

Participant Information Sheet

Intervention Study: Person living with diabetes

Study Title: Promoting physical activity in the management of type 2 diabetes: a pilot study to explore tools for the delivery and outcomes of diabetes-specific education.

Invitation

Thank you for taking time to read this form. We would like to invite you to take part in a research study which involves you meeting with an exercise advisor in attending a High Life Highland facility with a view to receiving information to help you to increase your physical activity levels. Choosing not to take part will not disadvantage you in any way. Before making any decision it's important you understand why the research is being done and what your role will be. Please read the following information and feel free to contact us if anything is unclear or you require further information.

What is the purpose of this study?

The study aims to develop a web-based educational tool kit that can be successfully integrated into a community setting. The hope is to develop a tool that is efficient and easy for exercise advisors to use in promoting self-management of Type 2 diabetes through increasing physical activity. The data generated from health professionals, exercise advisors and people living with Type 2 diabetes has helped to shape development of the toolkit.

Why have I been chosen to participate?

We are looking for people with Type 2 diabetes in Highland region. You are being invited to take part because you have been identified as someone living with Type 2 Diabetes.

Do I have to take part?

No. It is up to you whether to take part. If you do decide to take part, you will be given this information sheet to keep and asked to sign a consent form. You are free to withdraw at any time and without giving a reason and a decision to withdraw or not to take part, will not affect the standard of care you receive.

What will happen to me if I take part?

This study involves attending a session with an exercise advisor in a High life Highland facility for an initial face to face consultation which will last approximately 1 hour. Here you will receive information about ways to become more physically active that are suited to you personally. You will be asked to wear an accelerometer (pedometer type of device that measures physical activity) for three periods of 7 days, once at the start, at 3 months and again at 6 months and complete a short questionnaire on these occasions about your physical activity levels. You will also be asked to complete short interview a researcher from the University of the Highlands and Islands at the end of the study.

What are the possible disadvantages and risks in taking part?

There are no foreseeable risks associated with the study. If you have any concerns about managing your diabetes during the study you will be able to speak to a diabetes specialist.

What are the possible benefits of taking part?

You may receive some direct benefit from participation in terms of increasing your physical activity levels. You will have the opportunity to shape the development of an online tool that may be beneficial to people with Type 2 diabetes in the future. We will provide you with a summary of the main findings of the study, if requested.

What if something goes wrong?

If you are harmed by taking part in this research project, there are no special compensation arrangements. If you are harmed due to someone's negligence, then you may have grounds for a legal action, but you may have to pay for it. Regardless of this, if you wish to complain, or have any concern about any aspect of the way you have been approached or treated during the course of this study, the normal National Health Service complaints mechanism is available to you.

Will my taking part in this study be kept confidential?

All the information we collect will be kept confidential and will be stored in a secure site. Only the research staff will have access to your personal or identifying information. All information resulting from this research which identifies you will be kept strictly confidential, but may be inspected by regulatory authorities. Your GP will not be notified of your participation.

What will happen to my data and in the future?

The information collected from this study will be used in the further development of the online toolkit and to inform a larger study. The results of this project may be presented in academic meetings, or published in scientific journals; there will be no information in the publication which will identify you.

Who is organising the funding of the project?

This project is being organised by members of the University of the Highlands and Islands, Division of Health Research and NHS Highland, under the direction of Professor Sandra MacRury

Who Reviewed this Study?

This study has been reviewed and received ethical approval from the University of the Highlands and Islands and NHS research ethics committees.

Contact for further information?

Professor Sandra MacRury
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Independent Contact for Information

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