**Participant Information Sheet – Patients**

Improving Support for PA promotion in General Practice (ISPA-GP)

**Chief Investigator: Dr Rosina Cross, Post doctoral Research Fellow, University of Exeter Medical School**

**Invitation and brief summary**

Thank you for taking the time to read this information sheet. You are receiving this because you are a patient who has used primary care services and may have experiences of being given physical activity advice from healthcare professionals (GPs, nurses etc) at your GP practice.

You are invited to take part in a research project that aims to understand patient experiences of physical activity promotion in general practices, your views, and needs in terms of support for participation in physical activity.

Before you decide, it is important for you to understand why the research is being done and what it will involve. Please read the following information carefully and discuss it with others if you wish. If anything is unclear or if you would like more information, please get in touch with one of the study team. Take your time to decide whether or not you wish to take part.

**Purpose and background to the research**

Being active has lots of good effects on our bodies and minds. It helps keep us healthy and can prevent serious health problems like type 2 diabetes. But right now, not many people are doing enough exercise. In fact, only 1 in 3 adults in the UK gets the amount of exercise recommended to stay healthy.

Primary care, where people go to see their doctor or nurse, is a great place to encourage people to get active. However, many healthcare workers say they need more help to talk to patients about being active. They face challenges, like not having enough time, not knowing enough about exercise, not having local places to recommend, and often not knowing how to discuss physical activity with patients.

This study wants to understand your views when it comes to physical activity and the advice you have been given when you go to the doctor’s surgery, we also want to know the best ways healthcare workers can deliver advice on physical activity to their patients, so that physical activity promotion can be easier and effective. We plan to interview 20 patients to hear about their experiences of physical activity promotion in primary care.

**What would taking part involve?**

If you agree to take part, a researcher will go through a consent form with you. You will need to fill it in, sign it, and send it back by post or email, which should take about 15 minutes. After that, you will have an online interview with a researcher using Microsoft Teams, Zoom or, if you prefer, over the phone, this interview will be recorded.

During this interview, the researcher will ask you about your thoughts on exercise and the advice you have received at the doctor’s office. We also want to know how health workers can give advice about exercise in a way that is helpful and easy to follow. The researcher will write notes and record the interview.

Information from the interview recordings will be written out and your name will be removed and replaced with an ID number to protect your identity. This will be done by an external transcription company, who will sign a non-disclosure agreement to make sure the interview remains confidential. Every recording will be deleted after transcription. **Each interview will be roughly 45 minutes long.**

**What are the possible benefits of taking part?**

The results of this study will help us make a toolkit (a set of helpful resources) for general practice staff to encourage patients and coworkers to be more active. This toolkit will make it easier for staff to talk about exercise by reducing their extra work and improving their knowledge and confidence.

By joining this study, you will help create better ways to give patients clear and useful advice about staying active. As a thank-you for your time, you will get a £25 shopping voucher after the interview. On completion of the interview an electronic shopping voucher will be sent to the contact email you provide.

**What are the possible disadvantages and risks of taking part?**

There are no major risks or problems with taking part in this study. You won’t need to meet the researchers in person, so it’s safe from COVID-19. We know your time is important, so we’ll try to make things as easy as possible by doing the interview at a time that works best for you. Since the interview will be done online or over the phone, you can take part from anywhere without needing to travel. Interviews are only intended to focus on physical activity experiences, so there is low risk of becoming upset as a result. However, should anything raised in the interview upset you, you can pause or stop the interview at any time without giving a reason.

**Will I receive payment for taking part?**

As a thank you for participating in the interview you will receive a £25 gift voucher.

**How will we use information about you?**

We will need to use information from youfor this research project.

This information will include your

* Name
* Email address
* Occupation
* Age

People will use this information to do the research or to check details within the study to make sure that the research is being done properly.

People who do not need to know who you are will not be able to see your name or contact details. Your data will have a code number instead.

