



Exploring New Zealand physiotherapists' physical activity promotion practices for people with stroke

INFORMATION SHEET FOR PARTICIPANTS

Thank you for showing an interest in this project. Please read this information sheet carefully 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 the Project?

Physical activity performed at a moderate intensity, improves stroke survivor's function, health, well-being, and minimises secondary conditions. However, many stroke survivors do not meet the recommended physical activity guidelines for these health benefits because they face personal (e.g., mood, motivation, and stroke related impairments) and environmental barriers (e.g., societal attitudes, financial limitations, and accessibility issues).

Physiotherapists are well placed to promote, prescribe, and support stroke survivors to participate in physical activity. There is a growing body of evidence over the last decade that has explored physiotherapists promotion of physical activity in primary and tertiary care environments. However, there is a paucity of evidence of physiotherapists physical activity promotion practices which specifically focuses on neurological populations, in particular stroke survivors. Therefore, this study aims to explore how physiotherapists promote and prescribe physical activity for people with stroke.

This project is being undertaken as part of the requirements for Roisin Anderson's Bachelor of Physiotherapy Honours programme.

What Types of Participants are being sought?

We will invite 8-10 New Zealand Registered Physiotherapists who are currently treating adult stroke survivors in any setting (e.g., inpatient or community) to participate in this study.

There is no reimbursement offered for participating in this study.

What will Participants be asked to do?

Should you agree to take part in this study, you will be asked to complete an electronic consent form and a short demographic questionnaire which will include your age, gender, ethnicity,

level of education, additional education relating to the topic, practice setting, time treating stroke survivors, and current workload. Participants will return these two documents to the researchers electronically via email.

You will be invited to participate in an electronic (Zoom) or telephone individual interview at a time that is convenient to you. The student researcher will lead the interviews with the Principle Investigator (PI) present for support as required and to take field notes. The interview will be approximately 45-90 minutes in duration.

This study involves an open-questioning technique for the semi-structured interviews. The general line of questioning includes topics such as knowledge and beliefs about physical activity, the approach to physical activity promotion, and factors that influence physical activity promotion. An interview guide has been developed however, it is likely the researchers will include additional questions, spend more time on some aspects than others, and incorporate important new concepts as they arise from previous interviews. Consequently, although the School of Physiotherapy Ethics Committee is aware of the general areas to be explored in the interview, the Committee has not been able to review the precise questions to be used. If the line of questioning does develop in such a way that you feel hesitant or uncomfortable you are reminded of your right to decline to answer any particular question(s).

Once the data has been analysed, the researchers will email you a copy of the collective findings. This ensures we have represented your views accurately and enables you to provide additional reflections if you wish. The time commitment to review the data analysis and provide comments will be approximately 20-45 minutes.

There is no anticipated risk of physical or psychological harm to participating in this study. Should you feel uncomfortable with the content, discussion, or direction of the interview, you can decline to answer questions. You may choose to withdraw from the study at any time without having to provide a reason for doing so and without disadvantage to yourself.

It is possible you will know the student's supervisor (Dr Ally Calder) who has clinical experience working with stroke survivors. You may feel uncomfortable sharing your perspectives if she is present at the interview. Dr Calder's primary role in the data collection process is to support the student researcher as required and to take field notes. If you do not wish Dr Calder to be present at the interview, the student researcher will undertake the interview independently. The student researcher will be trained in interview techniques prior to commencing the interviews.

What Data or Information will be collected and what use will be made of it?

The data collected (i.e., contact details, written consent forms, demographic questionnaire, verbatim transcripts, field notes and reflexive diary) will be securely stored in such a way that only those mentioned below will be able to gain access to it. Data obtained as a result of the research will be retained for **at least 5 years** in secure storage on Dr Ally Calder's University of Otago password protected computer. Any personal information held on the participants (such as contact details) will be destroyed at the completion of the research even though the data derived from the research will, in most cases, be kept for much longer or possibly indefinitely.

Zoom interviews will be recorded to the cloud and transcribed using the Zoom transcribe function. Both the recording and the audio transcripts are securely stored encrypted in the cloud for 14 days, after which they are deleted. Only the named researchers will have access to the recording/transcription. The cloud-based recordings and transcripts will be downloaded to the named researcher's password protected computer. Telephone interviews will be recorded using a voice recorder and transcribed verbatim by the student researcher.

The electronic demographic questionnaire will be de-identified by assigning a code/pseudonym and stored on the researcher's password protected computer. The transcribed interviews will be checked for accuracy by the student researcher and de-identified (by assigning a code/pseudonym) to protect the participants anonymity. Once this process has occurred, the Zoom and audio-recordings will be permanently deleted from the researcher's computer. The field notes and reflexive diary will not contain any personally identifying information to protect participant privacy.

No material that could personally identify you will be used in any reports on this study. The results of the project may be presented at conferences and published and will be available in the University of Otago Library (Dunedin, New Zealand) but every attempt will be made to preserve your anonymity.

Can Participants change their mind and withdraw from the project?

You may withdraw from the project, before its completion and without any disadvantage to yourself. If you choose to withdraw from the project after data analysis has taken place, while it may be difficult to remove your data completely from the study findings, your demographic data and any quotes from your interview that are reported in the results will be removed.

What if Participants have any Questions?

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

Roisin Anderson (Student Researcher)

Dr Ally Calder (Supervisor)

School of Physiotherapy

School of Physiotherapy

E: andro389@student.otago.ac.nz

E: ally.calder@otago.ac.nz

T: (03) 244 1030

This study has been approved by the Department stated above. However, if you have any concerns about the ethical conduct of the research you may contact the University of Otago Human Ethics Committee through the Human Ethics Committee Administrator (ph +643 479 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.