



# Participation information sheet

## »Indeklima og Sundhed på Bellahøj (ISB) – 2.0« (Danish)

Full title: 'Indeklima og Sundhed på Bellahøj – en spørgeskemabaseret befolkningsundersøgelse med selvrapporterede data, indeklimamålinger og kviktest'

You can help us become more knowledgeable about indoor air quality and health. Your contribution is important.

I am writing to invite you to participate in the *Indeklima og Sundhed på Bellahøj* (ISB) project. Participation is voluntary and you can always withdraw your consent. Your answers will be treated confidentially. This means that your answers will not be shared with others outside the project (e.g. housing association, municipality, etc.)

### What does the project aim to achieve?

We research housing and health in Bellahøj with a focus on the differences in health among residents and indoor climate and indoor air quality in not-yet-remodeled and remodeled apartments.

### Who can participate?

You can participate, if you have turned 18 and live in Bellahøj. There is no upper age limit – you just need to be able to make an informed decision to participate on your own and be able to complete an interview or questionnaire. Younger children (ages 0 to 10) can also participate with their parents' consent.

We offer everything in Danish, English, Urdu, Somali, Turkish and Arabic.

### Can I participate online or over the phone?

Yes, you can participate in most things online or over the phone. You will not be able to participate in all indoor climate and indoor air quality measurements if you participate online or over the phone. With those alternatives, we can offer to measure mold and nothing else.

### Jonathan Groot

ISB-project leader, ph.d., Senior Researcher

Dansk BørneAstma Center

### Contact info

✉ E-mail: [jonathan.groot@regionh.dk](mailto:jonathan.groot@regionh.dk)

☎ Telephone number: 38 67 41 39 (Monday-Friday: 8 am-6 pm, Sunday: 1 pm – 3 pm)

## How does enrollment work?



1. Call: 38 67 41 39
2. Agree on a time for a physical meeting
3. Sign a written consent form
4. Participate in/answer the first interview/questionnaire

or



1. Follow the link: <https://bornogastma.dk/isb>
2. Complete the enrollment form\*
3. You will be contacted regarding a physical meeting

4. Sign the written consent form and participate in/answer the first interview/questionnaire

*\*In the enrollment form, it is also possible to sign the written consent form electronically and participate online*

## The aim of the ISB project

Previous research has shown that indoor climate and indoor air quality can impact risks of asthma, allergies and infections. If there are mold and damp in the home, you might experience symptoms in your nose, throat and lungs, and it can be difficult to distinguish between illnesses. It can also be difficult to know which factor in the indoor environment is impacting these illnesses. Mold and damp can occur in all buildings and homes but are more often found in older and poorly insulated buildings. That is why we would like to examine what happens when buildings are remodeled and the indoor climate and indoor air quality are likely to improve. We are also interested in how things are now regardless of whether your apartment has a remodeling plan.

We would like to draw increased attention to indoor climate and indoor air quality and health among residents of non-profit housing – in this case, in Bellahøj.

## What does it involve?

	Where?	How long time?	How often?
<b>Questionnaire or interview (Day 1)</b>	In your home, our office/other locale, online or over the phone	First adult <b>(20-30 minutes)</b> Another adult <b>(10-15 minutes)</b> Children <b>(5 minutes)</b>	As a rule, once. You may be asked if you would like to participate again next year (e.g. if your apartment gets remodeled).
<b>Indoor climate and indoor air quality loggers and a dust collector that measures mold and more (for 2-4 weeks)</b>	In your home It is possible for you to set up the dust collector yourself <i>(does not apply to loggers)</i>	First adult <b>(5 minutes)</b> to set up and collect + <b>10-15 minutes</b> if you would like to see the results)	As a rule, only once for 2-4 weeks.
<b>Short questionnaire or interview (Day 56)</b>	In your home, our office/other locale, online or over the phone	Adults <b>(5-10 minutes)</b> Children <b>(5 minutes)</b>	Will be repeated next year if you continue
<b>Short questionnaire or interview (Day 112)</b>	In your home, our office/other	Adults <b>(5-10 minutes)</b> Children	Will be repeated next year if you continue

	locale, online or over the phone	(5-minutes)	
<b>Rapid antigen test (Days 1-112)</b>	By yourself, e.g. at home	Just adults (result after 15 minutes)	As often as you feel a bit sick or like you have a cold