The University of Exeter is the sponsor of this research, and is responsible for looking after your information. We will keep all information about you safe and secure by:

* Personal information will be stored in an encrypted password-protected file on University of Exeter storage
* Only the researcher will have access to this data via their University of Exeter Staff IT account details

**International transfers**

Your data will not be shared outside the UK.

Once we have finished the study, we will keep some of the data so we can check the results. We will write our reports in a way that no-one can work out that you took part in the study.

We will keep your study data for a maximum of 10 years. The study data will then be fully anonymized and securely archived or destroyed.

**What are your choices about how your information is used?**

You can stop being part of the study at any time, without giving a reason, but we will keep information about you that we already have.

You have the right to ask us to remove, change or delete data we hold about you for the purposes of the study. We might not always be able to do this if it means we cannot use your data to do the research. If so, we will tell you why we cannot do this.

If you agree to take part in this study, you will have the option to take part in future research using your data saved from this study.

You will have *30 days* to withdraw your data, after that time you be unable to withdraw your data.

**Where can you find out more about how your information is used?**

You can find out more about how we use your information:

* at [www.hra.nhs.uk/information-about-patients/](https://www.hra.nhs.uk/information-about-patients/)
* our leaflet available from: <https://www.exeter.ac.uk/about/oursite/privacy/research/#a5><http://www.hra.nhs.uk/patientdataandresearch>
* by asking one of the research team
* by sending an email to [[r.cross2@exeter.ac.uk](mailto:r.cross2@exeter.ac.uk)]
* by sending an email to the University of Exeter’s Information Governance Manager and Data Protection Officer:[*informationgovernance@exeter.ac.uk*](mailto:informationgovernance@exeter.ac.uk), or
* by ringing us on [01392 726189].

**What will happen to the results of this study?**

The results of this study will be published in research journals and will be presented at conferences in the UK or abroad. We will use quotes (data) from the interviews to illustrate our findings, this may be used in reports, articles, websites, newsletter, training materials or presentations by the research team. The data presented will always remain anonymous and no real names will appear on any results.

**Who has reviewed the study?**

All research in the NHS is looked at by an independent group of people, called a Research Ethics Committee, to protect your interests. This study has been reviewed and given a favourable opinion by the *[Name of REC]* Research Ethics Committee.

It has also been reviewed by the Health Research Authority (HRA) to obtain HRA approval.

**Funder**  
The funder of this study is the National Institute for Health and Care Research (NIHR) School for Primary Care Research (SPCR). The funder has had no role in the design of the study and will play no role in the conduct and write-up of the research other than supporting wider dissemination of study advertisements and written materials explaining its findings.

**Contact details for further information**

If you have any questions or there is anything you wish to discuss, please contact the Chief Investigator Dr Rosina Cross, [r.cross2@exeter.ac.uk](mailto:r.cross2@exeter.ac.uk), 01392 726189.

The Sponsor for this study is the University of Exeter. The Sponsor representative is: Suzy Wignall, Senior Clinical Research Governance Manager, University Corporate Services, University of Exeter, G14, Lafrowda House, St Germans Road, Exeter, EX4 6TL. Email: [res-sponsor@exeter.ac.uk](mailto:res-sponsor@exeter.ac.uk)

If you are not happy with any aspect of the project and wish to complain please contact Dr Rosina Cross. Alternatively, if you wish to contact someone outside the research team, please contact Suzy Wignall ([res-sponsor@exeter.ac.uk](mailto:res-sponsor@exeter.ac.uk)).

**Right to withdraw**

Your participation in the study is voluntary (you do not have to take part) and you are free to withdraw at any time without giving any reason. You have the right to request that researchers remove your data if you make an explicit request for this to be done. All data can be destroyed or securely deleted on request. However, for some data, this request is time limited. Once data has been fully anonymised and used in the analysis or published, it will no longer be possible to remove this from the study as we will be unable to identify what data relates to you.

Thank you for your interest in the study