**PARTICIPANT INFORMATION STATEMENT**

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| **HREC Project Number:** | HRE2022-0304 |
| **Project Title:** | Development, implementation and testing of an intervention to promote Vigorous Intermittent Lifestyle Physical Activity (VILPA) in insufficiently physically active adults transitioning to retirement |
| **Chief Investigator:** | Associate Professor Joanne McVeigh |
| **Student researcher:** | Bingyan Pang |
| **Version Number:** | VILPA\_Community\_Members\_V3 |
| **Version Date:** | 27/04/2023 |

**What is the Project About?**

The World Health Organization (WHO) recommends adults accumulate minimum 75 minutes of high intensity physical activity or 150 minutes of moderate intensity physical activity each week. People who meet these physical activity recommendations have a lower risk of getting some cancers, heart disease, diabetes, and dementia. More than half of Australian adults do not meet WHO’s recommendation. This project aims to test an intervention to help people transitioning to retirement accumulate physical activity.

Existing programs to promote physical activity in adults tend to focus on exercises at the gym, participation in sports, or walking for 30 to 60 minutes each day. There are many obstacles to doing these exercise programs.

In this project, we are testing a physical activity program that does not require the person to have special exercise skills. The program was developed by reviewing international literature and co-designed with people transitioning to retirement and health professionals. The program contains activities that can be done anywhere and anytime. The NEW physical activity program has the following features:

1. The physical activity in this program will be at high intensity, the person doing the activity would have increased breathing rate and might be ‘huffing and puffing’.
2. The activities will only last a few minutes each time.
3. The activities involve in the intervention will be daily activities that already exist in your life such as
   1. Brisk walking
   2. Climbing stairs
   3. Carrying a small load of shopping
   4. Carrying / Playing with children
4. You will not require to have special training or any equipment to perform the activities.

We are looking to test the feasibility and acceptability of this NEW physical activity program in people who are transitioning to retirement.

**Who is doing the Research**?

The project is being conducted by Miss Bingyan Pang, a PhD candidate at Curtin University. The results of this project will be used by Miss Pang to obtain a Doctor of Philosophy. Miss Pang is supervised by Associate Professor Joanne McVeigh, Doctor Joanna Moullin, Doctor Craig Thompson and Professor Cecilie Thogersen-Ntoumani.

**Why am I being asked to take part and what will I have to do?**

We are looking for people who are transitioning to retirement and do not currently do enough physical activity.

We are looking for 80 participants who meet the following criteria:

* Recently retired in the past 6 months or planning to retire in the next 5 years.
* Do not currently attend any exercise programs or sports to maintain physical fitness.
* Able to walk and take stairs without assistance.
* Have no major health conditions which prevent you from doing daily activities.
* Willing to wear a small device to collect physical activity data for 7 days.
* Willing to participate record physical activity data on checklists throughout the duration of the 12-week program.
* Willing to be randomised into either intervention or waitlist group.
* Willing to participate in immediate, one-month and three-month post program surveys.

The aim of the study is to test the feasibility of the NEW program and to see if the NEW program is able to increase physical activity in adults transitioning to retirement. You will be randomised to either an intervention group or a waitlist group. The intervention group will receive the NEW physical activity program for 12 weeks. The waitlist group will receive the NEW physical activity program after the intervention group has completed their 12-week program.

Your participation will involve:

1. Attending Curtin University for pre-, mid-way, and post-program measurements. The measurements would take roughly one hour.
2. Being fitted to a small device (accelerometer), which measures your daily activities for 7 days.
3. Continuing your day as normal for the next 7 days.
4. Send the accelerometer back to Curtin via mail.
5. Complete the NEW physical activity program as provided if you are randomised to the intervention group or wait for the program if you are in the waitlist group.
6. If you are in the waitlist group, while you are waiting for the program, you will be provided with the current World Health Organization physical activity recommendation brochure.
7. Complete post-program surveys immediately after completion, one-month and three-month after completion.

The pre-, mid-way, and post-program measurements will take place on the field, next to the Curtin Stadium Health and Rehabilitation Clinic, Curtin University, Bentley Campus, Western Australia. The measurements involve a short survey, resting heart rate and blood pressure, and a six-minute walking test.

Short survey (36-Item Short Form Survey (SF-36).Your health and well-being will be measured using this survey of 36 simple questions used to assess your quality of life.

Heart rate and blood pressure.Both resting heart rate and blood pressure will be measured using an automated blood pressure monitor. These two outcome measures are commonly used your general health status and fitness.

Six Minute Walking Test (6MWT).The 6MWT will consist of you walking as fast as you can, on flat ground, for six minutes. The total distance achieved in six minutes will be recorded. If you experience discomfort during the six-minute walking test, you will be asked to stop, and the distance achieved will be recorded in metres. The six-minute walk test is a quantifiable and valid method to measure your fitness and endurance.

