### ECU-logoCMYK

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**Participant Information Letter**

**Project title:** Strategies and structured exercise programs for adults in Western Australia

**Approval Number:** 2021-02781-FOXHARDING

**Principal Investigator:** Dr Caitlin Fox-Harding

**An invitation to participate in research**

You are invited to participate in a project titled “Strategies and structured exercise programs for adults in Western Australia” which seeks to encourage lifelong participation in physical activity and exercise to the community. You are being asked to take part in this project because you are an adult living within the North Metropolitan local community and/or a client at the ECU Psychological Services Centre.

Please read this information carefully. Ask questions about anything that you do not understand or want to know more about. Before deciding whether or not to take part, you might want to talk about it with a relative or friend.

If you decide you want to take part in the research project, you will be asked to sign the consent section. By signing it you are telling us that you:

* Understand what you have read;
* Consent to take part in the research project;
* Consent to be involved in the research described;
* Consent to the use of your personal information as described.

**What is this project about?**

This project aims to determine the extent to which structured exercise and goal setting can help your overall health. Researchers are seeking to understand the mental wellness effects of participating in physical activity and exercise and whether our approach is feasible and time-efficient.

**What does my participation involve?**

Your participation in this research project will involve 13-weeks of participating in free exercise sessions either in-person (at ECU Psychological Services Centre) or online via Microsoft Teams.

* *You will be asked to sign the consent form at the conclusion of reading this document.*
* *You will complete a pre-screen phone call with an accredited exercise physiologist who will talk through the Physical Activity Readiness Questionnaire to confirm your health status for engaging in structured exercise.*
* *If you consent and are able to take part, your total involvement will be 13-weeks: baseline assessment of your health and wellbeing will be measured, followed by weekly 60-minute sessions, and concluding with measures to assess your health and wellbeing.*
* *Physical activity sessions will include your choice of aerobic (e.g., skipping rope) and resistance (e.g., squats) exercises for intervals ranging from 15-60 seconds.*
* *The baseline and conclusion assessments involve several non-invasive measurements in the form of physical measures (for example, height and weight) and self-report questionnaires (for example, wellbeing and emotional symptoms).*
* *You will be asked to continue your routine daily activity and attend 60-minute exercise and goal setting sessions (either virtual or in-person).*
* *All individual data will be coded to ensure confidentiality. Only the primary researcher and research team will have access to this data. If you withdraw from the study, your results will be destroyed.*
* *To maintain anonymity, a unique identifier (UID) will be generated. This is comprised of the first letter of your first name, the first two letters of your surname, and the last three digits of your mobile number. For example: John Doe's mobile number is 0412345678. His UID would be JDO678.*
* *Although an email address is required to send you the follow-up survey, all email address will be deleted once the second survey has been sent to you. In the second survey you will be required to include your unique identifier code, so anonymous data can be linked between Time 1 (baseline) and Time 2 (follow-up).*

**Do I have to take part in this research project?**

Your participation in this research project is voluntary. If you do not wish to take part, you do not have to. If you decide to take part and later change your mind, you are free to withdraw from the project at any time.

If you do decide to take part, you will be given this Participant Information Letter and Consent form to sign and you will be given a copy of the information letter to keep. Your decision to take part, or to take part and later withdraw, will not affect your relationship with the research team and/or *at the services you receive from the ECU Psychological Services Centre.*

**Your privacy**

By signing the consent form, you consent to the research team collecting and using personal information about you or information about your health for the research project. Any information obtained in connection with this research project that can identify you will remain confidential. *With the small groups, it is possible that de-identified data collected may be re-identifiable by the research team only. For example, original data collected by the research team will be de-identified and analysed using the UID code. Only the research team will have the personal details of the participant but may provide the researchers with clinical information about the participant identified only by a code.* Your information will only be used for the purpose of this research project and it will only be disclosed with your permission, except as required by law.

It is anticipated that the results of this research project will be published and/or presented in a variety of forums. In any publication and/or presentation, information will be provided in such a way that you cannot be identified, except where requested for specific reasons, and then you will be asked to provide written consent.

In accordance with relevant Australian and/or Western Australian privacy and other relevant laws, you have the right to request access to the information about you that is collected and stored by the research team. You also have the right to request that any information with which you disagree be corrected. Please inform the research team member named at the end of this letter if you would like to access your information.