## 1) Questionnaire/interview about housing and health

Our interviews are questionnaire-based. This means that we try to ask the same questions to everyone in the same way. Therefore, you can also choose to answer the questionnaire yourself. In that case, you will need to receive a link to the questionnaire or a physical copy that you can return to us.

The first interview will generally take place in your home and lasts about 20-30 minutes, but you can also answer online, over the phone, or in other locales. You can always participate in Danish, English, Urdu, Arabic, Somali, or Turkish. The questionnaire is about general information about your housing and health and more.

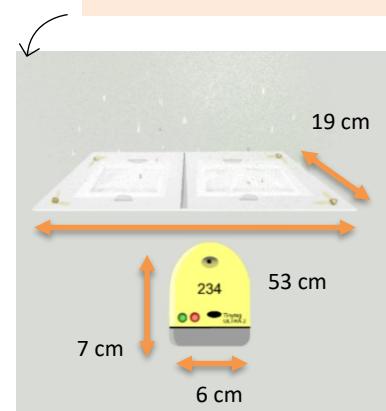
We will get information on your apartment from the housing associations or housing association's local chapters, or through publicly available data, (e.g. size, number of rooms, what kind of remodeling has been done, if there has been any mold remediation or water damage repairs before or while you have lived in the apartment, and dates for moving from and into the apartment). However, we will not collect any personally identifiable information from the housing associations or housing association local chapters (e.g. personal complaints from you or others).

Children in the project will not have to answer anything themselves but are welcome to be present when you answer questions. It is a short questionnaire-based interview about the child's health, which is filled out when you are interviewed.

## 2) Measurements of the indoor climate and indoor air quality

We will use a dust collector to collect dust in your home. Setting up the dust collector requires access to your home, but only to the living area. If you agree to it, it will be placed somewhere in the living area (kitchen, living, or dining room) at a height of 1.5 meters. If it is placed in the bedroom or another place, you will be allowed to take care of that yourself, after receiving instructions. We can also give you instructions so that you can set it up in your own home without us needing to come inside. We will collect the dust collector after 2-4 weeks and start with storing it in a freezer in COPSAC,

Indoor climate and indoor air quality do not take up much space.



Herlev and Gentofte Hospital. Afterwards it will be sent to Aarhus University, where it will be stored until it is analyzed for fungi and bacteria and more. In the future, these dust collectors may also be used to determine the presence of house dust mites (small animals that cannot be seen with the naked eye but may cause allergies and irritation).

Temperature, air humidity, and CO<sub>2</sub> level measurements will be taken with so-called indoor climate loggers that are plugged into a socket in the living or dining room and should remain plugged in for 2-4 weeks. This happens preferably during the same weeks as the dust collectors collect dust. The indoor climate loggers will subsequently be analyzed and can contribute to a clearer understanding of the indoor climate and indoor air quality in your home.

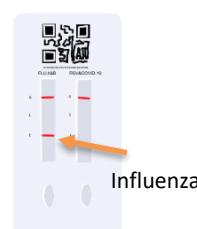
### 3) Rapid antigen tests and diary for infections and symptoms

Throughout the project we will interview you about symptoms. In these interviews, we will ask whether you have experienced any illnesses or symptoms within the past two months. You will receive a calendar/diary to record any symptoms throughout the following approximately 4 months. We will interview you twice after the first interview to document respiratory tract infections and respiratory symptoms. We will ask if you have been sick or experienced any symptoms.

