THE UNIVERSITY OF BRITISH COLUMBIA

Participant Information and Consent Form: Counsellors

An evidence-based approach to understanding and improving exercise counselling for adults with spinal cord injury

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Invitation to take part in a study

You are invited to take part in a study that aims to evaluate the efficacy of evidence-based training modules on best practices for spinal cord injury (SCI) physical activity counselling. These training modules are developed using a systematic approach in partnership with end-users (e.g., SCI peer mentors, recreational therapists, occupational therapist, physiotherapists, counsellors).

The results of this study will be used to further improve the evidence-based training on best practices for SCI physical activity counselling and will inform the implementation of the training in various settings.

Partners and sponsor

This study is being conducted by researchers from the University of British Columbia (Dr. Femke Hoekstra, Dr. Kathleen Martin Ginis, Dr. Heather Gainforth) in partnership with a panel that aims to develop, evaluate and implement evidence-based training modules on the best practices for SCI physical activity counselling. This study is part of the International Collaboration on Repair Discoveries (ICORD), a multidisciplinary research center focusing on all realms of SCI research. The study is being funded by Craig H. Neilsen Foundation. The panel and funder will not have access to the raw data and will only receive aggregate findings from this work.

Who can participate?

You may be able to participate in this study if you:

1) work or volunteer as an exercise/lifestyle counsellor, SCI peer mentor, occupational therapist, therapeutic recreation professional, physiotherapist, psychomotor therapist, social worker, kinesiologist, rehabilitation assistant, SCI caregiver, fitness trainer or coach; AND
2) work or volunteer in Canada, United Kingdom, Ireland, United States of America, Australia, or New Zealand; AND

3) are planning to provide professional guidance or counselling to one or more clients in the next 12 months on starting and/or maintaining a physically active lifestyle. This can include guidance or support as part of the SCI peer mentorship program; AND
4) are over the age of 18 AND
5) can read and understand English.

<u>You cannot participate in this study if provided feedback on a previous version of the SCI physical activity counselling training modules.</u>

Study procedure
This is an intervention study, which is comparing the effectiveness of the training modules for improving knowledge and confidence on using the SCI physical activity counselling best practices. This study involves completing online surveys at three moments and a phone-/online-based interview.

If you decide to participate in the study you will be asked to complete an online survey. Completing the survey will take ~20 minutes. The survey will include questions about your counselling experiences, demographic information, and your knowledge, skills, confidence, and intentions to using the best practices of SCI physical activity counselling. After completing this initial survey, you will be randomized to the *"intervention"* or the "*control"* group. The intervention includes completing the online, self-guided training modules on SCI physical activity counselling. The *intervention* and *control* groups will receive the same training modules, but at different times.

If you are allocated to the "*intervention"* group, you will be provided with the online training modules on SCI physical activity counselling. You will be asked to complete this training within 1 week. The training modules can be completed online in your own pace and will take about ~2.5 hours. After finishing the training modules, you will be asked to complete a second online survey. This second survey will include the same questions as the first survey. You will also be invited for a third online survey and a phone-/online-based interview about your experiences and satisfaction of the training. You will be asked to provide any feedback to improve the training modules. The third survey will take about ~15-20 minutes to complete. The interview will occur over the phone or using UBC's Zoom audio-video software. Interview sessions will be recorded and transcribed electronically using UBC's Zoom software. The interview will take approximately 20-30 minutes to complete.

If you are allocated to the *"control"* group, you will be asked to complete the first survey and one week later the second survey. Completing these surveys will take ~15-20 minutes per survey. After the second survey, you will be provided with the same training modules as the intervention group. If you complete the training modules, you will be invited to complete a third online survey. This survey includes same questions as the second survey and questions about your experiences and satisfaction of the training. You will also be invited to take part in a phone-/internet-based interview about your experiences and satisfaction of the training. The interview will occur over the phone or using UBC's Zoom audio-video software. Interview sessions will be recorded and transcribed electronically using UBC's Zoom software. The interview will take approximately 20-30 minutes to complete.

Time commitment
Completing the surveys will take ~15-20 minutes each. Scheduling the interview session will take ~10 minutes. The interview session will take ~20-30 minutes. Completing the training modules will take ~2.5 hours. If you are allocated to the *intervention* group the total time commitment will be 4 hours and

10 minutes. If you are allocated to the *control* group your total time commitment will be 4 hours and 20 minutes (same time commitment as intervention group with an additional 10 minutes for completing a longer survey).

Remuneration and compensation
You will receive a $25 (CAD) gift card for completed the first two online survey and an additional $25 (CAD) gift card for completing the third survey and interview session on your experiences (total $50 for completing the study). Gift cards can be provided in another currency with equivalent amount.

Potential risks
There are no known physical, psychological, economic, or social risks associated with this study. You should not feel obliged to participate in anything that you find objectionable or that makes you feel uncomfortable. You may also withdraw from the study at any time by contacting Dr. Femke Hoekstra or Dr. Kathleen Martin Ginis.

Potential benefits
By participating in this study, you will be provided with online, self guided training modules on the best practices for SCI physical activity counselling. By completing these training modules, you may improve your knowledge and confidence related to providing SCI physical activity counselling.

Your participation in this study will help us to further improve these SCI physical activity counselling training modules and inform the implementation of the training modules. By participation in this study you can contribute to improving physical activity counselling services for adults with SCI.

Confidentiality
All information received will be confidential. Unique identification codes will be created for each participant in order to maintain confidentiality and to link your survey data to the transcription data. The online surveys are administered by the UBC-hosted version of Qualtrics. Interviews will be conducted over the telephone or a password protected UBC zoom meeting with servers located in Canada. All zoom meetings will be privately shared with only the participant and then locked as soon as the interview starts to prevent new participants from joining. All electronic data (survey, audio-recordings, transcripts) will be stored in password-protected files on password-protected computers.

The data from this study may be shared via reports and presentations to both scientific and broader community, but any such presentations will be of general findings and will never breach your confidentiality. You can contact the research team at any time to receive a copy of these reports. Data will be stored and backed up in Canada, for a minimum of 5 years following publication.

Contact for information about the study
If you have any questions or desire further information with respect to this study, you may contact Dr. Femke Hoekstra at femke.hoekstra@ubc.ca.

Contact for concerns about the rights of research participants
If you have any concerns or complaints about your rights as a research participant and/or your experiences while participating in this study, contact the Research Participant Complaint Line in the UBC Office of Research Services at 1-877-822-8598 or the UBC Okanagan Research Services Office at

250-807-8832. It is also possible to contact the Research Participant Complaint Line by email (RSIL@ors.ubc.ca) and reference our study number: H21-00243.

Consent

Your participation in this study is entirely voluntary and you may refuse to participate or withdraw from the study at any time. If you prefer, you can email or call Dr. Femke Hoekstra or Dr. Kathleen Martin to withdraw and have your data and recordings deleted from the study.

Thank you in advance for your participation.

Remember that your responses will be kept confidential.

If you would like to participate, please click on the "next page" button to begin. This will indicate that you have read and understood the above information and have consented to participate in this study. If you do not wish to participate, please exit this website.

To print or save a copy of this consent form for your records, please click on the link below