

## Participant information sheet

Title of Study: Understanding physical activity in people living with a musculoskeletal condition.

London Metropolitan University Reference: SSPR-028. This study has been approved by the University Research Ethics Committee.

PLEASE KEEP THIS INFORMATION SHEET FOR FUTURE REFERENCE

### Invitation

Thank you for expressing an interest in this study. I am a Senior Lecturer in Public Health at London Metropolitan University. I would like to invite you to participate in this study, which forms part of a wider evaluation of health promotion information for Versus Arthritis. You should only participate if you want to; choosing not to take part will not disadvantage you in any way. Before you decide whether you want to take part, it is important for you to understand why this study is being conducted and what your participation will involve. Please take time to read the following information carefully and discuss it with others if you wish. Please do ask me if there is anything that is not clear or if you would like more information. My details are at the end of this document.

Many thanks

Dr Justin Webb PhD, MPH, FRSPH

### What is the purpose of the study?

The aim of this study is to understand physical activity in people with a musculoskeletal condition, and the use and usefulness of an online programme and its impact on physical activity. This study will allow for a greater understanding of the needs of people living with a musculoskeletal condition and how services can be better designed, developed, and distributed in the future.

### How is the project being funded?

This study is funded by Versus Arthritis.

### Why have I been invited to take part?

I am inviting you as someone who has a musculoskeletal condition, is aged over 18, with the ability to read and write English and provide informed consent. You will currently not be participating in 150minutes (2.5 hours), or more, of physical activity in a normal week. You will not have participated

in a Versus Arthritis physical activity programme within the last 12 months. You will have a smartphone and be willing to complete regular emailed surveys. Others who meet these criteria have also been invited to take part.

#### Do I have to take part?

Your participation is voluntary. You do not have to take part. You are free to withdraw from this study at any time, without giving any reason and without being disadvantaged in any way. You can request that the data collected from you be withdrawn, by contacting me.

#### What will happen to me if I take part?

If you decide to take part, please follow the link in the email to provide your consent. I will then contact you at the start of August to complete an online survey; this will involve providing information such as name, date of birth, gender, ethnicity, phone number and postcode, some questions concerning your musculoskeletal condition, your quality of life, and some wellbeing questions.

You will receive, over email, access to an online physical activity programme. This will either be sent to you straight away or three months after the start of the study – this will be decided randomly; this allows us to understand the influence of the programme on wellbeing and lifestyle behaviours (comparing those that did and did not receive access). Regardless of when you receive access, you will be required to complete an online survey at the start of the research, once a week for 3 months, with a final survey at 6 months. Each online survey should take no more than 10-minutes to complete. The weekly surveys will ask you to record your average daily step count for the previous week, and your highest step count on any one day in the previous week, taken from your smartphone (please use the same smartphone for the duration of the study). To do this, please keep your phone on your person, in a pocket close to your hip. Steps can be tracked on the iPhone Health app or using the Google Fit app on android phones; you can still take part in this study even if you cannot record your daily step count. The surveys will be sent to your email at 10am on a Monday morning with a reminder text sent to your smartphone.

You may be invited to take part in a phone interview lasting approximately 30 minutes. Interviews will be audio recorded and transcribed for review. You will be sent a copy of this transcription if you wish. You can still take part in this study even if you do not want to be interviewed.

The information that you provide as part of this study will be published as a report (a copy of which will be sent to you on e-mail) and some academic papers. You are able to withdraw your data up to the point of publication. Your confidentiality and anonymity will be maintained and it will not be

possible to identify you in any publications; you will not be named in any publication. You will be offered the chance to take part in a debriefing phone call at the end of your involvement in the study should you wish. Your anonymised data may be used in future studies that have received all ethical, legal and regulatory approvals. You may also be contacted in the future by London Metropolitan University researchers to invite you to participate in follow up studies to this project, or in future studies of a similar nature.

#### What are the possible benefits and risks of taking part?

As mentioned, this study will support a greater understanding of the needs of people living with a musculoskeletal condition in regards to their wellbeing, and how services and information can be better designed, developed and distributed in the future. You will receive an electronic copy of the final report.

We do not anticipate any risks from taking part in the study. You will receive detail of an online physical activity programme; what you do with this information and any actions that you take (or not) based on this information is up to you. Engagement with any activities mentioned within the programme is your personal choice; no expectation is placed on you. In the unlikely event that you experience any negative consequences from involvement in this study, please let me know and I will help to get you the support that you need; any such incidences will be recorded and reported as part of this study.

#### Will my taking part be kept confidential?

Any data collected from you is regarded strictly confidential and will be held securely until the study is finished. All data for analysis will be anonymised. In reporting on the study findings, I will not reveal the names of any participants.

All project data (e.g. consent forms) will be held for at least six years and all study data for at least 10 years in accordance with University policy. Your personal data will be held and processed in the strictest confidence, and in accordance with the Data Protection Act. All information gathered will be held on password-locked computers and University servers. The online surveys will make use of online survey software ensuring the highest levels of data security. No identifiable data will be accessed by anyone other than me, members of the study team, and Versus Arthritis. All personal identifiers will be removed in all other instances.

What will happen to the results of the study?

I will produce a final report summarising the main findings, which will be sent to you on e-mail. I also plan to disseminate the study findings through a report and academic publications and conferences.

Who should I contact for further information?

If you have any questions or require more information about this study, please contact me using the following contact details:

Dr Justin Webb | School of Social Professions | London Metropolitan University | 166-220 Holloway Road | London N7 8DB

Phone: 020 7133 2783 | Email: [j.webb1@londonmet.ac.uk](mailto:j.webb1@londonmet.ac.uk)

What if something goes wrong?

If you wish to make a complaint about the conduct of this study, you can contact Professor Duncan Stewart, the Research Lead for the School of Social Professions at London Metropolitan University using the details below:

Professor Duncan Stewart | School of Social Professions | London Metropolitan University | 166-220 Holloway Road | London N7 8DB

Email: [d.stewart@londonmet.ac.uk](mailto:d.stewart@londonmet.ac.uk)

The University has in force the relevant insurance policies which apply to this study.

Thank you for taking the time to review this Participant Information Sheet.