All data collected will be kept in accordance with ECU’s Data Management Policy. Electronic data will be stored on a secure Microsoft SharePoint site provisioned by ECU’s IT Services. All records will be stored as required in ECU’s Records Management Policy. The data will be retained for *7-years* and destroyed, if appropriate at the end of the retention period. Data will be *de-identified* when stored and at the end of the retention period, the data will be destroyed, if appropriate under the State Records Act.

**Possible Benefits**

We cannot guarantee or promise that you will receive any benefits from this research, however possible benefits may include improvement to your overall perceived health and wellbeing. While this research may not provide benefit to you personally, it may provide benefits for people experiencing issues with their mental wellness in the future.

**Possible Risks and Risk Management Plan**

*Exercise typically has some common side-effects, and you may experience some or none of the following when exercising at a mild, moderate or high intensity:*

* *Fatigue*
* *Shortness of breath*
* *Muscle soreness*
* *Dizziness*
* *Perspiration*

*If you are concerned and worried about any of these, please speak with the primary investigator. The primary investigator will be monitoring these and your responses to exercise during the study. Please note that many of these responses are short term and will go away shortly after finishing exercise. However, some – like muscle soreness – could be longer-lasting. If you have any concerns about long-lasting effects or your capability to participate and complete the exercise training, then please do speak with the primary investigator.*

You may feel that some of the questions we ask are stressful or upsetting. If you do not wish to answer a question, you may skip it and go to the next question, or you may stop immediately. If you become upset or worried as a result of your participation in the research project please seek the advice of your GP or relevant health professional. You may also wish to contact the support services listed below.

*SUPPORT SERVICES*

* *ECU Psychological Services*
	+ *Phone: 08 9303 7801*
	+ *Email:* *psychologicalservices@ecu.edu.au*
* *Beyondblue*
	+ *Phone: 1300 22 46 36*
	+ *Web:* [*www.beyondblue.org.au*](http://www.beyondblue.org.au)
* *Black Dog Institute*
	+ [*www.blackdoginstitute.org.au*](http://www.blackdoginstitute.org.au)
* *Headspace*
	+ *Web:* [*www.headspace.org.au*](http://www.headspace.org.au)
* *Lifeline*
	+ *Phone: 13 11 14*
	+ *Web:* [*www.lifeline.org.au*](http://www.lifeline.org.au)
* *Mensline Australia*
	+ *Phone: 1300 78 99 78*
	+ *Web:* [*www.mensline.org.au*](http://www.mensline.org.au)
* *1800RESPECT*
	+ *Phone: 1800 737 732*
	+ *Web:* [*www.1800respect.org.au*](http://www.1800respect.org.au)
* *Relationships Australia*
	+ *Phone: 1300 364 277*
	+ *Web:* [*www.relationships.org.au*](http://www.relationships.org.au)
* *SANE Australia*
	+ *Phone: 1800 187 263*
	+ *Web:* [*www.sane.org*](http://www.sane.org)
* *Head to Health*
	+ *Web: www.headtohealth.gov.au*

For information relating to the University's research participant insurance coverage, please go to: <https://intranet.ecu.edu.au/staff/centres/strategic-and-governance-services/our-services/risk-and-assurance/insurance/practicum-work-experience-or-volunteer-activities>

**What happens when this research study stops?**

We will advise you of the outcomes via *email*. We also intend to publish our results in research journals and present them at research conferences locally, nationally and internationally. Your name or any other identifying information will not be included in any of the publications or presentations.

**Has this research been approved?**

This research project has received the approval of Edith Cowan University’s Human Research Ethics Committee, in accordance with the National Health and Medical Research Council’s *National Statement on Ethical Conduct in Human Research 2007 (Updated 2018)*. The approval number is 2021-02516-FOXHARDING.

**Contacts**

If you would like to discuss any aspect of this project, please contact the following people.

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| **Chief Investigator**  |
| Dr Caitlin Fox-Harding |
| Academic ResearcherExercise Medicine Research InstituteSchool of Medical and Health Sciences |
| Edith Cowan University |
| P: 6304 2342 |
| E: c.foxharding@ecu.edu.au |

If you have any concerns or complaints about the research project and wish to talk to an independent person, you may contact:

|  |
| --- |
| **Independent Person** |
| Research Ethics Support Officer |
| Edith Cowan University |
| P: 6304 2170 |
| E: research.ethics@ecu.edu.au |

If you wish to participate in this research, please *sign the Consent Form and return to c.foxharding@ecu.edu.au*

Sincerely,

Dr Caitlin Fox-Harding

Chief Investigator