

PACIFIC HEALTH

SCHOOL OF POPULATION HEALTH

Faculty of Medical & Health Sciences

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| Pepa Whakamārama mā te Kaiwhakauru | | | | | | | Building 507  1st Floor, Grafton Campus  Tāmaki Makaurau, Aotearoa  Waea 64 9 373 7599  www.fmhs.auckland.ac.nz | |
| Taitara rangahau: | *Te Aromātai i te BBM Motivation: he kaupapa hauora ā-hapori, e kōkiritia ana e Te Moananui-a-Kiwa* | | | |  | | | |
| Wāhi: | | Tāmaki Makaurau | | Tohutoro a te Komiti Matatika: | | 21/STH/122 | | |
| Kaitirotiro matua: | | Fa’asisila Savila | Tau waea whakapā: | | | 027 635 8829 | |

Kia ora me ngā mihi ki a koe. E pōwhiritia ana koe kia whakauru mai ki te rangahau e arotake ana i te uara o te BBM Motivation mō te hauora me te oranga o te hapori e āwhinatia ana e rātou. Kei a koe te tikanga mō te whai wāhi mai, ā, ka āhei koe ki te wehe mai i te rangahau ahakoa te wā me te kore e tuku pūtake. Mēnā kāore koe e whakauru mai, ka wehe mai rānei koe, kāore he pānga o tēnei ki ō manaaki hauora, tō hononga rānei ki BBM.

Ka āwhina tēnei Puka Mōhiohio i a koe ki te whiriwhiri mēnā me uru mai koe. Mā mātou koe e ārahi mō ēnei mōhiohio me te whakautu i ō pātai. Ehara i te mea me whakatau koe kia whai wāhi mai i tēnei rā. Me kōrero koe ki ētahi atu mō te rangahau, pērā i tō whānau, ngā hoa, ngā kaiwhakarato hauora rānei.

Mēnā ka whakaae koe ki te whakauru mai, ka tonoa koe ki te waitohu i tētahi Puka Whakaae. Ka whiwhi koe i tētahi tārua o ngā puka e rua. Me mātua pānui koe, me te mārama hoki ki ngā mōhiohio katoa. Ko te hunga anake ka taea te tuku whakaae motuhake mārama ka whakaurua ki te rangahau.

## He aha te kaupapa o te rangahau?

Ko te kaupapa o tēnei rangahau he rapu kia mārama ki te uara haumanu o te kaupapa ***From The Couch*** a BMM Motivation mō ana mema. Ko ngā mōhiohio mai i tēnei rangahau ka āwhina i a BBM ki te whakapai ake i ana kaupapa kia pai ake ngā painga hauora pūmau mō ana kaimahi me ana mema.

Kua whakaaetia tēnei rangahau e te Komiti Matatika Hauora me te Hauā i te [DAY/MONTH] 2021.

## He aha anō kei roto i tōku whai wāhi ki te rangahau?

Ko ngā mahi o te whakauru ko te whakautu i ētahi pātai mō te kounga o tō ora (oranga), ā, ka inea tō tāroaroa me tō taumaha. Tata ki te 15 meneti te roa mō tēnei. Ka tono whakaaetanga mātou i a koe kia whakamahia ngā mōhiohio kua whakaemi kētia e BBM i te wā i rēhita mai koe. Ka tonoa koe kia whakautua aua pātai anō, ā, kia inea hoki koe ā te ono wiki, ono marama, te kotahi tau me te rua tau.

Ka tono a koe ki te tuku i tō tau Taupū Hauora ā-Motu (NHI) hei uru ki ngā mōhiohio hauora mai i Ngā Huingararaunga Hauora ā-Motu me tō rata. Mā tēnei ka mārama ake mātou ki ō mate, ō rongoā, me ngā āhuatanga, e taea ai e mātou te āta mātai ngā huringa e pā ana ki tō whakawhitiwhiti me BMM.

Ka tukuna he koha iti noa ki a koe i te otinga o te rangahau, mōu i whakawātea mai i a koe mō tēnei rangahau.

## He aha pea ngā painga me ngā mōrearea o tēnei rangahau?

Kāore mātou i te kite mōrea o te whakauru mai ki tēnei rangahau. Engari, ka kakare pea ngā kare ā-roto o ētahi tāngata i te whakautu i ngā pātai mō te hauora tinana me te hinengaro, tirohia ***Me whakapā ahau ki a wai mō ētahi mōhiohio anō, mō aku āwangawanga rānei*** kei te whārangi 3 i raro.

Ahakoa ka whakapau kaha ki te tiaki i tō tūmataitinga, tē taea te whakapūmau ka noho matatapu ō mōhiohio. Ahakoa ngā mōhiohio waehere me te kirimuna, e kore e taea te whakaoati kāore koe e tautuhia. He iti noa te mōrea i tēnei wā o te uru atu me te raweke (hei tauira, ka uaua ake mōu ki te whai mahi, te pupuri i te mahi, te inihua hauora rānei) a te tangata i ō mōhiohio engari ka nui haere pea ā tōna wā i te kitenga a te tangata i ngā tikanga hou o te rapa mōhiohio.

