beyondURdiagnosis

Participant information sheet

Who is conducting this?

Claire Richardson, founder and educator, conducts this research for 4DPublicSpeaking Pty Ltd trading as beyondURdiagnosis. Contact: claire@beyondurdiagnosis.com. This is founder-led research, not an independent or formally approved academic study.

Why are we doing it?

We want to understand how adults with menstrual-health concerns use information, navigate healthcare decisions and manage everyday next steps. Findings inform free resources and paid education/community offers. A public insights report and summaries on website, email and social channels are intended. Participation does not require product interest.

What does participation involve?

One English-language Google Meet interview of approximately 40–45 minutes. We discuss a relevant experience and what happened before, during and afterwards. You choose what to share. No medical records, clinician names or complete medical history are required.

Voluntary and unpaid participation

You can skip questions, pause or stop without giving a reason. There is no payment, voucher, prize draw or free-product incentive. Your choices do not affect resource access or ability to buy an offer.

Boundaries and possible discomfort

This is not healthcare or counselling. Claire cannot diagnose, interpret your individual tests or recommend a treatment plan. Some topics may be upsetting. You may redirect, skip or stop; support signposting can be provided. No personal benefit is guaranteed.

Recording and transcription

With separate permission, Google Meet will record and/or create an automated transcript using the agreed settings. A recording may include voice, name, video and shared content. Camera-off participation is available. Google provides notifications, but we also obtain research permission. A notes-only interview is available. Explain actual capture behaviour before starting; do not promise audio-only recording unless configured and verified.

Access and storage

Claire is the only person currently authorised by the project to review identifiable interview material. Google provides recording, transcription and storage services. Restricted Google Drive is the working location. Direct identifiers and contact records are separated from coded analysis. Service-provider processing is not the same as access being limited to Claire alone.

AI-assisted analysis

With your optional permission, Claire may use Perplexity Pro to compare and synthesise carefully sanitised summaries of your contribution. Names and identifying combinations will be removed or generalised and inputs minimised. Recordings, contact records, raw transcripts and identifying timelines will not be submitted. Perplexity's model-improvement setting will be disabled before use. This does not mean zero service retention. Claire verifies outputs and remains responsible for findings. Declining AI permission does not prevent participation; your material remains in manual analysis. Final supplier/location disclosures must be completed before enabling this processing.

Publication and quotations

We may publish findings summarised across participants. Direct quotation is optional and separately consented. If agreed, short extracts may appear without your name in the report and research summaries on website, email and social media. We remove/generalise identifying details but cannot guarantee complete anonymity. Higher-risk extracts receive additional approval, further generalisation or omission. We do not routinely request approval for every low-risk quotation. Research permission does not authorise product testimonials or endorsement advertising.

Withdrawal

Request removal by emailing Claire within 14 calendar days after your interview. No material from your interview will be published during that window. After it, removal may be difficult once accounts are combined or material published; later requests will still be considered. This policy does not limit rights under applicable privacy law.

Retention

Recordings are normally deleted within 30 days, after transcript checking and the withdrawal window. Any justified exception is logged. Coded transcripts/analysis are retained for 24 months after final report publication and then reviewed for deletion or further de-identification; if publication is delayed, review occurs at least annually. Contact/code-key records remain only while needed for withdrawals, quotation decisions and agreed follow-up. Consent and quotation permissions are stored separately while needed to evidence authorised use, subject to applicable obligations. Collection-notice review must finalise those recordkeeping details.

Marketing and future contact

Research participation does not subscribe you to marketing. Research follow-up, a findings summary and offer information are independent choices. Product access/evaluation requires a separate process.

Questions, rights and complaints

Contact Claire at claire@beyondurdiagnosis.com to ask about the project, request access/correction or raise a concern. Any applicable rights to deletion, objection or other remedies will be addressed under relevant law. Before use: insert appropriate privacy policy, external complaint routes and jurisdiction-specific information identified by the applicability review.