In addition, we will ask if you have received antibiotics, have been to the doctor, or had symptoms such as the following:

- Headache
- Common cold
- Cough
- Nasal congestion
- Sneezing
- Throat pain

This rapid antigen test can show you if you, for example, have influenza



Note your symptoms in a calendar we give you (e.g. coughing and sneezing)

You will receive some rapid antigen tests that can show if you have influenza, COVID-19, or RSV (a third viral infection that many people get sick with). You can use these tests on yourself if you get symptoms. You will be shown how to use and interpret them. The liquid should be kept out of reach of children and pets, and the tests should only be used in accordance with the accompanying instructions. They are only for adults.

**You can still answer questions about sickness and symptoms even if you do not wish to use the rapid antigen tests.**

If you have a child/children in the project we will also ask you to note any potential symptoms and sickness in the child/children. Sickness and symptoms will be asked about, but not the use of rapid antigen tests.

## Data processing

All data will be processed and handled confidentially and securely, and you will not be able to identify yourself in the study's results. The project complies with applicable laws regarding the processing of personal data, as per the data protection regulations and data protection laws (see in Danish, "Lov om behandling af sundhedsoplysninger", "Databeskyttelsesloven" and "Databeskyttelsesforordningen").

## Registry data

If you provide your CPR number, we would like to have the opportunity to link the ISB data with a so-called register project, which uses data that are documented in register in Denmark when you, for example, are hospitalized with influenza at a hospital. Registry data is pseudo anonymized data, and results are only allowed to be shown at a group level, so that individuals cannot be identified in any analysis result. In the register project, we can conduct analyses such as whether there are changes in healthcare contacts or healthcare services during remodeling. Registers like the Danish National Prescription Register, Danish National Patient Register, the Danish Population Register, the Danish Education Register, the CPR register, and the Danish Microbiology Database will potentially be included in these analyses. The register project is a separate project which will be created at the University of Copenhagen, and you can ask us to refrain from linking your data to the register project, even if you participate in ISB.

DECEMBER								
Mandag	Tirsdag	Onsdag	Torsdag	Fredag	Lørdag	Søndag	Uge	
1	2	3	4	5	6	7	49	
8	9	10	11 <i>Influenza mild moderat</i>	12 <i>Gulper hjemme</i>	13 <i>Test = 10.12.2020</i>	14 <i>→</i>	50	
15	16	17 <i>Ingen symptomer i dag</i>	18	19	20	21	51	
22	23	24	25	26	27	28	52	
29	30	31					1	

## Information regarding financial ties

The project is supported by grants of (up to) 3 380 000, 999 843 and 450 000 DKK from Realdania, Landsbyggefonden and Helsefonden, respectively (with senior researcher Jonathan Groot as the grant recipient).

## Exclusion and withdrawal from the study

You can withdraw your consent at any time, both for yourself and on behalf of your child, and request that you or your child's data be deleted. Each time you participate in an interview or data collection, you also have the option to state your wish to not participate at a later time without your data being deleted. If you choose this option, it means that going forwards, we will *not contact you again* regarding participation in new interviews and data collections, but we *will keep* your data for analyses.

## Risks, inconveniences and benefits

It takes time to participate, and rapid antigen tests should be kept away from children and pets, because of dangers related to misadministration of liquids. You will receive an art poster or chocolate as thanks for participating in the first interview. In each housing association there will be a lottery to win a Birdie among those who participate in all parts of the study (currently valued at 1 499 DKK). You will receive insights into the indoor climate and indoor air quality of your own home. At the same time, you will be contributing to important research regarding indoor climate and indoor air quality and health.

## Access to the results

The results of the project will primarily be published in scientific journals and be shared with you as residents directly (e.g. meetings, newsletters and more). We will also share links to the scientific articles on our website that can always be accessed when it is updated: <https://bornogastma.dk/isp/>.