Participant Information Statement

Participants

Research study: Implementation of the Choose to Move Program in Sydney Australia

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1. What is this study about?

We are conducting a research study to determine if the *Choose to Move* program is effective in motivating people who are living in Sydney and aged 50 and over to increase their physical activity levels and become more socially.

The *Choose to Move* program designed by the Active Aging Research Team at the University of British Columbia in Canada, has previously been shown to increase physical activity, improve mobility and reduce social isolation and loneliness in older adults. We will adapt this program and the implementation strategies to adults living in Sydney. We will then measure the effect of the *Choose to Move* program on physical activity, and indicators of physical, mental, and social health over the study period.

Taking part in this study is voluntary. This Participant Information Statement tells you about the research study. Knowing what is involved will help you decide if you want to take part in the research. Please read this sheet carefully and ask questions about anything you don't understand or want to know more about.

What is the *Choose to Move* Program?

Choose to Move is a free and flexible 3-month program that provides motivation and support to adults aged 50 and over to become more physically active and socially connected. *Choose to Move* may help you integrate more activity into your daily routine, meet new friends, and make positive changes to your lifestyle.

You will work with a trained activity coach, in a group of 10-12 other people, to set health goals and develop a personalised physical activity plan, as part of the *Choose to Move program*. You will receive ongoing support from the activity coach and group members to find new ways to live a healthier, more active life.

Choose to Move is **NOT** a regular fitness program – you do not meet to exercise together.
Choose to Move is **NOT** a structured personal training program, but it does provide motivation and resources to build more physical activity into your daily routine.

Choose to Move consists of:

- ✓ **A one-to-one consultation action plan** (30-minutes) with the activity coach.
  The consultation helps you set health-related goals and develop a physical activity action plan.

- ✓ **Group meetings** (8 x 1-hour sessions) where you connect with others in the group to share experiences and encourage and motivate each other. Together you will learn about various health topics (e.g., physical activity, falls prevention, nutrition) and resources available in your community. Activity coaches will lead short group tasks throughout the meetings to give you an opportunity to interact together.

- ✓ **Access to the *Choose to Move* resources**
  - Website
  - Facebook
  - Handouts
  - Newsletter

2. Who is running this study?

The study is being carried out by the following researchers:

- **Professor Anne Tiedemann**, Professor of Physical Activity and Health, Faculty of Medicine and Health, University of Sydney
- **Professor Heather McKay**, Professor of Active Aging Research Team, University of British Columbia
- **Professor Catherine Sherrington**, Senior Principal Research Fellow, Faculty of Medicine and Health, University of Sydney
- **Associate Professor Leanne Hassett**, Principal Research Fellow, Faculty of Medicine and Health, University of Sydney
- **Professor Luke Wolfenden**, NHMRC Principal Research Fellow, University of Newcastle
- **Emeritus Professor Adrian Bauman**, University of Sydney
- **Professor Philayrath Phongsavan**, Professor of Public Health, Faculty of Medicine and Health, University of Sydney
- **Professor Benjamin Smith**, Professor of Public Health, Faculty of Medicine and Health, University of Sydney
- **Dr Juliana S Oliveira**, Early Career Researcher, Faculty of Medicine and Health, University of Sydney
- **Dr James Kite**, Lecturer in the Prevention Research Collaboration, Faculty of Medicine and Health, University of Sydney
- **Community organisation: SHARE**

This study is being funded by the National Health and Medical Research Council (NHMRC) through a competitive research grant.

The investigators declare no duality or conflict of interest.

3. Who can take part in the study?

We are seeking people who:

- are aged 50 years and over.
- live in the community in Sydney, Australia.
- consider themselves inactive (i.e. do not take part in 150 minutes of moderate intensity physical activity per week).
- are interested in receiving support to become more physically active.
- are able to commit to the 3-month Choose to Move program.

You will not be able to take part in this study if you have insufficient English language skills (since the *Choose to Move* program requires English language skills to fully participate in the sessions), if you have a medical condition that prevents you from taking part in regular physical activity or if you have been diagnosed with cognitive impairment.

