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Active Women over 50 online: a pilot trial

PARTICIPANT INFORMATION STATEMENT

(1) What is this study about?

You are invited to take part in a research study which aims to measure the impact of accessing information about the health and wellbeing benefits of physical activity and opportunities to engage in physical activity via a website designed for women aged 50 and over, and receiving fortnightly email/SMS support to motivate physical activity uptake.

You have been invited to participate in this study because you are aged 50 years or older, female and live in New South Wales, Australia. This Participant Information Statement tells you about the research study. Knowing what is involved will help you decide if you want to take part in the research. Please read this sheet carefully and ask questions about anything that you don't understand or want to know more about.

Participation in this research study is voluntary.

By giving your consent to take part in this study you are telling us that you:

- ✓ Understand what you have read.
- ✓ Agree to take part in the research study as outlined below.
- ✓ Agree to the use of your personal information as described.

You will be given a copy of this Participant Information Statement to keep.

(2) Who is running the study?

The study is being carried out by the following researchers:

- A/Prof Anne Tiedemann, Principal Research Fellow, School of Public Health, The University of Sydney
- Prof Marian Baird, Chair, Sydney Business School, The University of Sydney
- Dr Josephine Chau, Senior Lecturer in Public Health, Macquarie University

- Prof Colleen Canning, Head, School of Physiotherapy, Faculty of Health Sciences, The University of Sydney
- Dr Anne Grunseit, Senior Research Fellow, Sydney Medical School, The University of Sydney
- Prof Lisa Harvey, Senior Researcher, Sydney Medical School, The University of Sydney
- Dr Leanne Hassett, Research Fellow and Senior Lecturer, Faculty of Health Sciences, The University of Sydney
- Dr Dominika Kwasnicka, Research Associate, School of Psychology, Curtin University
- Dr Fiona Martin, Research Director and Senior Lecturer, Department of Media and Communications, The University of Sydney
- A/Prof Philayrath Phongsavan, Associate Professor, Sydney Medical School, The University of Sydney
- Dr Bethan Richards, Head, Department of Rheumatology, Royal Prince Alfred Hospital, Sydney
- Prof Roberta Shepherd, Faculty of Health Sciences, The University of Sydney
- Prof Cathie Sherrington, Senior Research Fellow, School of Public Health, The University of Sydney
- Ms Geraldine Wallbank, Higher Degree Research Candidate, School of Public Health, The University of Sydney

This study is being funded by a Charles Perkins Centre Active Ageing Research Node seed grant.

(3) What will the study involve for me?

If you decide to participate in this research study, you will be invited to complete a survey at the start of the study and again after 3 months. The survey will comprise questions about your current physical activity level, health status, attitude to exercise and knowledge about the benefits of physical activity. The survey will take up to 30 minutes to complete and can be filled out in paper format (mailed to you) or electronically (online link emailed to you), as preferred.

In addition, the amount of physical activity you do will be measured at the start of the study and 3 months after commencement over a 7-day period each time using a matchbox-sized accelerometer worn on a belt at the hip. The device accurately estimates how physically active a person has been throughout the day. The accelerometer will be posted to you with clear instructions for use and telephone support will be available. You will also be provided with a pre-paid envelope to return the device to the research centre.

On completion of the first survey and wearing of the accelerometer you will be randomly allocated to receive access to an online resource (website) either immediately or after the 3-month follow-up measures have been completed. The online resource will include information about the benefits of physical activity for the prevention of chronic disease and for maximising physical and mental health, practical strategies for fitting more physical activity into one's lifestyle; smartphone applications and website links to resources and types of physical activity opportunities that are available to women aged 50 and over; and inspirational stories of other women who have become more physically active in the face of obstacles.

The website content will be based on published evidence and international guidelines on the dose and type of physical activity recommended to maximise health. To support you in becoming more physically active, you will receive one telephone consultation with a health professional, as well as six fortnightly messages using behaviour change strategies by email or SMS, as preferred.

You will receive access to the online resource either after the baseline measurements have been completed, or after a 4 month delay; and this will be determined randomly, like with the flip of a

coin. By providing consent to participate you also confirm that you are available to receive access to the online resource at either of the two possible times.

A small number of study participants will be invited to attend an interview with a member of the research team 3 months after they have received access to the online resource. You may be invited to participate in a face-to-face interview, held at the offices of the research team, 10th floor KGV Building Missenden Road, Camperdown, Sydney, or by telephone, depending on your preference.

