

Participation information sheet

How to get people who are ready for activity to engage in regular physical activity

What is the purpose of the study?

The purpose of the study is to understand how to produce physical activity possibilities for disabled people who are ready to become physically active. The study aims to find out 1) how strategies can stimulate disabled people who intend to become active to engage in physical activity 2) the short and long term implications of how these strategies help promoting behaviour change and leading to regular physical activity.

Who is doing this research?

This study is led by Professor Brett Smith in collaboration with Dr Eva Jaarsma.

Who can join the research?

Due to the aims of the research we are interested in **adults (18 years or above)** who associate themselves with one of the following disability groups:

- **Visual impairment**
- **Hearing impairment**
- **Cerebral Palsy**
- **Amputation**
- **Spinal cord injury**
- **Restricted growth**
- **Learning disability**

What will the study look like?

The project will be the physical activity program that will last 30 weeks and will start in December 2016 and January 2017. We will meet help with strategies to engage in physical activities and provide information about what kind of activities you could do.

In week 1, 12 and 30 we will ask you to complete a short questionnaire about your current physical activity level and your confidence in completing different physical activities.

Is there a reward for my participation?

Yes! Every participant will be eligible for travel expenses for the interviews as well as receiving £30 when they complete the 30 week program.

Can I stop the study, even if I have already started the program?

Of course! This study is completely voluntary and you can decide to stop the study at any time, without having to give a reason for it. Even if you have agreed to participate in the study by signing the consent form and you should change your mind, you can simply contact the main researcher and stop your participation.

All data collected until the moment you stop the study will be deleted. However if you decide to stop the program after week 12, we will use that data up until week 12 to determine any short term effects.

How long will the study take?

The program itself will last 30 weeks. The questionnaire sent in week 1, 12 and 30 should take about 15 minutes to complete.

What personal information will be required from me?

During the program we will send you a questionnaire at week 1, 12 and 30 for you to complete. This questionnaire contains questions about your physical activity of the last 7 days and how confident you feel during doing certain exercises.

Are there any risks in participating?

No, there are no risks in participating, but we do ask you to check with your GP whether you can start participating in physical activity.

Will my information be treated and kept confidential?

All data conducted during the program will be treated confidential. The questionnaires will be stored in a locked room. No personal data such as name, initials, date of birth or contact details tracing back to the participant's identity will be collected. All data will be stored on a password secured computer. Only people directly involved in the study will have access to this information.

What will happen to the results?

The results will be published in public documents. These include scientific journals as well as disability and/or physical activity related magazines. Results could also be used for presentations.

If you would like to receive a summary of the results at the end of this study, please tick the checkbox on the consent form and fill out your email or postal address.

What if I have more questions about the study?

For any questions or further details about the study please contact Dr Eva Jaarsma at e.jaarsma@bham.ac.uk