

## **Thank you for your willingness to share your gout journey.**

Your story will help others living with gout to feel less alone and empower them to take control of their gout.

Whether it's your own personal journey with gout, tips for managing flares, or sharing what you've learnt since your diagnosis, we'd love to hear from you.

Below are general guidelines for what to say while recording your video and how to set up your phone to record and share your story.

For any questions or assistance to help record your message, please contact us at [info@arthritisaustralia.com.au](mailto:info@arthritisaustralia.com.au)

## **Guide for recording videos**

### **Purpose**

People living with gout are invited to record a short video (2 mins or less) of themselves talking about their experience with gout.

The purpose of the video is to support others with gout by:

- Demonstrating that gout can be effectively managed with medication.
- Helping to reduce stigma through real-life stories

### **Instructions**

#### **How to film:**

Set up using a stand to hold your phone during filming or have a family member film you.

Try and keep your video to 2 minutes. We can edit your recording if it goes for longer.

#### **Filming tips:**

Lighting: natural light is often most flattering

#### **Sound:**

Good clear audio is really important, so make sure your recording device isn't too far away from you.

Background noise – try and film in a quite space with minimal background sounds.

Background: check there isn't anything embarrassing in the background you might not want to be seen in the video e.g., personal photos or dirty laundry.

## **Submit your video**

Submit your video at the following link:

<https://form.jotform.com/232477394214863>

## **What to say?**

Below is a list of the type of information we would like you to share in your video:

- First name
- Age you were diagnosed with gout
- What were your first symptoms of gout that led to your diagnosis?
- Did you have a family history of gout?
- Did gout stop you doing anything?
- Do you take medicine to treat your gout?
- How has taking medicine to treat your gout made a positive difference to your lifestyle? (explain – eg., activity levels, less gout flares)

## **How will my video be used?**

Your video may be used on Arthritis Australia's website or social media at any time in the future.

You can withdraw your permission for the footage to be used at any time. Then it will no longer be used in any content and removed from the website. However, it may remain on previous distributed content.

Please read Arthritis Australia's [Privacy Policy](#) for more information.