The interview will explore topics such as the advantages and disadvantages of the different parts of the online resource and follow-up support, your perspectives, beliefs and experiences about physical activity, and whether you felt each component of the intervention was helpful or not in helping you to be physically active. With your permission the interview will be audio recorded and transcribed to enable detailed data analysis later on.

(4) How much of my time will the study take?

The total estimated time is 4 hours. This includes being screened for eligibility, obtaining baseline information through survey and wearing an accelerometer for 7 days, accessing the online resource, receiving follow-up support (telephone and email or SMS) and repeating the survey and wearing the accelerometer at the completion of the study. As this study involves accessing an online resource and associated web-based links, the time may vary for each person.

If you are invited to be interviewed following receiving the intervention, the additional total estimated time will be about 50 minutes. This includes arranging an interview time and participating in the interview itself (around 30-40 minutes depending on how much you have to say).

(5) Who can take part in the study?

People who are eligible to take part in the study will be aged 50 years and over, female and community-living in New South Wales, Australia.

You will not be able to take part in this study if you have limited English language skills, or if you do not have access to the internet, or if you have a medical condition that prevents you from taking part in regular physical activity, or if you are already sufficiently active in accordance with the Australian Physical Activity guidelines (i.e. you take part in 150-300 minutes of moderate intensity physical activity per week).

(6) Do I have to be in the study? Can I withdraw from the study once I've started?

Being in this study is completely voluntary and you do not have to take part. Your decision whether to participate will not affect your current or future relationship with the researchers or anyone else at the University of Sydney..

If you decide to take part in the study and then change your mind later, you are free to withdraw at any time. You can do this by contacting the research officer, **Ms Geraldine Wallbank** on sph.activewomen@sydney.edu.au

If you decide to withdraw from the study, we will not collect any more information from you. Any information that we have already collected, however, will be kept in our study records and may be included in the study results.

If you participate in the interview, you are free to stop the interview at any time. Unless you say that you want us to keep them, any recordings will be erased and the information you have provided will not be included in the study results. You may also refuse to answer any questions that you do not wish to answer during the interview.

(7) Are there any risks or costs associated with being in the study?

We do not expect that there will be any risks associated with taking part in this study. There is no cost to receive access to the online resource. Any costs related to participating in any programs or facilities that you choose following accessing the resource will be your responsibility. Aside from giving up your time, there are no costs or reimbursement involved in the interview. Any costs related to participating in the interview will be your responsibility.

(8) Are there any benefits associated with being in the study?

We cannot and do not guarantee or promise that you will receive any benefits from the study. If the results show a positive effect of receiving the online resource, the study has the potential to benefit the broader community through the provision of the resource to larger numbers of people in other settings.

(9) What will happen to information about me that is collected during the study?

By providing your consent, you are agreeing to us collecting personal information about you for the purposes of this research study. Your information will only be used for the purposes outlined in this Participant Information Statement, unless you consent otherwise.

Your information will be stored securely and your identity/information will be kept strictly confidential, except as required by law. Study findings may be published, but you will not be individually identified in these publications.

We will keep the information we collect for this study, and we may use it in future projects. By providing your consent you are allowing us to use your information in future projects. We do not know at this stage what these other projects will involve. We will seek ethical approval before using the information in these future projects.

(10) Can I tell other people about the study?

Yes, you are welcome to tell other people about the study.

(11) What if I would like further information about the study?

When you have read this information, Geraldine Wallbank will be available to discuss it with you further and answer any questions you may have. If you would like to know more at any stage during the study, please feel free to contact Ms Geraldine Wallbank, Higher Degree Research Candidate, sph.activewomen@sydney.edu.au.

(12) Will I be told the results of the study?

You have a right to receive feedback about the overall results of this study. You can tell us that you wish to receive feedback by ticking the relevant box on the consent form. This feedback will be in the form of a one page lay summary. You will receive this feedback after the study is finished.

(13) What if I have a complaint or any concerns about the study?

Research involving humans in Australia is reviewed by an independent group of people called a Human Research Ethics Committee (HREC). The ethical aspects of this study have been approved by the HREC of the University of Sydney [Protocol 2019/075]. As part of this process, we have agreed to carry out the study according to the *National Statement on Ethical Conduct in Human Research (2007)*. This statement has been developed to protect people who agree to take part in research studies.

If you are concerned about the way this study is being conducted or you wish to make a complaint to someone independent from the study, please contact the university using the details outlined below. Please quote the study title and protocol number.

The Manager, Ethics Administration, University of Sydney:

- **Telephone:** +61 2 8627 8176
- **Email:** human.ethics@sydney.edu.au
- **Fax:** +61 2 8627 8177 (Facsimile)

This information sheet is for you to keep