If you are being randomised to the intervention group, we will provide a FitBit Inspire 3 to you during your 6MWT. The Fitbit Inspire 3 will be used to detect your vigorous heart rate level. We will provide you with a FitBit Inspire 3 during week one and two, week six and seven of the program. You will return the FitBit Inspire 3 to the research team upon completion of week two and week seven of the program.

There will be no cost to you for taking part in this research and you will not be paid for taking part.

It is your choice if you decide to take part or not. All information will be non-identifiable. Your contact information will be stored in a secured file at Curtin University.

**Are there any benefits to being in the research project?**

You will be provided with the NEW physical activity program at no cost to you.

The NEW physical activity program hopes to provide you with an opportunity to accumulate enough physical activity and meet WHO guidelines with little effort.

We hope the program will allow us to provide this opportunity in the future to other people aged 55 and above, and/or transitioning to retirement, to accumulate physical activity, prevent chronic health conditions, and reduce health burdens.

**Prize draw**

You will enter a draw to win one in five Fitbit Inspire 3 as appreciation of your involvement in testing the program.

The close date for receipt of entry will be upon completion of the three-month post-program survey. All potential participants will be notified via mobile phone regarding closure for receipt of entry once the three-month post-program survey is completed.

Upon completion of the three-month post-program survey, the winners will be notified via mobile phone individually and the Fitbit Inspire 3 will be sent via registered mail. All 80 participants are eligible for the prize draw. The prize if not dependent on the promptness of your response to post-program surveys. All 80 participants can enter the prize draw even if they do not fully complete the program. Failure to fully complete the research activities will not disqualify you from entry to the prize draw.

**Are there any risks, side-effects, discomforts, or inconveniences from being in the research project?**

We anticipate minimal physical and psychological risks, side effects and/or discomforts from this project. We will provide general health and safety advice. You will need to seek medical clearance prior to the commencement of the project. If you experience chest pain, you should cease participation immediately and seek medical help. You will be required to seek medical clearance prior to re-commencement of the project.

Apart from giving up your time, we do not expect that there will be any other risks or inconveniences associated with taking part in this study. If you feel the project or questionnaires in this project are causing you distress, you are free to withdraw from the study.

The researchers and participants will follow all COVID-19 regulations and rules as per Curtin University and the Western Australian Health Department.

**Who will have access to my information?**

The information collected in this research will be re-identifiable (coded). This means that the stored information will be re-identifiable which means we will remove identifying information on any data or sample and replace it with a code. Only the research team has access to the code to match your name if it is necessary to do so. Any information we collect will be treated as confidential and used only in this project unless otherwise specified. The following people will have access to the information we collect in this research: the research team and, in the event of an audit or investigation, staff from the Curtin University Office of Research and Development.

Electronic data will be password-protected and hard copy data (including audio tapes) will be in locked storage.

The information we collect in this study will be kept under secure conditions at Curtin University for 7 years after the research has ended and then it will be kept indefinitely.

The results of this research may be presented at conferences or published in professional journals. You will not be identified in any results that are published or presented.

Whilst all care will be taken to maintain privacy and confidentiality of any information shared at a focus group or group discussion, you should be aware that you may feel embarrassed or upset if one of the group members repeats things said in a confidential group meeting.

**Will you tell me the results of the research?**

A summary of the project’s overall results should be sent to you.

We will write to you at the end of the research (in about 6 months) and let you know the results of the research. Results will not be individual but based on all the information we collect and review as part of the research.

We will also make the results available via publication in a health journal.

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

Taking part in a research project is voluntary. It is your choice to take part or not. You do not have to agree if you do not want to. If you decide to take part and then change your mind, that is okay, you can withdraw from the project. You do not have to give us a reason; just tell us that you want to stop. If you chose to leave the study, we will use any information collected unless you tell us not to.

**What happens next and who can I contact about the research?**

Contact

Name: Bingyan Pang

Email: [bingyan.pang@postgrad.curtin.edu.au](mailto:bingyan.pang@postgrad.curtin.edu.au)

Phone: 0449 789 370

Name: Joanne McVeigh

Email: [joanne.mcveigh@curtin.edu.au](mailto:joanne.mcveigh@curtin.edu.au)

Phone: 08 9266 7247

If you decide to take part in this research, we will ask you to sign the consent form online via a checkbox. By signing it is telling us that you understand what you have read and what has been discussed. Signing the consent indicates that you agree to be in the research project and have your health information used as described. In addition, we will ask for your consent via checkboxes to have your FitBit Inspire 3 data collected and gathered via cloud-based platform, to be contacted about future research projects that are related to this project, and to have your information stored and used in future ethically-approved research projects related to this project. Please take your time and ask any questions you have before you decide what to do. You will be given a copy of this information and the consent form to keep.

Curtin University Human Research Ethics Committee (HREC) has approved this study (HREC number HRE2022-0304). Should you wish to discuss the study with someone not directly involved, in particular, any matters concerning the conduct of the study or your rights as a participant, or you wish to make a confidential complaint, you may contact the Ethics Officer on (08) 9266 9223 or the Manager, Research Integrity on (08) 9266 7093 or email hrec@curtin.edu.au.