Participant Information Sheet

Physical Activity and Social Support for Rural-Dwelling Older Adults

Principal Investigators:

Dr. Davina Banner-Lukaris Professor, School of Nursing University of Northern British Columbia Prince George, BC V2N 4Z9 bannerl@unbc.ca and/or (250) 960-5259	**Kirsten Ward** PhD Candidate, School of Health Sciences University of Northern British Columbia Prince George, BC V2N 4Z9 kward@unbc.ca

Team Members:

Taru Manyanga Assistant Professor, Department of Physical Therapy University of Northern British Columbia Prince George, BC V2N 4Z9 Taru.Manyanga@unbc.ca	**Dawn Mackey** Associate Professor, Department of Biomedical Physiology and Kinesiology Simon Fraser University Burnaby, BC V5A 1S6 dmackey@sfu.ca
Chelsea Pelletier Assistant Professor, School of Health Sciences University of Northern British Columbia Prince George, BC V2N 4Z9 Chelsea.Pelletier@unbc.ca	

Purpose of Project

This project seeks to generate priority actions to improve the social support, physical activity, and thus the health of older adults living in rural communities.

Why are you being asked to take part in this study?

You are being invited to take part in this research study because you are a community member over the age of 65 years, living in a rural community with experience related to physical activity

and social support or someone who's work directly or indirectly impacts this group. Participation in this research is voluntary. If you agree to participate in this study, you are free to withdraw from the study at any time without providing any explanation. If you choose to withdraw from the study, we will ask for your permission to use the data collected up and until that point. You are not obligated to provide consent to use of this information after discontinuing the study. In the event that you withdraw from the study and do not wish to have your information included, all of your data will be securely destroyed.

What will happen during the project?

This is a two-phase project that will explore the experiences, needs, values, and priorities of persons with lived experience of physical activity social support in rural communities. In the first part, we engaged a diverse group of people with lived experience to participate in individual interviews. In Phase 2, we will host a consensus building workshop using deliberative dialogue. We will undertake the workshop with approximately 10-15 participants to explore key barriers and facilitators that impact participants' interactions with their physical activity and social support.

You are being invited to take part in the **Phase Two Consensus Building Workshop** part of the study. During the workshop, we will use deliberative dialogue and will ask you engage in discussion and priority setting activities to generate actions that will support the creation of actionable priorities. Prior to the first deliberative dialogue we will share some documents with you to support our conversations. The initial dialogue session will be approximately 2 hours in duration, with approximately one hour of preparation

What do I have to do?

If you wish to participate, you will be asked to provide informed consent either in writing or verbally. This workshop will be undertaken virtually, using Zoom. The dialogue will include the use of Zoom platform features (e.g. white board, breakout rooms, polls, and chat box) to help facilitate the dialogue. The discussion will be recorded using the encrypted UNBC-licensed version of Zoom and saved on a UNBC encrypted research computer along with white board discussions, polls, and chat box conversations.

What are the potential benefits of taking part?

We do not anticipate any direct benefits as a result of taking part. However, during the study you will be asked to share your experiences of physical activity and social support as someone living in a rural community. Some people may find it helpful to share their experience and to contribute to research that will help develop further research that better meets the needs and values of older adults living in rural communities.

What are the potential disadvantages?

As the consensus building workshop will include accounts of your experiences, some people may find this to be uncomfortable or potentially upsetting. Also, as the workshop involves a group of participants, some loss of privacy maybe experienced, however, we will ask all group members to agree to keep the information shared confidential. If at any point you feel uncomfortable or upset, a workshop facilitator will reach out to you directly and you will be asked if you wish to continue. You will have the opportunity to continue or withdraw from the study. In the event that you require further support, please let a team member know and/or access the freely available supports listed below:

Crisis Intervention and Suicide Prevention Centre of BC
Toll-free: 1-800-784-2433
Nursing Help Line
1.866.215.4700
Canadian Mental Health Association, BC Division
Toll-free (BC only): 1-800-555-8222 or Website: https://cmha.bc.ca/

Will my taking part in the study be kept confidential?

We will do our utmost to ensure that the information collected will remain private and confidential, however, anonymity cannot be completely guaranteed. As the workshop takes place within a group setting, we cannot guarantee your anonymity or confidentiality. When using Zoom, participants can opt to not use the camera option. Additional zoom security measures are detailed in a document that will be provided to participants. With this in mind, we will ask all group members to agree that any information shared as part of the groups is not shared outside of the group. We will ensure that data is de-identified and you will be assigned a unique participant number. This number will not include any personal information that could identify you. Information that is identifiable, such as your name and contact information, will be stored separately from the research data and can be accessed only by the Principal Investigator (Dr. Davina Banner) and the PhD Candidate (Kirsten Ward). This will not be released without your explicit consent or unless required by law. Your name will not appear on any documentation. In the event that there is any data that we feel may be potentially identifiable, we will contact you and you will be able to exclude this data or adapt it as needed.

All study related data will be stored in a locked filing cabinet and/or password-protected server at UNBC. Only members of the research team will have access to the de-identified study data, and this will be shared using the password protected secure Sync.com platform. All data will be destroyed five years after we have completed all research-related activities. Should you have any concerns about this, we ask that you please discuss them with a member of the study team.

What happens after the research stops?

Some of the information will be used to produce articles in research journals to share the findings with other health professionals and research scientists. We will also develop a summary of the study findings for our participants. You will be able to add your email address on the consent form if you wish to receive this.

Data will be stored for 5 years after the effective dissemination of the study findings and will be destroyed at this point. Paper documents will be destroyed using confidential shredding and computerized files will be deleted.

Who is funding this research?

This research does not have current funding.

Participants who take part in the workshop part of the study will be offered a $10 gift certificate as a token of our appreciation. A choice of gift certificates, including an online coffee card or other gift cards (e.g. gas card or supermarket gift certificate) will be made available. A mailing address will be required for non-online gift certificates.

Questions or Concerns about the project

If you have any questions about this study, please contact Dr. Davina Banner at bannerl@unbc.ca or Kirsten Ward at kward@unbc.ca. This study has undergone harmonized review. Please contact the Office of Research at the University of Northern British Columbia (Board of Record) on (250) 960-6735 or reb@unbc.ca if you have any questions or concerns about this research study.

UNBC UNIVERSITY OF NORTHERN BRITISH COLUMBIA

SFU SIMON FRASER UNIVERSITY

Consent Form (written or verbal)

Principal Investigators: Davina Banner and Kirsten Ward

Please read the following carefully:	**Please Circle**
• I have read and understand the information sheet	Yes/No
• I have had the opportunity to ask any questions	Yes/No
• I have received satisfactory responses to my questions	Yes/No
• I have had sufficient time to make a decision regarding my participation in this study	Yes/No
• I understand that all efforts will be made to keep ALL information confidential, however anonymity cannot be completely guaranteed	Yes/No Yes/No
• I understand that my discussion with the researcher will be digitally recorded	Yes/No
• I understand that I am free to withdraw from the study at any time	Yes/No
• I agree to have follow-up information sent to me at the following Email or mailing address *(if applicable)*……	Yes/No

I AGREE TO PARTICIPATE IN THIS STUDY **Yes/No**

Signature (**or note of verbal consent**): _____

Name of Participant (Printed): _____

Date: _____