## SAFETY REPORTING (STRENGTHEN)

The risks of harm associated with study procedures and the intervention are considered to be very low. Nevertheless, procedures are in place in case should any occur.

### 1.1 Definitions

**Adverse Event (AE)**

Any untoward medical occurrence, unintended disease or injury or any untoward clinical signs (including an abnormal laboratory finding) in subjects, users or other persons **whether or not related to any research procedures or to the intervention.**

Non-serious adverse events (see definition below) which are not related to study procedures or to the intervention will **not** be reported in this study.

**Adverse Reaction (AR)**

An adverse event judged as having a reasonable causal relationship to the intervention or to study procedures will be considered an Adverse Reaction (AR). The existence of a 'reasonable causal relationship' will be judged by the researcher reporting the event. Any evidence or argument to suggest a causal relationship will also be reported.

In this study, adverse reactions will be reported, regardless of seriousness.

**Seriousness**

Any adverse event or adverse reaction will be regarded as serious if it:

i. results in death;
ii. is life threatening;
iii. requires hospitalisation or prolongation of existing hospitalisation;
iv. results in persistent or significant disability or incapacity
v. results in a congenital anomaly or birth defect; or
vi. results in any other condition, judged to be significant by a clinician.

An adverse event meeting any one of these criteria will be a **Serious Adverse Event (SAE)**. An adverse reaction meeting any one of these criteria will be a **Serious Adverse Reaction (SAR).**

In this study, all serious events will be reported whether they are related to the administration of the research procedures or not. A tabulated summary of reportable events is given in Table 1:

**Table 1: Reporting of Adverse Events**

| Event type | Reported by | Reported to | Timeframe |
|---|---|---|---|
| Adverse Reaction | CI or authorised delegate | Chief investigator (CI), Sponsor | Within 3 days* |
| Serious Adverse Event (SAE) | CI or authorised delegate | CI, Sponsor | Within 24 hours* |
| Serious Adverse Reaction (SAR) | CI or authorised delegate | CI, Sponsor | Within 24 hours* |

**of the CI (or authorised delegate) becoming aware of the event*

| Non-serious, unrelated AEs will not be recorded |
|---|

### 1.2 Reporting adverse events to Investigator and Sponsor

Non-serious adverse events which are unrelated to the intervention or study procedures will not be recorded or reported. Adverse events which are serious and/or related to study procedures or the STRENGTHEN intervention, from the point that informed consent is obtained until the end of the study, will be recorded in the case report form (CRF) and reported as described below.

The method for collecting adverse event information will be a) via the data collection visits at the 3, and 6-month time-points b) direct contact from participants or intervention facilitators.

#### *1.2.1 Reporting non-serious events*

The CI (or authorised delegate) will question participants about adverse events at the 3 and 6-month data collection visits and will be responsible for adjudging relationship to the intervention and study procedures. Related adverse events will be documented in the purpose-designed CRF. Multiple symptoms should be recorded as separate events. The events will be reported to the CI and Sponsor on a designated report form which will capture the relatedness of the event to study procedures/the intervention, in the opinion of the PI (or authorised delegate).

#### *1.2.2 Reporting serious adverse events*

Serious adverse events will be recorded and considered by the Chief Investigator and the recruitment site's Principle Investigator, with further adjudication by a clinical advisor and member of the STRENGTHEN research team (Dr Richard Byng) if necessary. If RB is not available, Dr Rupert Jones (a clinical academic based in the Primary Care unit of Plymouth University will be consulted instead. The role of the adjudicators will be to judge whether the event is likely to be due to participation in the study

***Onward reporting***: Reporting of all SAEs will follow a study-specific SOP (Standard Operating Procedure) for Adverse Event Reporting. Briefly, all SAEs that are related to the study or intervention procedures will be reported to NHS Research Ethics Committee using the non-CTIMP Safety Report Form within 15 days of the CI becoming aware of the event.

If incomplete information is available to the CI (or authorised delegate) at the time of when s/he becomes aware of a reportable event, all information available at that time should be reported onward as soon as possible. The

CI will coordinate adverse event information, including generating requests for missing/additional information as required. Any documentation will be anonymised before passing on for adjudication /reporting purposes.

All reportable events will be followed until resolution where possible or until the end of the data collection period.

### 1.3 Processing safety information

Safety information in the form of designated adverse event report forms, with any relevant documents, will be sent to the clinical advisors for adjudication of whether they might be related to study participation or not. Summary reports listing all reportable adverse events and adjudication about relatedness (and the rationale for these decisions) will be compiled by the CI and sent to the Sponsor on a case by case basis. Events which are both serious and related to the STRENGTHEN intervention or study procedures will be communicated immediately to the CI who will be required to decide if such an event is unexpected.

If unexpected, the event will be regarded as an Unexpected Serious Adverse Reaction and will be reported to the Research Ethics Committee by the CI within **15 days** of the CI (or authorised delegate) becoming aware of the event, using the SAE report form for research other than clinical trials of investigational medicinal products (non-CTIMPs) published on the NRES website. The report will be copied to the Sponsor.