



Participant Information Sheet

Study title:	Perceptions and experiences of returning to sport following a heart attack	
Principal investigator:	Name Dr Emily Gray	Contact phone number: 0800 687 489
	Department School of Physiotherapy	
	Position Lecturer	

Introduction

Thank you for showing an interest in this project. Please read this information sheet carefully. Take time to consider and, if you wish, talk with relatives or friends, before deciding whether or not to participate.

If you decide to participate we thank you. If you decide not to take part there will be no disadvantage to you and we thank you for considering our request.

What is the aim of this research project?

Following a heart attack, physical activity levels decline due to factors such as fatigue, breathlessness, loss of confidence and fear, with progressive recovery taking several weeks of months. Previous research has largely focused on exploring this return to physical activity in people engaging in low to moderate levels of physical activity. In contrast, there has been little research to date exploring people's experiences of engaging in higher levels of physical activity, including returning to sport, following a heart attack.

The aim of the current study is to explore people's experiences of returning to sport following a heart attack, including the physical, psychological, social and environmental factors that helped or hindered them during their recovery. The findings of this study will provide insight into the type of support and guidance from health professionals that people need to help them achieve their physical activity related goals following a heart attack.

Who is funding this project?

This research is being supported by a grant from Physiotherapy New Zealand.

Who are we seeking to participate in the project?

We are seeking approximately 15 adults who have previously had a heart attack within the past two years who had the goal of returning to sport following their heart attack. By 'sport' we mean any type of leisure-time/social or competitive sport, such as jogging/running, cycling, squash, tennis, soccer, netball, touch rugby, or working out in a gym. We are looking for people from a wide range of backgrounds (e.g various ages, genders and ethnicities, and rural and urban living locations) and recovery experiences (e.g those who were able to return to their previous level of fitness/sporting engagement and those who were not). To be eligible to participate you will need to be able to converse in English.

If you participate, what will you be asked to do?

If you decide to participate, you will be required to take part in a 30–40-minute interview either in person, over the phone or Zoom (depending on your preference and/or living location). In person interviews will only be possible for those living in Dunedin and will take place either at the School of Physiotherapy, Great King Street, Dunedin, or at a venue within Dunedin of your choosing. During the interview you will be asked about what happened at the time of your heart attack and your recovery experiences both in general and more specifically in relation to your goal or returning to sport or high intensity exercise following your heart attack. If the line of questioning develops in such a way that you feel hesitant or uncomfortable you may decline to answer any question(s), and/or may withdraw from the study at any time without disadvantage of any kind. You will also be provided a copy of your interview transcript to review and will be sent a copy of the preliminary study findings for you to comment on if you so wish. The maximum overall time commitment for this study is estimated to be 1.5 hours. There will be **no** financial reimbursement or gift vouchers provided for participating in this study.

Is there any risk of discomfort or harm from participation?

There are no anticipated physical or psychological risks associated with participating in this study. You are free to bring a support person along to the interview if this would make you feel more comfortable.

What specimens, data or information will be collected, and how will they be used?

You will be asked to provide information such as your age, gender, ethnicity and living locality (e.g. urban or rural). You will also be asked to provide the approximate date of your heart attack. This information will be used to describe the participants as a whole group and will not be used in a way that would enable you to be identified personally.

The interviews will be recorded and subsequently typed out word for word and you will be sent a copy of the typed transcript for you to check for accuracy and to correct and/or add to if you so wish. The interviews will then be reviewed by the research team and searched for themes or ideas relating to the study aim as previously described. A copy of the preliminary findings will be sent to all participants for them to comment on if they so wish. Participants will also be sent a copy of the final study results.

The findings of this study may be published in a scientific journal and presented at national and/or international conferences.

The data collected will be securely stored in such a way that only the members of the research group will be able to gain access to it. Data obtained as a result of the research will be retained for at least 10 years. Electronic data will be stored on Dr Gray's password-protected computer and any paper surveys or consent forms will be stored in a locked filing cabinet in Dr Gray's office.

What about anonymity and confidentiality?

All attempts will be made to maintain your anonymity in the reporting of the study findings. The interviews will be transcribed by either one of the research team or a professional transcription firm who specialise in doing this confidentially. Your name and any other personal information that may identify you will be removed from the transcript prior to any analysis of the data. Any quotes reported in the study findings will be done so anonymously.

If you agree to participate, can you withdraw later?

You may withdraw from participation in the project before its completion. We expect data analysis to be completed by November 2024, after which time it may be difficult to remove your interview data that has been integrated into the study findings.

Any questions?

If you have any questions now or in the future, please feel free to contact either:

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Name Prof Gisela Sole	Contact phone number:
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This study has been approved by the University of Otago Human Ethics Committee (Health). If you have any concerns about the ethical conduct of the research you may contact the Committee through the Human Ethics Committee Administrator (phone +64 3 479 8256 or email humanethics@otago.ac.nz). Any issues you raise will be treated in confidence and investigated and you will be informed of the outcome.

Ethics approval number: H24/010