**PARTICIPANT INFORMATION STATEMENT (STUDENT MENTOR)**

**RESEARCH STUDY TITLE:**

*FitSkills*: A community-university partnership to increase exercise participation among youth with disability

**INVESTIGATORS:**

Professor Nora Shields is Professor of Clinical and Community Practice at La Trobe University and Northern Health.

Professor Nicholas Taylor is Professor of Allied Health at La Trobe University and Eastern Health.

Professor Christine Imms is Professor of Occupational Therapy at Australian Catholic University.

Associate Professor Jennifer Watts is Associate Professor in Health Economics at Deakin University and is responsible for the economic evaluation aspect of this project.

Dr Luke Prendergast is Head of Department of Mathematics and Statistics at La Trobe University.

**ABOUT THE RESEARCH STUDY:**

You are invited to take part in our research study to find out if an exercise program we have developed for youth with disability called *FitSkills* is feasible, effective, socially and economically useful. The program matches a young person with disability with a mentor from their community and they exercise together at their local gym, for an hour, twice a week for 12 weeks. You are invited to take part because you are a mentor for the *FitSkills* program.

If you agree to take part, you will be asked to do the following:

1. Complete a 5 item Discomfort scale to measure your level of discomfort when interacting with people with disability. You will be asked to complete this questionnaire five times: before you start the program (month 0), when you finish the program (month 3), 3 months after finishing the program (month 6), 6 months after finishing the program (month 9) and 12 months after finishing the program (month 12).
2. Take part in a short interview to talk about your experience as a mentor. This interview will be audio-recorded.

If you decide to take part, you will receive no benefit other than knowing you are contributing to a research study. There are no risks to participating in this research study.

This research study has been approved by the University Human Ethics Committee at La Trobe University (HEC17-012) and Australian Catholic University. It was given a grant from National Health and Medical Research Council ($857,941.20) and received cash ($190,000) and in kind contributions from seven partner organisations (Victorian Department of Health and Human Services; Disability Sport & Recreation; YMCA Victoria; Cerebral Palsy Support Network; Down Syndrome Victoria; Joanne Tubb Foundation; City of Boroondara).

**DATA STORAGE:**

All data we collect as part of this research study will be confidential. If you take part in this research study you will be given a code number, which will be used when entering the data on computer files. Paper data will be stored in a filing cabinet in the locked office of Professor Nora Shields at La Trobe University. Data will be put on an electronic file on a computer that is password protected. Although the researchers will know who you are during the research study, your name will not be put included as part of the results of the research study. Your identity will remain confidential. During and after the research study, the computer records and written forms will be kept in a filing cabinet in the locked office of Professor Nora Shields at La Trobe University. No one apart from the researchers will have access to data. At the end of the research study, a summary of the results will be kept as a computer file at La Trobe University. Data will be kept for 15 years after publication of the results of the study and then it will be destroyed.

**RESULTS OF THE RESEARCH STUDY:**

When the research study is finished, the researchers will send a written report about the results to everyone who took part in the study. The results of this research study may appear in journal publications and in presentations at conferences but participants will not be named.

**WITHDRAWING FROM THE RESEARCH STUDY:**

You have the right to stop taking part in the research study at any time. If you change your mind, you can request to withdraw from the research study, provided you tell the principal researcher (Professor Nora Shields) this within 4 weeks of having finished taking part. To make this request, you will need to complete and sign a Revocation of Consent Form and send it to Professor Nora Shields at La Trobe University, Bundoora, VIC 3086. You may only make this request if you change your mind within 4 weeks of finishing the research study. Once we receive your request, we will destroy all data we have related to you.

Taking part is purely voluntary and there are no disadvantages, penalties or adverse consequences for not taking part in or from stopping taking part in the research early.

**QUESTIONS OR COMPLAINTS?**

If you have any questions about this research study you can telephone Professor Nora Shields at La Trobe University, on (03) 9479 5852. If you have any complaints or questions that the researchers have been unable to answer, you may ask the Secretary of the University Human Ethics Committee, La Trobe University, Victoria 3086 by telephone 03 9479 1443 or by e-mail humanethics@latrobe.edu.au