

## upSTANDIng GP Study: Participant Information Sheet for GPs

Chief Investigator: Professor Amanda Daley, Loughborough University, Loughborough, Email: [a.daley@lboro.ac.uk](mailto:a.daley@lboro.ac.uk)

This leaflet provides you with information about the upSTANDIng GP study. This is a research study designed to examine how feasible and acceptable using a standing desk is within general practice, particularly during consultations with able-bodied adults. We hope the information below will help you make a decision about whether you would like to take part in this study.

### What is the purpose of the study?

There is good evidence that sitting for long periods of time can contribute to poor health and wellbeing, even in people who are physically active. GPs are likely to sit for long periods of the day. This study is interested in whether GP standing desks can help GPs to sit less during their working day and whether standing during consultations is acceptable to patients. To do this, we will provide a small platform, called a sit-stand desk, that goes on top of an existing desk and moves up and down to allow work to be done in a sitting or standing position (see Figure 1). You will have the desk for up to four weeks. We will then ask GPs and patients their views of standing up during consultations.



Figure 1: Example of a sit-stand desk

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

You will be given access to a sit-stand desk for four weeks. Reducing sitting time at work has shown multiple benefits from reduced musculoskeletal complaints to improved work productivity. You may be able to keep the desk following the study.

### Why have I been chosen?

You are a GP currently working in the UK.

### What would taking part in the upSTANDIng GP Study involve?

If you take part in this study, there are several things we will ask you to do. For ease, we have broken down each stage of the study here:

#### Before getting the sit-stand desk:

- The research team will contact you to check you are eligible to take part.
- If you are eligible, we will arrange to meet you and ask you some questions about yourself, your work and your views about sit-stand desks. We will also provide you with a small thigh worn device (called an activPAL) to wear for 8 days which records how much you sit and move each day (see Figure 2). **You should remove and reapply the device regularly to avoid skin irritation (see the activPAL instructions for more details).** We will ask you complete a brief diary to report your sleep and work times. At this stage, we will ask you to continue with your normal day to day activities.

### Getting the sit-stand desk:

- After wearing the activPAL for 8 days, we will install a sit-to stand desk in your consultation room. This can be placed on top of your existing desk. We will explain how to use the desk. How much you use the desk is up to you. You will have access to the sit-stand desk for four working weeks. The desk will be fitted with a device that measures how often you use the desk.
- You will be asked to use the desk for face-to-face consultations when you consider it appropriate. We ask you give patients a questionnaire following these standing consultations. The questionnaires will be provided by a member of the research team when the desk is installed.
- For the last 8 days of using the sit-stand desk, we will ask you to wear the activPAL and complete the sleep and work diary again.

### After having the sit-stand desk:

- After four weeks we will remove the standing desk and collect the activPAL device. We will also ask you to answer some questions about your experience of using the standing desk.
- We will invite you to take part in an interview to discuss in more depth your experience of using the standing desk. **Interviews will be audio recorded and transcribed.**



*Figure 2: The activPAL device*

### How long will the study take?

We will ask you to use the sit-stand desk for four working weeks, as well as wear the activPAL for eight days before using the sit-stand desk and again at the end of your time using the desk, so the study will take a minimum of 37 days to complete.

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

We do not expect any risks or disadvantages from taking part in this study.

### Who is organising and funding the research?

This study is being organised and co-ordinated by the Loughborough University. It is funded via the National Institute for Health Research.

### Who has reviewed the study?

This study has been reviewed and given a favourable opinion by Wales Research Ethics Committee 2. The study reference number is 21/WA/0082.

### Will my taking part in this study be kept confidential?

If you decide to take part in this study, all personal information collected about you will be kept strictly confidential, it will be securely handled and stored at Loughborough University in accordance with your consent and the provisions of the General Data Protection Regulation (GDPR). With your permission, and where relevant to your involvement in the study, your data may be looked at by researchers from the upSTANDING GP team at Loughborough University, the trial Sponsor (Loughborough University) or the regulatory authorities. Your anonymised research data may also be looked at by wider member of the research team from other collaborating universities and institutions including University of Leicester and the RCGP.

### What happens if I have a complaint about the study?

If you have a concern about any aspect of this study, you should ask to speak to the research team who will do their best to answer your questions (contact details listed above). If you remain unhappy and wish

to complain formally, please contact the Secretary of the Ethics Approvals (Human Participants) Sub-Committee, Research & Enterprise Office, Hazlerigg Building, Loughborough University, Epinal Way, Loughborough, LE11 3TU. Tel: 01509 222423. Email: [researchpolicy@lboro.ac.uk](mailto:researchpolicy@lboro.ac.uk) The University also has policies relating to Research Misconduct and Whistle Blowing which are available online at:

<http://www.lboro.ac.uk/committees/ethics-approvals-human-participants/additionalinformation/codesofpractice/>

### **What if I do not want to take part?**

You do not have to take part if you do not want to. If at any point during the study you change your mind you can withdraw without having to give a reason. All you need to do is get in touch with a member of the study team using the details provided below and inform them of your decision to withdraw.

### **What will happen to the results of the research study?**

Once the study has finished, we may publish the findings in a scientific journal including direct quotations from the interview transcripts and questionnaire responses. No individual will be identified in any publications and all quotations will be anonymous.

### **Data Protection Privacy Notice.**

Loughborough University will be using information/data collected from you to undertake this study and will act as the data controller for this study. This means that the University is responsible for looking after your information and using it properly.

### **What personal information will be collected from me and how will it be used?**

Your name, age, gender, work address and contact details will be collected during your participation and will only be used to contact you in relation to the upSTANDiNG GP study and for no other purpose.

### **What is the legal basis for processing my personal information?**

Under GDPR, some of the personal data which will be collected from you is categorised as “sensitive data” (e.g. your name & contact details). The processing of this data is necessary for scientific research in accordance with safeguards. This means that the study has been through an ethical committee to ensure that the appropriate safeguards are put in place with respect to the use of your personal data. Personal data will be processed on the public task basis. Individuals’ rights to erasure and data portability do not apply if you are processing on the basis of public task. However, individuals do have a right to object.

### **Will my taking part in this study be kept confidential?**

Yes. Data collected in this research study will be stored confidentially and anonymously coded where possible, in line with GDPR. The data will be stored on an encrypted computer and only accessed by the study researchers.

### **How will I be informed of the timeframe for withdrawing my data before this has been aggregated in the study or published?**

You will be informed that if you wish to your data to be withdrawn from the study, you must inform the study researchers within seven days of completing the study. After this time, it will not be possible to withdraw your data.

### **How long will identifiable personal information be retained?**

Your contact details will be retained by Loughborough University until the end of the study. This is so that we can send you the study results.

### **How long will anonymised data/results be retained?**

The anonymised results will be retained by Loughborough University for 10 years after the completion of the research in line with Loughborough University’s Policy. The research team will seek approval from Loughborough University as the sponsor of the study before deleting the data.

### **Further information.**

If you require any further information regarding the GDPR, please see:

<https://www.lboro.ac.uk/privacy/research-privacy/>. If you have any further questions about the research or how we use your information, please contact the upSTANDiNG GP research team on <telephone number> or <email address>.

**If you are interested in taking part or would like more information, please contact the research team.**

Email: <email address>      Telephone: <telephone number>