Ko ngā painga pea ka puta i te whai wāhi mai ki tēnei rangahau kāore pea e tino hāngai pū mā te āwhina i a BMM kia pai ake ā rātou pūnaha me ā rātou kaupapa mā ngā mema. Ko ngā kitenga mai i tēnei rangahau ka whāngai anō i ngā painga hauora mō te hapori whānui.

**Ka ahatia aku mōhiohio?**

Ko ngā mōhiohio e mōhiotia ai pea koe (ngā raraunga tuakiri) ko tō ingoa, ngā taipitopito whakapā me te tau NHI. Ka whakamahia anake ō raraunga tuakiri mō tēnei rangahau. Ina waitohua e koe te puka whakaae, ka tautapatia he waehere tuakiri (ID) ki tō ingoa. Ko ngā mōhiohio ka kohia mā tō NHI ka tangohia mai ngā raraunga tuakiri (tuakiri-kore). Ka honoa ngā raraunga tuakiri-kore ki tō waehere ID, ā, ka tāurua ki tētahi pātengi raraunga (ngā raraunga kau waeheretia).

Ka whakaputua ō mōhiohio matihiko katoa ki tētahi kōpaki whai kupuhipa ki te puku whatunga haumaru a te whare wānanga, ā, ka taea anake e ngā kaimahi o tēnei rangahau te uru atu. Ka whakarāpopototia ngā raraunga waehere, ā, kāore e whakaaturia ō raraunga whaiaro i roto i ngā pūrongo, ngā pukapuka, ngā kōrerorero rānei mō te rangahau. Ka whakamahia pea ngā raraunga katoa kua waeheretia mō ngā rangahau ā muri ake mō te kaupapa BBM me ētahi atu rangahau hauora hāngai. Mēnā ka wehe mai koe i te rangahau, ka āhei anō koe ki te tango i ngā mōhiohio i kohia mōu.

Ko ngā raraunga katoa ka tuhia ki runga pepa tae atu ki ngā mōhiohio e hono ana ki tō waehere ID ka rakaina ki tētahi pouraka kōnae i te whare wānanga, ā, ko te kairangahau matua anake ka āhei atu. Ka taea anake te tiro te puka whakaae mēnā me tirotiro te whare wānanga, tētahi komiti matatika, tētahi atu rōpū aroturuki rānei i tika te whakahaere i te rangahau. Ka whakakorehia te tārua raraunga ā-puka i muri i te 10 tau o te whakapututanga.

## Ko wai ka utu i te rangahau?

E utua ana tēnei rangahau e te New Zealand Health Research Council.

## He aha ōku motika?

E whai motika ana koe kia tika ngā mōhiohio mō tō hauora me te āhei atu ki ngā mōhiohio ka kohia mō tō whai wāhi atu ki te rangahau. Ka noho matatapu me te kirimuna ō mōhiohio whaiaro; ka whakarāpopototia, kia kore ai e whakaaturia tō tuakiri i roto i ngā pūrongo, ngā pukapuka, ngā kōrerorero rānei mō te rangahau. Mēnā ka wehe mai koe i te rangahau, ka āhei anō koe ki te tango i ngā mōhiohio i kohia mōu.

Mēnā ka whara koe i tēnei rangahau, ahakoa ko te tikanga karekau, ka āhei pea koe ki te tono mō ngā paremata mai i a ACC, he rite tonu mēnā i whara koe i te mahi, i te kāinga rānei. Ehara i te mea ka whakaae noatia tō kerēme. Me tuku e koe he kereme ki a ACC, ā, ka pau tētahi wā ki te aromātai. Ki te whakaaetia tō kerēme, ka whiwhi pūtea koe hei āwhina i a koe kia whakamāui ake.

## Ka aha ā muri i te rangahau, mēnā ka huri rānei ōku whakaaro?

Ka whita te whakaputu i ō mōhiohio mō te wā atu ki te 10 tau, ā, i muri i tērā ka whakakorehia. Kei a Tākuta Fa’asisila Savila te kawenga mō te whakaputu me te ūkui i ō mōhiohio i te mutunga o tēnei wa. Ka whakarite anō a Tākuta Savila kia kite koe i ngā otinga o te rangahau; ko te tikanga ka wātea mai ēnei i te kotahi tau, rua tau rānei i muri i te tīmatanga o te rangahau.

Mēnā ka whakaae koe ki te whakauru mai ināianei, engari ka huri ō whakaaro ā muri ake, ka taea te wehe mai i te rangahau ahakoa te wā.

