

PARTICIPANT INFORMATION SHEET

Co-design and acceptability of a physical activity intervention for people with osteoarthritis

You are being invited to take part in a research project. Before you decide whether or not to take part, it is important for you to understand why the research is being undertaken and what it will involve. Please take time to read the following information carefully and discuss it with others, if you wish.

Thank you for reading this.

1. What is the purpose of this research project?

The purpose of this research project is to develop a tool that can be used to promote physical activity in people with osteoarthritis and give them insight into strategies that they can use to develop strategies for independent rehabilitation management.

Why have I been invited to take part?

You have been invited because you have indicated that you are a physiotherapist that works with people with osteoarthritis.

2. Do I have to take part?

No, your participation in this research project is entirely voluntary and it is up to you to decide whether or not to take part. If you decide to take part, we will discuss the research project with you and ask you to sign a consent form. If you decide not to take part, you do not have to explain your reasons and it will not affect your legal rights.

You are free to withdraw your consent to participate in the research project at any time, without giving a reason, even after signing the consent form.

3. What will taking part involve?

You will be invited to take part in a virtual interview, using zoom, of approximately 30 minutes to discuss whether you feel the tool would be of use in the promotion of physical activity to be utilised in the self-management for people with osteoarthritis.

Will I be paid for taking part?

No. You should understand that any information you give will be as a gift and you will not benefit financially in the future should this research project lead to the development of a new physical activity tool.

4. What are the possible benefits of taking part?

It is hoped that your contribution will help us develop a physical activity tool to help people with osteoarthritis independently manage their rehabilitation goals. There will be no direct benefit to you personally.

5. What are the possible risks of taking part?

There is a small chance that questioning during the interviews could cause distress or concern over previous management of people with osteoarthritis and, if experienced, please discuss this with the researcher who can support you or signpost other services to help.

Will my taking part in this research project be kept confidential?

All information collected from (or about) you during the research project will be kept confidential and any personal information you provide will be managed in accordance with data protection legislation. Please see 'What will happen to my Personal Data?' (below) for further information.

However, if the research team has reason to believe that any information you disclose highlights unsafe practice there may need to be a break confidentiality (but this may not be appropriate in all cases). This is so any unsafe practice could be reported to the regulatory professional organisations for appropriate action to be taken.

6. What will happen to my Personal Data?

Your name and contact details, including your email address and telephone number, will be collected for the purpose of transferring information regarding the virtual interview. These will be destroyed at the end of the study. You can choose a pseudonym of your choice when you enter the virtual chat room. The data collected will be transcribed verbatim where it will be anonymised. The consent forms, with only your name stated, would then be stored securely electronically and the originals destroyed in line with data protection regulations

Cardiff University is the Data Controller and is committed to respecting and protecting your personal data in accordance with your expectations and Data Protection legislation. Further information about Data Protection, including:

- your rights
- the legal basis under which Cardiff University processes your personal data for research
- Cardiff University's Data Protection Policy
- how to contact the Cardiff University Data Protection Officer
- how to contact the Information Commissioner's Office

may be found at <https://www.cardiff.ac.uk/public-information/policies-and-procedures/data-protection>

You will have been recruited by the Musculoskeletal Association of Chartered Physiotherapists (MACP), however none of your personal data will be shared with this organisation for the purposes of this study.

Personal data and information from participants who wish to withdraw throughout the process will be destroyed. It will not be possible to withdraw any anonymised data that has been published or destroy any data after the anonymization process.

7. What happens to the data at the end of the research project?

After the interviews, the research team will anonymise all the personal data it has collected from, or about, you in connection with this research project, with the exception of your consent form. Your consent form will be retained for the duration of the study, which will run until April 2022, and may be accessed by members of the research team and, where necessary, by members of the University's governance and audit teams or by regulatory authorities. Anonymised information will be kept for a minimum of 5 years in accordance with the University Records Retention Schedules but may be published in support of the research project and/or retained indefinitely, where it is likely to have continuing value for research purposes.

8. What will happen to the results of the research project?

The data collected from the study will be thematically analysed to assess whether the physical activity tool could be used in people with osteoarthritis. Participants will not be identified in any report, publication or presentation, however there is an intention to use verbatim quotes from participants. Dissemination of the project outcome would be focussed on publication in a peer reviewed journal. Raising awareness of this tool may be achieved by presenting at professional conferences and with healthcare providers to discuss potential use of the tool within current programmes for people with osteoarthritis. If the project outcomes are favourable the tool could be utilised locally across primary care and the musculoskeletal therapist team to refine the tool further. This data would enable analysis of the impact on real world outcome for people with osteoarthritis. Linking with the MACP and 'VersusArthritis' to create national interest in the use of the tool for self-management of osteoarthritis would assist widespread dissemination.

What if there is a problem?

If you want to raise a concern or issue with how the project or your data has been managed please contact the chief investigator Zoe Silsbury at SilsburyZ@cardiff.ac.uk. If you do not feel comfortable discussing your concern with the chief investigator or if you feel your complaint has not been handled to your satisfaction, you may contact someone independent from the research team. For this, you may contact the Director of Research

Governance at the School of Healthcare Sciences, Cardiff, University: Kate Button at buttonk@cardiff.ac.uk; 02920687734.

If you are harmed by taking part in this research project, there are no special compensation arrangements. If you are harmed due to someone's negligence, you may have grounds for legal action, but you may have to pay for it.

9. Who is organising and funding this research project?

The research is organised by Zoe Silsbury and Una Jones in Cardiff University. The research is currently funded by the RCBC Wales First Into Research.

10. Who has reviewed this research project?

This research project has been reviewed and given a favourable opinion by the School of Healthcare Sciences Research Ethics Committee, Cardiff University.

11. Further information and contact details

Should you have any questions relating to this research project, you may contact us via email.

Research Project Contact: Zoe Silsbury; SilsburyZ@Cardiff.ac.uk.

Thank you for considering to take part in this research project. If you decide to participate, you will be given a copy of the Participant Information Sheet and a signed consent form to keep for your records.