

Loddon Mallee Region (LMR) Move It Project: Evaluation and Research		
The following researchers will be conducting the study:		
Role	Name	Organisation
CI	Irene Blackberry	John Richards Centre for Rural Ageing Research, La Trobe University
Co-investigator	Tshepo Rasekaba	John Richards Centre for Rural Ageing Research, La Trobe University
Research funder	Loddon Mallee Region Move It Project Partnership (SportAus Grant administered by Macedon Ranges Shire Council)	

1. What is the study about?

You are invited to participate in this evaluation of the Loddon Mallee Region (LMR) Move It Project. The program you are participating in has been funded under the LMR Move It Project. We hope to learn the extent to which the LMR Move It Project, its funded programs and activities support increased participation in sports and recreational physical activity amongst inactive Australians. We also hope to understand how this has affected your physical ability, mental wellbeing and social connections.

2. Do I have to participate?

Being part of this study (evaluation) is voluntary. If you want to be part of the study, we ask that you read the information below carefully and ask us any questions.

You can read the information below and decide at the end if you wish to participate or not. If you decide not to participate, you do not need to do anything after reading this document and this won't affect your relationship with La Trobe University or the organisation that provides the sports and recreational physical activity program you attend.

3. Who is being asked to participate?

You have been asked to participate because:

- You have enrolled to participate in a sports and recreation physical activity program which is being provided in your community for people who are 65 years of age and older and are normally inactive.

4. What will I be asked to do?

If you want to take part in this study, we will ask you to:

- Read this document and if you need to, contact one of the study team members, Tshepo Rasekaba (phone 0478 012 751, email t.rasekaba@latrobe.edu.au) to ask questions you may have about participating
- Sign the consent form on page 4 when you are satisfied you understand what is required of you. By signing you indicate that you
 - Allow your program facilitators to give us (the evaluators) access to the information you provided to them via surveys. Please note this information will not identify your name.
 - May be contacted about taking part in one interview to tell us about your experiences of taking part in your LMR Move It funded physical activity program. The interview will be about 30 minutes long and over the phone, but we may consider a face to face interview under limited circumstances based on travel distance and time.

5. What are the benefits?

The study itself may not have direct benefits to you. The expected benefits to society in general are that we will learn whether LMR Move It has achieved its aim of encouraging previously inactive people to participate in sports and recreation physical activities, and how this affected participants' physical, mental and social wellbeing. Also, we will learn more on how to introduce similar programs particularly for people aged 65 years and over, especially those who live in rural and regional communities.

6. What are the risks?

With any study there are (1) risks we know about, (2) risks we don't know about and (3) risks we don't expect. If you experience something that you aren't sure about, please contact us immediately so we can discuss the best way to manage your concerns.

Name/Organisation	Position	Telephone	Email
Tshepo Rasekaba, La Trobe University	LMR Move It Evaluation Project Manager	0478 012 751	t.rasekaba@latrobe.edu.au

We have listed the risks we know about below. This will help you decide if you want to be part of the study.

- Some discomfort with allowing information you provided through your program facilitators being shared with us
- Some discomfort with sharing your opinions, if you participate in an interview

7. What will happen to information about me?

We will **collect** information about you in ways that will not reveal who you are. The exception is if you let us know that you are happy for us to contact you for an interview, in which case we will need your contact details which we will keep separate from the rest of information about you.

We will **store** information about you in ways that will not reveal who you are.

We will **publish** information in a report or potentially a peer review journal, but this will be group information in ways that will not be identified in any type of publication from this study.

We will **keep** your information for 7 years after the project is completed. After this time, we will destroy all of your data.

The storage, transfer and destruction of your data will be undertaken in accordance with the [Research Data Management Policy](https://policies.latrobe.edu.au/document/view.php?id=106/) <https://policies.latrobe.edu.au/document/view.php?id=106/>.

The personal information you provide will be handled in accordance with applicable privacy laws, any health information collected will be handled in accordance with the Health Records Act 2001 (Vic). Subject to any exceptions in relevant laws, you have the right to access and correct your personal information by contacting the research team.

8. Will I hear about the results of the study?

We will let you know about the results of the study by a summary report that will be made available through the program you attended.

9. What if I change my mind?

You can choose to no longer be part of the study at any time until [four weeks] following the collection of your data. You can let us know by:

1. Completing the 'Withdrawal of Consent Form' (provided at the end of this document);
2. Calling us; or
3. Emailing us

Your decision to withdraw at any point will **not** affect your relationship with La Trobe University or the organisation that provides the program you attend.

When you withdraw, we will stop asking you for information. Any identifiable information about you will be withdrawn from the research study. However, once the results have been analysed, we can only withdraw information, such as your name and contact details. If results haven't been analysed, you can choose if we use those results or not.

10. Who can I contact for questions or want more information?

If you would like to speak to us, please use the contact details below:

Name/Organisation	Position	Telephone	Email
Tshepo Rasekaba, La Trobe University	LMR Move It Evaluation Project Manager	0478 012 751	t.rasekaba@latrobe.edu.au

11. What if I have a complaint?

If you have a complaint about any part of this study, please contact:

Ethics Reference Number	Position	Telephone	Email
HEC19401	Senior Research Ethics Officer	+61 3 9479 1443	humanethics@latrobe.edu.au

Loddon Mallee Region (LMR) Move It Project: Evaluation and Research**Consent - Declaration by Participant**

Please tick the box(es) that applies to indicate your consent:

I give consent for the information I provide via the survey to be used for the evaluation

I give consent to be contacted for an interview

Name:

Contact Number:

Signature:

Date:

Withdrawal of Consent

I wish to withdraw my consent to participate in this study. I understand withdrawal will not affect my relationship with La Trobe University or any other organisation or professionals listed in the Participant Information Statement. I understand the researchers cannot withdraw my information once it has been analysed, and/or was collected as part of anonymous data.

My withdrawal includes (tick the box that applies)

- Data/information shared by my program facilitator
 Data/information from the interview if I participated in the interview

I understand my information will be withdrawn as outlined below:

- ✓ Any identifiable information about me will be withdrawn from the study
- ✓ The researchers will withdraw my contact details so I cannot be contacted by them in the future studies unless I have given separate consent for my details to be kept in a participant registry.
- ✓ The researchers cannot withdraw my information once it has been analysed, and/or was collected as part of anonymous data

I would like my already collected and unanalysed data

- Destroyed and not used for any analysis
 Used for analysis

Participant Signature

Participant's printed name	
Participant's signature	
Date	

Please forward this form to:

CI Name	Dr Tshepo Rasekaba
Email	t.rasekaba@latrobe.edu.au
Phone	0478 012 751
Postal Address	John Richards Centre for Rural Ageing Research La Trobe Rural Health School, La Trobe University PO Box 821 Wodonga VIC 3689