

Participant Information Sheet

Study title:	Experiences of elite and sub-elite track and field athletes with Achilles tendinopathy	
Principal investigator:	Professor Gisela Sole School of Physiotherapy (Dunedin)	Contact phone number: 034797466

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?

The aim of this research project is to investigate the lived experiences of elite and sub-elite track and field athletes who have had or have Achilles tendinopathy. The study aims to get a greater understanding of elite and sub-elite athletes experiences with the treatment of Achilles tendinopathy and how the injury has had an impact on the whole individual, including their sporting and social lives.

Who is funding this project?

This research project is being undertaken by Caden Shields as part of his Masters of Physiotherapy. This research project is not receiving any external funding.

Who are we seeking to participate in the project?

We are seeking up to 20 elite and sub-elite track and field athletes aged 18 years and older who have been diagnosed as having Achilles tendinopathy by their health care provider within the last 3 to 12 months.

Advertisements will be sent to Athletics New Zealand, regional athletics centres and clubs and also via Twitter and Facebook of approved addresses.

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

Should you agree to take part in this project, you will be asked to contact Caden Shields or Gisela Sole to answer any questions you may have. They will ask you questions about your Achilles tendinopathy and your age, and tell you whether you meet the criteria to take part. Once you have agreed, we will send you a link to the online consent form and a questionnaire to complete (via a secure platform, REDCap). If you will attend the interview in person in Christchurch, you would be able to answer the questionnaire or complete the consent form at the interview session. Once the questionnaire is completed, we will decide with you when we can interview you.

The interview will be face-to-face with Caden if you are in Christchurch, at the Sports Clinic. If you are not in Christchurch, the interview will be held by telephone or Zoom. If you prefer, you can be interviewed by Gisela Sole or another member of the research team via Zoom. This applies particularly if you are a current patient of Caden, a sports competitor, or for any other reason. The interview should be no more than 1 hour in duration. You are welcome to bring a support person to attend the interview.

The interview will be audio-recorded and the interviewer may make notes in writing. The questions relate to your treatment and experience of Achilles tendinopathy and how the injury has affected your life and ability to engage in sport. Following the interview, you will be sent a copy for your interview transcript, and you will have the opportunity to review it and provide feedback to the researchers. You will also be sent a copy of the preliminary results once the study has been completed and comment on them.

There will be no reimbursement for participating in the study.

Is there any risk of discomfort or harm from participation?

There is no risk of physical harm or discomfort to participants. If we ask you questions that you feel hesitant or uncomfortable to answer, you may decline to answer those questions. We will pause the conversation if you find that useful at any time. You may also withdraw from the interview at any time without disadvantage of any kind.

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

The questionnaire will include your age, gender, occupation, ethnicity, event in track and field and what level you have competed at, and details about your Achilles injury. The interview will focus on your experience of the injury, your experience of treatment and how the injury has affected your involvement in sport.

This project involves an open-questioning technique. The general line of questioning includes injury details, your recovery and rehabilitation. The precise nature of the questions that we will ask have not been determined in advance but will depend on the way in which the interview develops. The School of Physiotherapy is aware of the general areas to be explored in the interview. The Ethics Committee has not been able to review the precise questions to be used.

The results of the project will be published in an international journal and presented at a conference. Every attempt will be made to preserve your anonymity. The researchers may use the data again at a later date. Other researchers may also ask to use the data. In that case, another application will be submitted to the Ethics Committee for approval, and we would provide those researchers only with de-identified data.

What about anonymity and confidentiality?

The interviews will be conducted by Caden. A professional transcriber or Microsoft Word Transcribe will transcribe the interviews and will be checked by Caden. Caden will remove your name, any clinician (GP, physiotherapist, orthopaedic surgeon or other) and location you might have mentioned during the conversation. Your name will be replaced with a pseudonym and a participant code. That will render the transcription to be anonymous. Only Caden and Gisela Sole will be able to link your interview transcription and questionnaire to your name and contact details.

Your data might be shared with our international advisor at Monash University in Australia, this will only be the unidentified data, and no personal details (For example, name and contact details) will be sent overseas.

Following transcription, the researchers will read through the (anonymised) transcriptions and analyse them. They will develop common themes across the interviews and develop a framework.

All data collected and recordings will be securely stored on the researchers' password-protected laptops and the University's secure server. Only those mentioned below and a research assistant will have access to it. We will retain the data for at least 10 years in secure storage. Your personal information (such as contact details, audio files after they have been transcribed) may be destroyed at the completion of the research.

If you agree to participate, can you withdraw later?

You may withdraw from participation in the project at any time and without any disadvantage to yourself. You may also choose to withdraw your data after you completed the interview up to one month following the interview. In that case, you will need to inform Gisela Sole of that decision, and she will withdraw the data from further analysis. Your data would then be deleted.

Any questions?

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

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Position: Masters Student/Physiotherapist	Email:
Department: Sports Clinic/Physio South	caden.shields@postgrad.otago.ac.nz
Name Gisela Sole	Contact phone number:

Position: Professor Department: School of Physiotherapy (Dunedin)	03-4797936 Email: Gisela.sole@otago.ac.nz
Name: Ramakrishnan Mani Position: A/Prof Department: School of Physiotherapy (Dunedin)	Email: ramakrishnan.mani@otago.ac.nz

This study has been approved by the University of Otago Human Ethics Committee (Health) -Te Pae Matatika Tangata (Hauora), Ōtākou Whakaihu Waka . 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.