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Move it AUS Grant Program Evaluation

PARTICIPANT INFORMATION STATEMENT

(1) What is this study about?

You are invited to take part in this evaluation because you have engaged with a project funded through Sport Australia's Move it AUS grant program. Together Sport Australia, The University of Sydney and all organisations funded through the grant program, would like to support you in becoming more physically active. We are interested in finding out more about you, your experiences participating in physical activities, along with your health and wellbeing.

This study aims to understand the extent to which significant federal government funding (\$230 million), supports increased sport and physical activity participation, and the impacts on population health and wellbeing. The research team will use the study results to provide recommendations to federal and state government, on how best to tackle physical inactivity and build an evidence-based foundation to develop a national physical activity strategy.

This Participant Information Statement tells you about the research study. Knowing what is involved will help you decide if you want to take part in the research. Please read this sheet carefully and ask questions about anything that you don't understand or want to know more about.

Participation in this research study is voluntary.

By giving your consent to take part in this study you are telling us that you:

- ✓ Understand what you have read.
- ✓ Agree to take part in the research study as outlined below.
- ✓ Agree to the use of your personal information as described.

You will be given a copy of this Participant Information Statement to keep.

(2) Who is running the study?

The study is being carried out by the following researchers:

- Dr Lindsey Reece, Professor Bill Bellew, Dr Katherine Owen, and Ms Bridget Foley, SPRINTER, Prevention Research Collaboration, Sydney School of Public Health, The University of Sydney
- Matthew Warr, and Lisa Nugara, Sport Australia

This evaluation is being funded by Sport Australia. SPRINTER is also receiving funds for the independent evaluation of two Move it AUS funded programs (parkrun au and Paddle Australia).

The overall evaluation findings will not be influenced by these relationships.

(3) What will the study involve for me?

You are invited to participate in two, English language surveys – one before and one after your participation in the funded program. All individuals who engage with a funded program will be invited to participate in the evaluation survey. If you are under the age of 16 or require assistance to complete the survey, we would still like you to participate. Please ask an adult/carer or program staff for support.

The survey includes questions about your physical activity behaviour and attitudes, knowledge of physical activity guidelines, self-efficacy, health, wellbeing and demographic information. If you are aged 65 years old or more, you may be asked additional questions about your quality of life, falls history and balance. While you are engaged in the funded program, your participation may be noted and linked to your responses in the survey, using your date of birth and gender. All your responses will be de-identified as the researchers will not receive any personal information about you, other than what you provide in this survey.

The SPRINTER group will share de-identified data and summary reports of the information collected in this evaluation with Sport Australia, Commonwealth Government. Evaluation findings may be used in Ministerial briefings, conference presentations, journal publications and other reports. No individuals will be identified in the results.

(4) How much of my time will the study take?

Participation in the evaluation should take about 15 minutes per survey, and you will be invited to complete two surveys – in total, involvement will take about 30 minutes of your time. If you require assistance to complete the survey, please allow extra time.

(5) Who can take part in the study?

All individuals who engage with a funded program will be invited to participate in the evaluation survey.

(6) Do I have to be in the study? Can I withdraw from the study once I've started?

Being in this study is completely voluntary and you do not have to take part. Your decision whether to participate will not affect your current or future relationship with the researchers or anyone else at the University of Sydney, Sport Australia or the funded organisation. There will be no repercussion on your participation in this or other funded programs if you choose not to participate.

Submitting your completed survey is an indication of your consent to participate in the evaluation. If you decide to take part in the evaluation and then change your mind later, You can withdraw your responses, up to the point that we have analysed and published the results. You can do this by contacting SPRINTER.group@sydney.edu.au.

(7) Are there any risks or costs associated with being in the study?

Aside from giving up your time, we do not expect that there will be any risks or costs associated with taking part in this study.

(8) Are there any benefits associated with being in the study?

We cannot guarantee that you will receive any direct benefits from being in the study.

(9) What will happen to information about me that is collected during the study?

By providing your consent, you are agreeing to us collecting information about you for the purposes of this research study. Your information will only be used for the purposes outlined in this Participant Information Statement, unless you consent otherwise.

The evaluation will collect your demographic information, physical activity behaviours, knowledge of physical activity guidelines, self-efficacy, health and wellbeing indicators. If you are aged 65 years old or more, you may be asked additional questions about your quality of life, falls history and balance. The funded activity will also monitor engagement in their program and report group information including participant numbers, activity frequency and locations to the researchers listed in Section 2. This program reporting will be considered with the survey data for each program to provide additional insight into the overall program impacts. We may also compare your responses to existing National population surveys such as AusPlay or the National Health Survey.

Your de-identified information will be owned by Sport Australia and stored securely at the University of Sydney on a Research Data Store platform; your responses will be kept strictly confidential, except as required by law. Evaluation findings may be published, but you will not be individually identifiable in these publications. You may access the evaluation results through the Sport Australia website, or by contacting the funded organisation once the evaluation has been completed in 2023. We will keep the information we collect for this study, and we may use it in future projects. By providing your consent you are allowing us to use your information in future projects. We don't know at this stage what these other projects will involve. We will seek ethical approval before using the information in these future projects. The data collected in this evaluation will be kept for a minimum of 20 years, as there is potential that participants will be under 15 years old and supported by an adult to complete the evaluation.

(10) Can I tell other people about the study?

Yes, you are welcome to tell other people about the study.

(11) What if I would like further information about the study?

When you have read this information, program staff/volunteers will be available to discuss it with you further and answer any questions you may have. If you would like to know more at any stage during the study, please feel free to contact SPRINTER.group@sydney.edu.au.

(12) Will I be told the results of the study?

You have a right to receive feedback about the overall results of this study. You may be able to access the evaluation report in 2023, published on the Move it AUS pages of the Sport Australia website. The funded programs will have individual reports to share with their program participants in an appropriate fashion after the study has been completed.

(13) What if I have a complaint or any concerns about the study?

Research involving humans in Australia is reviewed by an independent group of people called a Human Research Ethics Committee (HREC). The ethical aspects of this study have been approved by the HREC of the University of Sydney Protocol number 2019/599. As part of this process, we have agreed to carry out the study according to the *National Statement on Ethical Conduct in Human Research (2007)*. This statement has been developed to protect people who agree to take part in research studies.

If you are concerned about the way this study is being conducted or you wish to make a complaint to someone independent from the study, please contact the university using the details outlined below. Please quote the study title and protocol number.

The Manager, Ethics Administration, University of Sydney:

- **Telephone:** +61 2 8627 8176
- **Email:** human.ethics@sydney.edu.au
- **Fax:** +61 2 8627 8177 (Facsimile)

This information sheet is for you to keep