4. What will the study involve for me?

If you decide to take part in this study, you will be asked to:

- Provide your contact details so one of the study research team can contact you to discuss the program further.
- Confirm your eligibility for the study by completing a screen form by the study research team.
- Attend an information session 1-2 weeks before the program starts to help decide if *Choose to Move* is right for you.
- Provide your consent to participate either via an online form or paper-based form. This will be provided to you by the study research team.
- Complete a demographic and get active questionnaire to determine if it is necessary for you to seek further advice from your doctor before becoming more physically active and informs us what type of physical activities could be suitable for you. This survey will take about 10 minutes to complete.
- Complete three surveys about your physical activity, past falls, physical function, sedentary behaviour, loneliness, and quality of life. These surveys are to be completed before you start the program and repeated at 3 and 9 months after program commencement. The surveys will take about 20 minutes to complete each time and can be filled out electronically (a link emailed to you) or in paper format (mailed to you) as preferred.
- If you are participating in a face-to-face class, we will also take physical measures such as balance, strength, and mobility before and after the 3-month program (before group meetings 1 and 8).

Following the 3-month program you will complete an additional survey telling us about your experience and impressions of the *Choose to Move* program that you took part in. This impressions survey will take no longer than 10 minutes to complete.

The *Choose to Move* Program

One-on-one action plan consultation

You will receive a one-on-one session, lasting up to 30 minutes, delivered by an activity coach with experience working with older adults and with knowledge of supports and services available in the community. This session will take place between group 1 and 2 meetings. In discussion with the activity coach, you will set your own physical activity goals, and choose local physical and social activities that suit their interests, goals and ability.

Group meetings

Over the 3-month program period, you will attend eight activity coach-led group meetings (~1 hour per meeting) either in a face-to-face group in a community or online using zoom. These meetings aim to encourage, motivate and inform you about increasing your physical activity. You will receive health information in areas such as physical activity, falls prevention, goal setting and nutrition and will share challenges and solutions to being active within the group meetings.

Choose to Move resources

Following each group meeting, a summary of key information will be available in the form of a handout. You will have access to the *Choose to Move* website and Facebook page which includes a collection of trusted resources to help keep your active and motivated. You may also want to sign up for an optional fortnightly newsletter to receive updates about the *Choose to Move* program and access additional resources to help you get active.

Qualitative study

To evaluate the experience of the *Choose to Move* program, a small subset of participants will be invited to participate in a semi-structured end of study interview after the 3-month program has been completed and all other surveys are completed. The interviews (of about 30-40 minutes) will be conducted over the telephone by a researcher who is not involved in delivering the program. We will ask for your consent to audio record the interview prior to the commencement. Interviews will explore your perspectives on the advantages and disadvantages of the *Choose to Move* program, motivation, self-efficacy, confidence, beliefs about physical activity and facilitators and barriers to participation in each component of the *Choose to Move* program.

The audio file will be transcribed by REV professional transcription service. The audio files will be moved to the University of Sydney password protected central research data store network until they are transcribed. The audio files will be destroyed after transcription. Your information will only be used for the purposes outlined in this Participant Information Statement, unless you consent otherwise.

Study completion

Access to the *Choose to Move* program will cease at the conclusion of the 3-month period. After the study, you can continue to use any advice you receive about being physically active, and you can continue to access the *Choose to* Move website and Facebook page. If you joined an exercise or social class because of this program, you could continue this class beyond the study.

5. Can I withdraw once I have started?

Being in this study is completely voluntary and you do not have to take part.
Your decision will not affect your current or future relationship with the researchers at The University of Sydney or any other organisations. If you decide to take part in the study and then change your mind, you can withdraw at any time by contacting the *Choose to Move* research team at choosetomove.study@sydney.edu.au or phone (02) 8627 6872.

If you decide to withdraw from the program, we will not collect any more information from you. Any information that we have already collected, however, will be kept in our study records and may be included in the study results.

If you are invited to take part in an individual interview as part of the qualitative study, you are free to say no, and this will not impact your involvement in the program or with the research team. If you do take part, you are free to stop at any stage and you may decline to answer any questions that you do not wish to answer. If you decide to withdraw, you can ask for your data to be withdrawn by telling the interviewing researcher, or by contacting the research team at choosetomove.study@sydney.edu.au or phone (02) 8627 6872. If the data has already been published, we will not be able to withdraw your data.

