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## PARTICIPANT INFORMATION SHEET AND CONSENT FORM

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**Title:** 'Exploring ways to support exercise and activity in stroke recovery'

### Chief Investigator

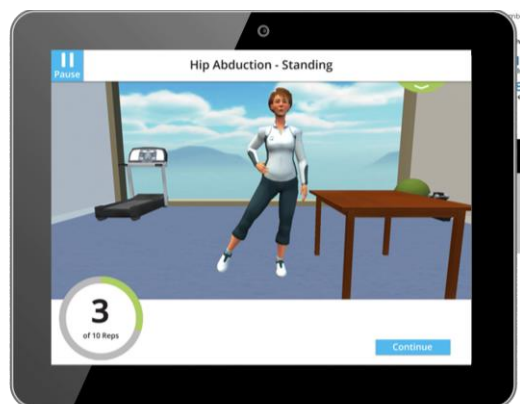
Associate Professor Belinda Lange  
Caring Futures Institute, College of Nursing and Health Sciences  
Flinders University  
Tel: 722 18785, email: belinda.lange@flinders.edu.au

### Investigators

Saran Chamberlain: Consumer researcher with lived experience of stroke  
Georgie Forrest and Estevan Verdoom: Students in the final year of the Master of Clinical Exercise Physiology program at Flinders University

### Description and purpose of the study

This project aims to interview stroke survivors and health professionals to find out more about the exercise programs that stroke survivors are currently undertaking in the community setting and gather feedback what is working and what some of the difficulties are with doing exercise. For this study, exercise means general exercises to keep fit and active and/or rehabilitation exercises given by a health professional. We are also interested in finding out your thoughts about using an app called Health in Motion to guide and monitor exercises. The Health in Motion app can be downloaded onto a smartphone or tablet device. It was developed by Blue Marble Health and can be used by clinicians to put together an exercise program for clients. This picture shows what the app looks like – the video, text and sound demonstrate and guide the exercises. During the interview, we will show you the app and ask you to tell us what you think about it. This project is supported by the Caring Futures Institute at the College of Nursing and Health Sciences, Flinders University.



### Benefits of the study

The sharing of your experiences will help us to understand the views of stroke survivors about exercise and activity. The study will also help us to explore if the use of an app that is available on the app store might be helpful to support and motivate stroke survivors to exercise. The findings will inform future

research and may contribute to the development of a larger study to evaluate the 'Health In Motion' app if there is interest.

### **Participant involvement and potential risks**

If you agree to participate in the research study, you will be asked to take part in one interview session online (or in-person if you are in Adelaide and prefer to meet at a Flinders University or public site such as a public library). The session can be scheduled at a time that suits you. During the interview:

- You will be asked to answer some questions about you and your personal situation (demographic questionnaire) and about your use of and comfort using technologies
- You will be asked some questions about what exercise and activity you have done as part of your recovery, including what makes it difficult to exercise
- You will be given a demonstration of the Health in Motion app, including some of the exercises provided in the tailored program
- Answer some questions about your thoughts on the app – what you liked about it, what you didn't like about it and if / how you think it may be used for exercise

There are no costs associated with participating in this research project. You will receive a \$25 Westfield voucher as a thank you for your time and participation. The researchers do not expect the questions to cause any harm or discomfort to you. We do not anticipate any of the questions we ask to be distressing. However, if you experience feelings of distress as a result of participation in this study, please let the research team know immediately. You can also contact the following services for support:

- Lifeline – 13 11 14, [www.lifeline.org.au](http://www.lifeline.org.au)
- Beyond Blue – 1300 22 4636, [www.beyondblue.org.au](http://www.beyondblue.org.au)

### **Withdrawal Rights**

You may, without any penalty, decline to take part in this research study. If you decide to take part and later change your mind, you may, without any penalty, withdraw at any time without providing an explanation. To withdraw, please contact the Chief Investigator or you may just refuse to answer any questions and/or not participate in exercises at any time. Any data collected up to the point of your withdrawal will be securely destroyed.

### **Confidentiality and Privacy**

Only researchers listed on this form have access to the individual information provided by you. Privacy and confidentiality will be assured at all times. The research outcomes may be presented at conferences, written up for publication or used for other research purposes as described in this information form. However, the privacy and confidentiality of individuals will be protected at all times. You will not be named, and your individual information will not be identifiable in any research products without your explicit consent.

No data, including identifiable, non-identifiable and de-identified datasets, will be shared or used in future research projects without your explicit consent.

### **Data Storage**

The information collected may be stored securely on a password protected computer and/or Flinders University server throughout the study. Any identifiable data will be de-identified for data storage purposes unless indicated otherwise. All data will be securely transferred to and stored at Flinders University for seven years after publication of the results. Following the required data storage period, all data will be securely destroyed according to university protocols.

**Recognition of Contribution**

If you would like to participate, in recognition of your contribution and participation time, you will be provided with a \$25.00 gift voucher. This voucher will be provided to you on completion of the study.

**How will I receive feedback?**

On project completion, a short summary of the outcomes will be provided to all participants via email or published on Flinders University's website. If you wish to receive a summary, please provide your email on the consent form or please contact Belinda Lange ([belinda.lange@flinders.edu.au](mailto:belinda.lange@flinders.edu.au)).

**Ethics Committee Approval**

The project has been approved by Flinders University's Human Research Ethics Committee (5162).

**Queries and Concerns**

Queries or concerns regarding the research can be directed to the research team. If you have any complaints or reservations about the ethical conduct of this study, you may contact the Flinders University's Research Ethics & Compliance Office team via telephone 08 8201 2543 or email [human.researchethics@flinders.edu.au](mailto:human.researchethics@flinders.edu.au).

Thank you for taking the time to read this information sheet which is yours to keep. If you accept our invitation to be involved, please sign the enclosed Consent Form.

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## CONSENT FORM

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### Consent Statement

- I have read and understood the information about the research, and I understand I am being asked to provide informed consent to participate in this research study. I understand that I can contact the research team if I have further questions about this research study.
- I am not aware of any condition that would prevent my participation, and I agree to participate in this project.
- I understand that I am free to withdraw at any time during the study.
- I understand that I can contact Flinders University's Research Ethics & Compliance Office if I have any complaints or reservations about the ethical conduct of this study.
- I understand that my involvement is confidential, and that the information collected may be published. I understand that I will not be identified in any research products.

I further consent to:

- completing a questionnaire
- participating in an interview
- having my information audio recorded during the interview

**Signed:**

**Name:**

**Date:**

**I wish to receive a copy of the summary of the findings of this study by email. My email address is**

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