wellbeing, and quality of life.



What's involved?

- A short 5 minute eligibility screening questionnaire
- Participation in an interview lasting up to 60 minutes with an additional opportunity to participate in co-design workshops if interested.
- Interviews and workshops will be conducted by **videoconference or phone** – no need to travel.

Why is this important?

Your experience may help improve support, services, and health outcomes for people living with MS in rural and regional areas across Australia.

For more information:

If you would like more information or are interested in being part of the research study, please **contact**:

DrPH Student Researcher: Ali Nikitas Kitching

Contact: a.kitching@latrobe.edu.au

Principal Investigator: A/Prof. Virginia Dickson-Swift

Your decision to participate in this research is voluntary. If you decide not to take part in this research, your decision will not affect your relationship with La Trobe University. This research has been reviewed and approved by La Trobe University Human Research Ethics Committee. If you have any complaints or concerns about the research study, please email humanethics@latrobe.edu.au or phone +61 3 9479 1443 quoting the following number **HEC25542**.