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INFORMATION SHEET

Project title: Just do it: online strategies to promote exercise adherence

Investigators:

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Description of the study:

This study is part of the project entitled '*Just do it: online strategies to promote exercise adherence*'. This project will investigate the physical activity beliefs and behaviours of women over the age of 18, who completed active treatment for breast cancer (e.g. surgery, radiotherapy and / or chemotherapy) two or more years ago, and are no longer living with cancer. Participants will receive information designed to improve engagement in regular physical activity over one month. This project is supported by Flinders Centre for Innovation in Cancer and has been approved by the Flinders Social and Behavioural Research Ethics Committee (Project number 7146).

Purpose of the study:

This project aims to test whether brief, online strategies can help to improve levels of physical activity over one month. We also plan to investigate current and past physical activity and intentions and attitudes in relation to exercise.

What will I be asked to do?

You are invited to complete three online surveys that will ask questions about your beliefs and behaviours around exercise over one month. Participants will be given information and may be asked to trial a short technique designed to improve engagement with regular physical activity. The second survey will be conducted two weeks after the first, and the final survey will be conducted one month after the first one. The first survey will take approximately 15-25 minutes to complete.

You will be asked to provide your email address so we can contact you with the second and third surveys. Once you have done the surveys, the data will be stored as a computer file and your email address will be deleted. You will have the option to be entered into a draw to win a \$50 Coles-Myer voucher for participation in the study.

What benefit will I gain from being involved in this study?

The sharing of your experiences will improve knowledge about exercise beliefs and behaviours, and you may benefit from receiving information designed to improve regular physical activity levels.

On a wider scale, this project may also give insight into the best ways to deliver cost and time-effective strategies to increase exercise engagement, which can be used to inform future interventions, with the potential to improve health outcomes in this group.

Will I be identifiable by being involved in this study?

You do not need to give your name. **You will be asked to provide your email address.** This information will be used to contact you with the follow-up surveys, and to match your responses over time. It will be used for research purposes only and will not be given to anyone else. When the surveys have been completed, your email address will be deleted. The data will be stored on a password protected computer that only the coordinator will have access to. Your responses will not be linked directly to you.

Are there any risks or discomforts if I am involved?

The investigators anticipate few risks from your involvement in this study. However, if you have any concerns, please raise them with the investigators. Alternatively, if you would like to discuss breast cancer-related issues with a free support service, the Cancer Council SA confidential information and support service is available on 13 11 20, Monday to Friday 8:30am – 5:30pm.

How will I receive feedback?

Outcomes from the project will be summarised and given to you by the investigators if you would like to see them.

How do I agree to participate?

If you are interested in participating in this study, please click on the 'Begin Survey' link. Your consent to participate is indicated by clicking the 'Begin Survey' link. Participation is voluntary. You are free to withdraw from the survey at any time.

Thank you for taking the time to read this information sheet and we hope that you will accept our invitation to be involved.

This research project has been approved by the Flinders University Social and Behavioural Research Ethics Committee (Project number 7146). For more information regarding ethical approval of the project the Executive Officer of the Committee can be contacted by telephone on 8201 3116, by fax on 8201 2035 or by email human.researchethics@flinders.edu.au