

Appendix 1 (as supplied by the authors): Recruitment Script (FAM-CAM/"Sour Seven")

BACKGROUND

- Introduce yourself
- Do you have a preferred place where we can talk?
- I understand that this is a difficult for your family, but your participation could make things easier for future families
- I am not part of your family member's treating team and cannot answer questions about your family member's treatment.
- Foothills Hospital is a teaching hospital involved in research including the research that I am a part of that focuses on delirium in the ICU
- Please, feel free to ask questions at any time
- Delirium is a medical term used to describe patients who have a sudden change in awareness, concentration, motor activity or memory
- Nearly half of all patients in ICUs suffer from delirium during their ICU stay
- Delirium can cause longer hospital stay, possibility of developing dementia or post-traumatic stress disorder or PTSD. All of these are not only burdensome on family members, but also increase health care costs.
- Delirium is different for each patient, making it difficult to diagnose:
 - Loud and aggressive
 - Quiet and withdrawn
 - Sometimes both
- Family members are important partners in the patient's delirium diagnosis
 - Most likely to notice changes in their family member's thinking and concentration
 - Know the patient the best

WHAT IS THE PURPOSE OF THE STUDY?

- We want to see if family caregivers can assist with delirium detection
- This will help inform future guidelines to improved delirium measurement
- We also want to see the effect that delirium has on family members, by measuring their anxiety and depression using available questionnaires
 - GAD-7
 - PHQ-9

WHAT WOULD I HAVE TO DO?

If you volunteer as a participant in this study, you will be asked to (FAMILY):

- Fill out a short demographic questionnaire for our data analysis
- Fill out two multiple choice questionnaires (the FAM-CAM and Sour Seven) at first with the help of a research assistant (each questionnaire could take up to 10-15 minutes; have questionnaires available for potential participant to look at)

- Fill out two short multiple choice questionnaires on Generalized Anxiety Disorder-7 (GAD-7) and Patient Health Questionnaire-9 (PHQ-9) to calculate the proportion of family members with clinically significant symptoms of anxiety or depression at the time of the delirium assessment.
- Do this daily for a maximum of five days during your family member's stay
- Focus group in the future to discuss the findings, challenges and future of family involvement with delirium assessment

If you volunteer as a participant in this study, you will be asked to (PATIENT):

- Complete the patient demographic questionnaire
- Two additional assessments with CAM-ICU by a research team member (once in the morning and once in the afternoon, <1 minute each time) which asks simple questions such as "Squeeze my hand when you hear the letter A" or "Does a rock float on water."
- A visit by a research nurse who will talk briefly to the patient and the family (5 to 15 minutes), check the chart, talk to you, your family members and your bedside care team to determine whether delirium is present. We require this for our study to be valid. One day per week, there may be two research nurses, but I will let you know which days this occurs.
- Maximum of 5 days

Would you like to participate?

If yes,	If no,
<p><i>We appreciate your interest and look forward to having you in the study.</i></p> <p>Continue</p>	<p><i>Thank you for listening. May I ask why you do not want to participate?</i></p> <p><i>[Record in recruitment log and provide with delirium information pamphlet with our insert]</i></p>

DO I HAVE TO PARTICIPATE?/WILL MY RECORDS BE KEPT PRIVATE

If you choose to participate in this study all the information you provide is strictly confidential. Study results will be presented as grouped data, with no identifying or personal information. We will never try to sell you anything or give your name or information to anyone. I would like to assure you that this study has been reviewed and received ethics clearance through the University of Calgary and Alberta Health Services.

However, the final decision about participation is yours. Your decision to take part in this study is voluntary. You may refuse to participate or you may withdraw from the study at any time. Your decision not to participate or to withdraw from the study will not affect your family member's care at this centre. If you withdraw your consent, we will ask if we can use data up to the point that you withdrew your consent.

We hope the information learned from this study will benefit other **patients** with delirium in the ICU in the future, but there are no direct benefits to you or your family member from participating in this study.

Consent process

The first thing that you need to do is to read and sign our consent-to-participate form. It is very important that you read through the consent form and that you understand what it says. I am happy to answer any questions that you have.

- (optional) I will give you time to think about what we discussed, read over the consent form and think of any questions you might want to ask me. Would 15 minutes be enough time? (Sometimes families are ready to sign at that moment. Just remind them that it is voluntary and they can withdraw).
- Review and sign informed consent
- Have bedside nurse witness the consent
- Provide copy of signed consent to participant for their files