



PARTICIPANT INFORMATION SHEET

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You are invited to take part in a study called e-coacher.

Please take a moment to find out if this is something for you by reading the following information. If you are unsure about anything or would like any further information, please contact us using the details at the end of this leaflet.

To take part you need to:

- Be on an Exercise Referral Scheme to help with one or more of the following:
 - **Weight loss**
 - **Diabetes type 2**
 - **Prediabetes**
 - **High blood pressure**
 - Lower limb pain for **osteoarthritis**
 - **Low mood**
- Have access to the **internet** and an **email address**

In this leaflet you'll find information on what the study is about and what to do next if you're interested in taking part.

What is the study about?



The aim of the study is to find out if adding **extra support** to the Exercise Referral Scheme will help people become more physically active, compared to people who just have the Exercise Referral Scheme, and also whether adding the e-coachER support package is good value for money.

The **extra support** is a package called e-coachER. This package is only available as part of this study – it can't be accessed anywhere else. The package includes:



- A **website** that will take you through seven steps to increase your physical activity
- **Free pedometer**
- **Weekly notepad**
- **Links to lots of information** about being more active and improving your health.
- The website is easy to use but we supply a short **user guide** and telephone support just in case.

What happens if I take part?

Everyone on the study will be given the opportunity to go on an Exercise Referral Scheme. As part of the Scheme, you will:

- Be given an appointment with an **exercise specialist**.
- Receive **help and advice** from the specialist about how to get more physically active.

Everyone taking part in the study will:

- Wear a **movement sensor for a week** (worn like a wrist-watch) and fill in a **questionnaire**, three times over the course of one year.
- Receive **£60 in shopping vouchers** as a thank you for taking part in the study e.g. Amazon vouchers.

You will be put into one of two groups at random – like tossing a coin. **One group will have access to the e-coachER support package, and the other group will not.** This allows us to find out what difference this extra support makes.

More information about what is involved in this study is on page 4



Study Schedule	From now	Next few weeks	Month			
			1	2	4	12
If you are interested in taking part, please contact us (our details are at the back of this leaflet).	✓					
We will then get in touch with you to check that this study is suitable for you, and answer any questions you may have — this can be a face-to-face appointment visit with a member of the team, or over the telephone .		✓				
If you want to take part you will need to complete a consent form.		✓				
Complete a questionnaire and return it to us using the envelope provided – no stamp is required.		✓			✓	✓
Wear a movement sensor for one week and return it to us in the envelope provided.		✓			✓	✓
If we don't receive the movement sensor or questionnaire we will send you a couple of reminders to post them back to us.						
We will send you a gift voucher , as a thank you for returning the movement sensor and questionnaire.			✓ £20		✓ £20	✓ £20
We will post the e-coachER support package to half of the people in this study.			✓			
Complete a short survey by email about whether your Exercise Referral Scheme has started.				✓		
Optional: Give your feedback about the study to a researcher, which will last about 45 minutes.			✓		✓	✓
We may ask the organisers of the Exercise Referral Scheme to tell us how many times you took part in the exercise referral scheme over the length of the study.						✓

What is the movement sensor?

The movement sensor is a waterproof device that is worn on your wrist, just like a watch, day and night over one week.



It records how much time you spend resting and doing different intensities of physical activity. The sensor is *not* capable of tracking where you go.

Are there any risks involved?

Any exercise, especially if it is too vigorous, or if it is something you are unfamiliar with, increases the temporary risk of muscle soreness, heart palpitations or dizziness.

Within an exercise referral scheme a qualified specialist will help you to identify the most suitable physical activities for you, usually at a moderate intensity, based on guidance from your doctor and your own experiences and preferences.

The e-coachER support package focuses on helping you to increase moderate (not vigorous) intensity physical activity in what should be a safe, progressive and enjoyable way.

And what are the benefits?

Half of the participants on this study will be offered access to the e-coachER support package to increase their activity levels, but whether you receive the support package or not, you will have helped to answer the question of whether this extra support was successful.

If the results show that the e-coachER support package *does* help more people to remain physically active, then this package could be made available to thousands of people across the UK with a range of chronic conditions such as obesity, diabetes, prediabetes, hypertension, osteoarthritis, and those at risk of low mood or depression.



What should I do if something goes wrong during the study?

If you feel ill at any time, you should contact your GP. If you have a medical emergency you should dial 999 and ask for an ambulance.

Anything that makes it hard for you to continue on this study should be reported to a member of the research team (details are at the end of this leaflet).

How do we look after your data?

- ◆ We treat all the information you provide us for the study as **confidential**, and we keep your data **safe and securely stored**.
- ◆ We may **share information in an anonymised form** (made so that you cannot be identified) with other researchers, to support other research in the future.
- ◆ At the end of the study, we will **publish the results** and we will send you a copy of the findings. You will not be personally identified in any publications

[Local site logo]

Who is organising the study?

- ◆ The study is led by Professor Adrian Taylor at the University of Plymouth. It is taking place in **South West England, Birmingham and Glasgow**.
- ◆ The study is funded by the NHS National Institute for Health Research.
- ◆ To make sure that your rights and well-being are protected, this study has been approved by a Research Ethics Committee (National Research Ethics Service reference: 15/NW/0347).

Frequently asked questions



Q:You are asking me to wear the movement sensor three times during the study. Why do I have to return it to you each time — can't I just keep it throughout the study?

A: The movement sensor is battery powered. The sensor runs out of charge after a couple of weeks, and then the sensor stops working. We charge up the sensor just before we send it to you.

Q:Where can I spend the gift voucher?

A:The voucher will be for a UK wide high street or online shop. At the moment, the vouchers are for Amazon.

Q:How will I receive the voucher?

A:We will email it to you. The email will contain a code for you to use at the store/online, and instructions on how to use it.

Q:If I have a complaint about this study, who do I contact?

A: You can contact the [insert local NHS support service]. Your local GP surgery will be available to provide details about complaints.



e-coachER
Web support for exercise referrals

It is up to you to decide whether to take part. If you choose not to take part in the study, your ongoing treatment will not be affected in any way.

Even if you do decide to take part, you can choose to withdraw from the study at any time. We might ask you about your reasons for withdrawing, but you don't have to tell us if you don't want to.

Interested in taking part?

If you'd like to take part, please contact us by phone or email, or send us your completed Reply Slip. If you have any questions please feel free to get in touch with us.

[local contact details

name

telephone number

email]

Thank you for reading this information sheet.

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