

## ***Life History Intestinal Health Study (IHS)***

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March 2021

Ms, Mr,

You have been selected to participate in the *Life History Intestinal Health Study* initiated by researchers from the Centre hospitalier universitaire Sainte-Justine and the Institut national de la recherche scientifique (INRS). The Institut de la statistique du Québec (Statistique Québec) has been mandated to carry out this study aimed at better understanding the role of certain factors that are present at different stages of life (such as diet or antibiotic use during childhood) in the development of inflammatory bowel diseases. The study targets both people **who have inflammatory bowel diseases** and **those who do not**.

To participate, simply go to the **website address indicated in the box at the top of enclosed document**, then enter your identifier and complete the online questionnaire. If necessary, you can exit the questionnaire and return to finish it at a more convenient time. Statistique Québec will contact the participants who have not submitted their online questionnaire to obtain their answers by phone.

Before answering the questionnaire, we invite you to complete the enclosed document. It will serve as a reference to record important events in your life, which will make it easier for you to respond to the questionnaire.

If you would like more information about the study or if you require assistance, please get in touch with Statistique Québec using the contact information provided below. You will also find useful information on the back of this letter and on our website ([statistique.quebec.ca](http://statistique.quebec.ca)) under "Surveys".

Thank you for your cooperation. By participating in this study, you are contributing to the production of quality statistical information that Québec needs to help prevent the development of certain diseases.

Sincerely,

*Daniel Florea*

Daniel Florea  
Director General

## **Additional information**

### **Why was I chosen for the study?**

You were selected from a group of people born in Québec between 1970 and 1974. Please note that this study is aimed at both people who have inflammatory bowel diseases and those who do not.

The personal information needed to carry out this study, including your contact information, were mainly obtained from the Régie de l'assurance maladie du Québec (RAMQ) under an agreement approved by the Commission d'accès à l'information (CAI) in accordance with the *Act respecting Access to documents held by public bodies and the Protection of personal information*.

### **Do I have to take part in the study?**

Your participation in the study is voluntary, but **important**, as it will help advance knowledge of the links between life trajectories and certain inflammatory bowel diseases in order to better understand how to prevent these diseases.

### **Quality monitoring**

For quality and training purposes, telephone conversations with Statistique Québec agents are recorded. However, if you do not want your conversation to be recorded, simply notify the agent at the beginning of the call.

### **Confidentiality and data transmission**

This study is being conducted in accordance with the *Act respecting the Institut de la statistique du Québec*. Statistique Québec has entered into an agreement with the INRS and the Centre hospitalier universitaire Sainte-Justine, to whom the data collected will be sent, with the exception of your name, address and telephone number. For research purposes, researchers from these institutions have been approved by the CAI to match these data with information from files in the provincial health system. Rest assured that your information will remain **confidential** and will only be used for statistical and research purposes.

### **Ethical framework**

An ethics review of the study was conducted by the INRS. The study was also reviewed by the ethics committee appointed by Statistique Québec. This committee is responsible for safeguarding the respect, dignity and integrity of those participating or included in the study.