## Me whakapā ahau ki a wai mō ētahi mōhiohio anō, mō aku āwangawanga rānei?

Mēnā he pātai āu, he māharahara, he amuamu rānei mō te rangahau ahakoa te wāhanga, ka taea e koe te whakapā atu ki:

Tākuta Fa’asisila (‘Sila’) Savila TĒRĀ RĀNEI Georgina James

Tau waea: 027 635 8829 Waea: 0274921218

Īmēra: f.savila@auckland.ac.nz Īmēra: jorja@thebbmprogram.com

Mēnā e hiahia ana koe ki te kōrero ki tētahi tangata kāore i roto i te rangahau, ka taea e koe te whakapā atu ki tētahi kaitaunaki hauora me tētahi kaitaunaki hauā rānei:

Waea: 0800 555 050  
Waea whakaahua: 0800 2 SUPPORT (0800 2787 7678)  
Īmēra: [advocacy@hdc.org.nz](mailto:advocacy@hdc.org.nz)

Mō ngā tautoko hauora Māori me whakapā atu ki a:

Tākuta Matire Harwood

Waea:+64 9 923 7866

Īmēra: [m.harwood@auckland.ac.nz](mailto:m.harwood@auckland.ac.nz)

Mō ngā tautoko hauora mō Te Moananui-a-Kiwa me whakapā atu ki a:

Tākuta Vili Nosa

Waea: +64 9 373 7599

Īmēra: [v.nosa@auckland.ac.nz](mailto:v.nosa@auckland.ac.nz)

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| Puka Whakaae | UOA_Logo_BW_Hor | Building 507  1st Floor, Grafton Campus  Tāmaki Makaurau, Aotearoa  Waea 64 9 373 7599  www.fmhs.auckland.ac.nz  f.savila@auckland.ac.nz |

**Me tohu hei whakaatu kei te whakaae koe ki ēnei e whai ake:**

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| Kua pānui ahau, i pānuitia mai rānei ki a au i roto i tōku ake reo, ā, kei te mārama ahau, ki te Pepa Whakamārama mā te Kaiwhakauru. |
| He nui te wā kua hōmai ki ahau hei whakaaroaro mehemea ka whai wāhi ahau ki tēnei rangahau. |
| I whai wāhi ahau ki te whakamahi i tētahi rōia, kaitautoko whānau, hoa rānei hei āwhina i ahau ki te tuku pātai, ā, kia mārama hoki te rangahau. |
| Kei te pai ki ahau ngā whakautu mai ki ahau e pā ana ki te rangahau, ā, he tārua tāku o tēnei puka whakaaetanga me te pepa mōhiohio. |
| Kei te mārama ahau he tūao (kei ahau te tikanga) taku whai wāhi atu ki tēnei rangahau, ā, kei ahau anō te tikanga ki te wehe mai i te rangahau ahakoa te wā, me te kore whai pānga ki aku manaakitanga hauora, ki tōku hononga rānei ki a BBM. |
| E whakaae ana ahau kia kohia, kia tukatukahia e ngā kaimahi rangahau aku mōhiohio, tae atu ki ngā mōhiohio mō taku hauora. |
| E mātau ana ahau he matatapu taku whai wāhi ki tēnei rangahau, otirā e kore e whakamahia ngā pūrongo mō tēnei rangahau e mōhiotia ai ahau, tōku whānau rānei. |
| E mātau ana ahau ki ngā whakaratonga paremata ki te tūpono pā mai he wharanga ki ahau i roto i te rangahau. |
| E mōhio ana ahau me whakapā atu ki a wai mēnā he pātai āku mō te rangahau. |
| Ki te whakatau au ki te wehe i te rangahau, e whakaae ana ahau kia whakamahia tonutia ngā mōhiohio i kohia mōku tae atu ki te wā ka wehe mai ahau i tēnei rangahau, ā, me tukatuka haere tonu. |
| E whakaae ana ahau kia whakamōhiotia atu taku rata, kaiwhakarato onāianei rānei mō taku whakauru ki te rangahau me ngā otinga tino rerekē i whiwhi i roto i te rangahau. |
| E hiahia ana ahau ki te whiwhi i tētahi whakarāpopototanga māmā o ngā otinga mai i te rangahau. |

**Whakapuakanga hei whakauru mai:** E whakaae ana ahau ki te uru atu ki tēnei rangahau.

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| Ingoa: | |
| Waitohu: | Rā: |

**Whakapuakanga a te mema o te kapa rangahau:**

Kua whakamāramahia atu ā-waha e au te kaupapa rangahau ki te kaiwhakauru, ā, kua whakautua e au ngā pātai a te kaiwhakauru mō te rangahau.

E whakapono ana ahau kei te mārama te kaiwhakauru ki te rangahau me tana whakaae ki te whakauru mai.

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| Ingoa o te Kairangahau: | |
| Waitohu: | Rā: |