6. Are there any risks or costs?

While the risks involved with participation in this program are extremely low, there is a slight chance that you may experience muscle soreness if you start a new physical activity program. This risk is taken into consideration by the researchers involved, who are experienced with assessing physical activity capabilities and advising of safety precautions, consistent with current clinical practice. If you suffer any injuries or complications because of this study, you should contact the research team as soon as possible choosetomove.study@sydney.edu.au or phone (02) 86276872. They will assist you in arranging appropriate medical treatment.

There is a slight risk that you may become distressed or concerned by some questions in the questionnaires, however, you have the right not to answer any questions in the questionnaires or interviews and leave the response blank.

The intervention includes a one-to-one action plan session and eight group meetings. The one-on-one action plan conversation and group meetings acknowledge and explores the reasons for becoming more active and goals you wish to achieve and guides you towards reaching those goals. If you happen to experience distress during any of these sessions, we will try our best to discuss and explore relevant issues, provide emotional support and advice, and refer you back to your GP if required or to support services such as Beyond Blue (telephone: 1300 224 636) or Lifeline (telephone: 13 11 14).

The overall cost of time required to complete this study include:

- Demographic and get active form (~10 mins at the beginning of study)
- Study questionnaires: 20 minutes each (at the beginning, 3 and 9 months after commencement of the program), total ~60 minutes.
- Program: 30 minutes (one-on-one consultation) and 8 x 1 hour group meetings, total ~8.5 hours.

- Impressions of the Choose to Move program survey (end of study feedback) survey: ~10 minutes.
- End of study interview (if selected): ~30-40 minutes.

There are no financial costs in participating in the *Choose to Move* study nor will you be financially reimbursed for your time, or for any cost associated with getting to the program location. If you choose to join a local activity class, you will need to fund this activity yourself.

7. Are there any benefits?

While we intend for this research study to further knowledge and improve physical activity levels of people in the future, we cannot guarantee that you will receive any direct benefits from participating in this study. If the results show a positive effect, the *Choose to Move* program has the potential to benefit the broader community through the provision of the programs to larger numbers of people in other settings.

8. What will happen to information that is collected?

By providing your consent, you are agreeing to us collecting information from or about you for the purposes of this study.

The information collected during the study will be stored electronically on password protected University licenced, encrypted storage platforms. Only the researchers involved in the study will have access to the information. If you choose to be interviewed, an audio recording from your participation in an interview will be stored on the University of Sydney password protected central research data store network. When ready for transcription, the audio recordings will be transcribed by REV and stored on REV's secure database in the United States of America while being transcribed. Once transcribed, the audio recordings will be destroyed, and the transcription will be stored on the University of Sydney password protected central research data store network. Your information will only be used for the purposes outlined in this Participant Information Statement, unless you consent otherwise. We will store this information and dispose of it securely following the University's Recordkeeping Policy.

Any identifiable information you provide us will be stored securely and will only be disclosed with your permission unless we are required by law to release information. We plan to publish the study findings. You will not be individually identifiable in these publications.

Sharing research data is important for advancing knowledge and innovation. A de-identified set of the data collected in this study may be made available for use in future research. At no time will identifiable data be shared or used without your additional consent. By providing your consent you are allowing us to use your information in future projects. We do not know at this stage what these other projects will involve. We will seek ethical approval before using the information in these future projects.

9. Will I be told the results of the study?

You have the right to receive feedback about the overall results of this study. This feedback will be in the form of a plain language summary. If you wish to receive this, please tick the relevant box on the consent form.

10. What if I would like more information?

When you have read this information, the researchers at the University of Sydney will be available to discuss it with you further and answer any questions you may have:

- Call (02) 8627 6872
- Email the research team at choosetomove.study@sydney.edu.au

11. What if I have a complaint or any concerns?

The ethical aspects of this study have been approved by the Human Research Ethics Committee (HREC) of The University of Sydney [ethics reference: 2024/HE000347 according to the National Statement on Ethical Conduct in Human Research.

If you are concerned about the way this study is being conducted or you wish to make a complaint to someone independent from the study, please contact the University:

Human Ethics Manager
human.ethics@sydney.edu.au
+61 2 8627 8176

This information sheet is for you to keep