

ABN 15 211 513 464

**Prof Catherine Sherrington  
Professorial Research Fellow**

School of Public Health  
Level 10, KGV Building  
Missenden Road  
NSW 2006 AUSTRALIA  
Telephone: +61 2 8627 6265  
Facsimile: +61 2 8267 6262  
Email: [Cathie.sherrington@sydney.edu.au](mailto:Cathie.sherrington@sydney.edu.au)  
Web: <http://www.sydney.edu.au/>

# PROPOSE

Professional Referral to Physical Activity, Sport and Exercise

## **Study information sheet: Part Two (Development of the Intervention) Young People 13-18 years**

Hello. Our names are:

- Professor Cathie Sherrington
- Ms Kerry West
- Dr Leanne Hassett
- Associate Professor Anne Tiedemann
- Professor Louise Baur
- Ms Kate Purcell
- Ms Minke Geerts
- Dr Abby Haynes

We are part of a group of people doing a research study to find out more about how we can develop an education program for health professionals (eg, doctors, physiotherapists) so they can help children with physical disabilities and others, be more active.



Lots of children with disabilities and their families want to be more active and participate in sport and recreation, but they aren't sure how to get started or how to find programs that suit them. That's why we want to develop this education program.

We are asking you to be in our study because you can help us develop our education program for health professionals and make sure it includes information about what kids want. You can help us learn more about the physical activities you like to do and understand things that get in the way of doing physical activity, exercise and sport.

You can decide if you want to take part in the study or not. You don't have to - it's up to you.

There are three parts to the study and this invitation is for Part Two of the study.

This sheet tells you what we will ask you to do if you decide to take part in the study. Please read it carefully so that you can make up your mind about whether you want to take part. If you decide you want to be in the study and then you change your mind later, that's ok. All you need to do is tell us that you don't want to be in the study anymore.

### **What will happen if I say that I want to be in the study?**

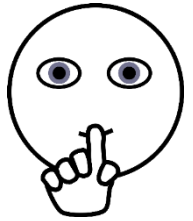
If you decide that you want to be in our study, we will ask you to do these things:

- Complete an online consent form
- Be interviewed via a phone or a video call on your own or with your parents/carer (whatever you prefer).
- We will ask some questions about physical activity, exercise, sport and recreation so we can learn about what kids think would help them be more active.
- We also want to know what things make it harder to be active and if you have ideas about what might help.
- We will be audio recording the interviews so we can make sure we can collect as much information as we can.
- After the interview we will give you a written copy of our discussion so you can check it or make changes.

When we ask you questions, you can choose which ones you want to answer. If you don't want to talk about something, that's ok. You can stop talking to us at any time if you don't want to talk to us anymore.

### **Will anyone else know what I say in the study?**

We won't tell anyone else what you say to us. All of the information that we have about you from the study will be stored in a safe place and we will look after it very carefully. We will make sure we delete the audio files of our interviews and group discussions once we write the information down and we won't use your name.



We will write a report about the study and show it to other people but we won't say your name in the report and no one will know that you were in the study.

### **How long will the study take?**



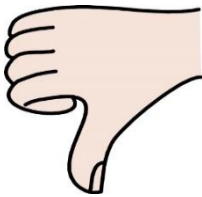
The study will take about 30-60 minutes of your time.  
The whole study is going to take us about 2 years to complete including running the program and reporting our results.

### **Are there any good things about being in the study?**



You won't get anything for being in the study, but you will be helping us do our research. You will also be helping us find ways to help children with disabilities to be more active

### **Are there any bad things about being in the study?**



If you agree to be in the study, it will take up some of your time. Answering some of the questions might make you feel upset. If so, you can talk with our researchers or your doctor. We can also refer you to some support services such as Headspace, Beyond Blue or Lifeline.

You can also choose which questions you want to answer. If you don't want to talk about something, that's ok. You can stop talking to us at anytime.

### **Will you tell me what you learnt in the study at the end?**

Yes, we will let everyone know who was involved in our research about our results and what we plan to do in the future.

**What if I am not happy with the study or the people doing the study?**

If you are not happy with how we are doing the study or how we treat you, then you can withdraw from the study at any time.

Also, you (or the person who looks after you) can:

**Call** the Sydney Local Health District on 02 9515 6766 and tell us the protocol number is X19-0126 .

**This sheet is for you to keep.**

The pictures we used in this sheet are from Microsoft Clip Art, from pixabay.com and from the people at Inspired Services Publishing ([www.inspiredservices.org.uk](http://www.inspiredservices.org.uk)).