**Can a carer-supported exercise program, delivered in the home, improve exercise participation for people after stroke?**

**Part 1: Acceptability**

**PARTICIPANT INFORMATION SHEET**

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| Research team |

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| *Dr Marie-Louise Bird, Interim Head of Physiotherapy Department and Senior Lecturer in Clinical Exercise, School of Health Science, University of Tasmania, primary investigator**Emelyn Jovic, School of Health Science PhD Candidate, University of Tasmania, co-investigator**Dr Sibella Hardcastle, Lecturer in Clinical Exercise Physiology, School of Health Science, University of Tasmania, co-investigator**Dr Kiran Ahuja, Senior Research Fellow, School of Health Science, University of Tasmania, co-investigator**Dr Katherine Lawler, Lecturer, Wicking Dementia Research and Education Centre, University of Tasmania, co-investigator****contact phone TBC****Emelyn.Jovic@utas.edu.au* |
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| **If applicable, include information relevant to the type of research in the appropriate section(s).** If the study involves:* Health interventions or treatments: see section 3.1.38 of the *National Statement*
* Collection of human biospecimens: see section 3.2.12 of the *National Statement*
* Genomic research: see sections 3.3.11-13, 3.3.17, 3.3.23, 3.3.41, 3.3.59-60 of the *National Statement*
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## Invitation

You are invited to join in a research study looking at the opinions of stroke survivors and their carers on completing a carer-supported exercise program at home

## What is the purpose of this study?

This study aims to investigate the views of carers and stroke survivors on how acceptable a carer-supported home based exercise program is. Many people after a stroke will exercise less. Despite this, there are many beneficial effects of exercise to overall health. The information used from this study will help in designing an exercise program that stroke survivors can do at home under the guidance of a carer to improve the amount of time spent exercising as part of a healthy lifestyle. It will also collect information on the types of exercise you do and enjoy and things that make it easy or hard to exercise after a stroke. It is important to gather information from the people that would use such a program what they think the challenges and benefits might be.

## How is the study being funded?

This study is supported by The University of Tasmania

## Why have I been invited to participate?

You have been invited to participate in this study because you are a stroke survivor living back at home or the carer of a stroke survivor living back home.

Your participation is voluntary, and your choice to take part or not take part will not affect any current or future services you may receive*.*

## What will I be asked to do?

If you agree to participate then you will be asked a series of online questions. This will include questions to collect some basic information about you and about your carer or, the stroke survivor you care for. There will also be questions about your current exercise behaviour, your current exercise preferences and ideas you might have around the practicality of exercising at home. Finally, there will be questions around your perceptions of acceptability of this type of program.

If you are unable to complete the online questionnaire you can contact the research team and a member of the research team can arrange a time to complete the questions over the phone with you.

It is likely the questions will take approximately 15 minutes of your time.

## Are there any possible benefits from participation in this study?

It is not anticipated that there will be a direct immediate benefit to you from participating in the study although you may find some benefit from reflecting on your own exercise behaviours while you are answering the questions.

Your answers will be used to develop a home-based exercise program for stroke survivors in the future. The program will be designed to be completed with the help of a carer.

This program will aim to increase the exercise levels of stroke survivors living in the community.

## Are there any possible risks from participation in this study?

There is a small risk that answering the questions may bring up some emotional issues for you. Support information and contact details will be provided to all participants on the electronic questionnaire.

## What if I change my mind during or after the study?

You are free to withdraw at any time before the questionnaire is completed. You will be able to review you answers while the questionnaire remains open. Once the questionnaire closes you will be unable to be withdrawn or change your answers as there will be no way of knowing which answers are yours. The questionnaire will not ask for any information that will allow you to be able to be identified.

## What will happen to the data when this study is over?

All data will be non-identified which means there will be no way of knowing which answers are yours. The data will be securely stored electronically on the University of Tasmania server, accessible to this study’s research team.

Data will be stored for 5 years from publication of the results and then all electronic files will be deleted.

## How will the results of the study be published?

The results will be used to inform the development of a home-based exercise program and larger study.

The results may also be published in a journal, presented at a professional conference or distributed through professional networks or community groups.

If you would like to be notified of the results you can provide a contact email and have the results sent to you when the study is completed.

## What if I have questions about this study?

If you have any queries, concerns or issues with this study, please feel free to contact us prior to completing the questionnaire:

* Emelyn.Jovic@utas.edu.au
* Phone: 03 6226 4274

This study has been approved by the University of Tasmania Human Research Ethics Committee. If you have concerns or complaints about the conduct of this study, you can contact the Executive Officer of the HREC (Tasmania) Network on (03) 6226 6254 or email human.ethics@utas.edu.au. The Executive Officer is the person nominate to receive complaints from research participants. You will need to quote H0023940.

**Thank you for your time**