



## **Designing a diet and physical activity web-based platform to reduce secondary stroke risk for stroke survivors: An integrated knowledge translation approach**

### **INFORMATION FOR PARTICIPANTS/CONSENT FORM**

#### **Introduction**

You are invited to take part in a research study to help design a web-based platform for people who have had a stroke.

This platform will have information and tips from health professionals, stroke survivors and scientists about healthy eating and physical activity that can be done to reduce the risk of having another stroke.

This research project is being conducted as a part of a doctorate by research degree at the University of Newcastle. The PhD candidate is Dina Pogrebnoy, supervised by Professor Coralie English (principal supervisor), Dr Lesley McDonald-Wicks, Dr Amanda Patterson and Dr Amy Dennett.

#### **What is the research about?**

Eating nutritious food and increasing physical activity after stroke reduces the risk of having another stroke. But we know that effects of a stroke can make it difficult to get more active and to change eating patterns.

Our research team, which includes stroke survivors, health professionals and scientists, designed the *i-REBOUND* program. This program aims to make it easier to eat healthy and move more.

This project is about making the *i-REBOUND* program available online so that people can access it when they need it, where they need it.

This platform needs to be user-friendly for people with a range of impacts from their stroke, including movement, thinking or memory, and speech. It is very important that this platform provides a good experience for people who use it.

## **Where is the research being done?**

The study is being conducted by The University of Newcastle, NSW and Eastern Health, VIC. You can take part from your home or somewhere else where you can do zoom calls.

If you're not sure about using zoom, the research team can help you practice before the workshops, so that you feel comfortable on the day.

## **Who can participate?**

People over 18 who can contribute knowledge and experience to support the development of the web-based platform, including:

- health professionals,
- stroke survivors,
- carers,
- healthcare service managers,
- and relevant non-government organizations, e.g. 'the Stroke Foundation'.

You are receiving this information because you are either,

1. are a member of the Stroke Research Register, Hunter, or
2. saw information on a website or on social media, or
3. previously took part in the codesign workshops for the physical activity or diet interventions as part of the University of Newcastle telehealth trial and gave consent to be contacted about future research
4. were told about this research by one of your health professionals and gave consent to have this sent to you

## **What Choice do you have?**

Take your time deciding if you want to participate. Joining this study is voluntary. If you decide not to join that is OK. You may decide to stop being in the study. You can do this at any time, for any reason. Your involvement or non-involvement will not affect the rest of your care.

## **What will the study involve?**

1. You will be asked to give your consent. A relative or friend will be asked to confirm this in writing.
2. Attend **TWO** workshops via videoconference (eg zoom) of no longer than 2 hours in length.

## **Workshop 1 – Help us understand what is needed.**

You will work (in a group) with a member of the research team to discuss:

- What would make it hard for you to use a web-based platform for healthy eating and physical activity?
- What could make it easier to use a web-based platform?
- You will be asked how the *i-REBOUND* diet and physical activity programs can be adapted for the online platform.

## **Workshop 2 – feedback on web-based platform**

You will work in a group with a member of the research team to share your opinion and make suggestions on changes needed to improve the platform.

You will be asked to complete a brief questionnaire (5 minutes) at the beginning of the workshop. We will ask about your age, your prior experience with web-based platform use. We will also ask the amount of time since your stroke and your current ability, or any professional qualifications relevant to diet or physical activity. Help to complete this questionnaire will be available if you need it.

Both workshops will be recorded in zoom and notes will be taken by researchers. This is for study purposes only.

## **What are the risks and benefits of participating?**

### **Risks**

We are not aware of any risks to participate in this research project. All workshops will be online (eg.Zoom), therefore there will be no travel inconvenience.

## **Benefits**

This project will help us develop a diet and physical activity web-based platform for people who have had a stroke. We hope this platform can help stroke survivors reduce their risk of repeat strokes.

## **Will the study cost you anything?**

There is no cost to participate. You will need to cover the cost of internet used for the workshops at your home. You won't be paid to take part.

## **How will your privacy be protected?**

The information collected from you will be treated securely. You will not be identified in a publication or media without additional written permission.

## **Further Information**

When you have read this information, Dina Pogrebnoy or Professor Coralie English will discuss it with you and answer any questions you may have.

If you have any questions, please contact:

Dina Pogrebnoy Mob: 0403432415, Email: [dina.pogrebnoy@uon.edu.au](mailto:dina.pogrebnoy@uon.edu.au) or

Coralie English Ph: 02 4913 8102 Email: [coralie.english@newcastle.edu.au](mailto:coralie.english@newcastle.edu.au) .

Full list of researchers involved in this research project can be requested.

This information statement is for you to keep.

Thank you for considering the invitation to take part. If you are interested in participating, please tell the researchers.

Yours sincerely,



Coralie English  
Principal Coordinating Investigator  
Professor at the University of Newcastle



Dina Pogrebnoy  
Principal Investigator  
PhD Candidate the University of Newcastle  
0403432415

**Ethics:**

This research has been approved by the Hunter New England Human Research Ethics Committee of Hunter New England Local Health District, Reference 2021/ETH00360.

**Governance:**

The conduct of this research has been authorised by the Hunter New England Local Health District to be conducted at the Hunter New England Local Health District site.

**Complaints about this research:**

Should you have concerns about your rights as a participant in this research, or you have a complaint about the manner in which the research is conducted, it may be given to the researcher, or, if an independent person is preferred, please contact the HNE Research Office, Hunter New England Local Health District, Level 3, POD, HMRI, Lot 1 Kookaburra Circuit, New Lambton Heights NSW 2305. Telephone: 02 4921 4140. Email: HNELHD-ResearchOffice@health.nsw.gov.au and quote the reference number **2021/ETH00360**.

# Consent Form

## **Declaration by Participant**

I have read the Participant Information Statement or someone has read it to me in a language that I understand.

I understand the purposes, procedures and risks of the research described in the project and understand that workshop will be audio recorded.

I have had an opportunity to ask questions and I am satisfied with the answers I have received.

I freely agree to participate in this research project as described and understand that I am free to withdraw at any time during the project without affecting my future care.

I understand that I will be given a signed copy of this document to keep.

I wish to be notified about results of this study. My contact details are below:

---

I wish to be notified about future research studies.

Name of Participant (please print)

Signature

Date

## **Declaration by Researcher<sup>†</sup>**

I have given a verbal explanation of the research project; its procedures and risks and I believe that the participant has understood that explanation.

Name of Researcher<sup>†</sup> (please print)

Signature

Date

<sup>†</sup> An appropriately qualified member of the research team must provide the explanation of, and information concerning, the research project.

Note: All parties signing the consent section must date their own signature.

# Form for Withdrawal of Participation

## **Declaration by Participant**

I wish to withdraw from participation in the above research project and understand that such withdrawal will not affect my routine care or my relationships with the researchers.

Name of Participant (please print)

Signature

Date

In the event that the participant's decision to withdraw is communicated verbally, the Senior Researcher must provide a description of the circumstances below.

## **Declaration by Researcher<sup>†</sup>**

I have given a verbal explanation of the implications of withdrawal from the research project and I believe that the participant has understood that explanation.

Name of Researcher (please print)

Signature

Date

<sup>†</sup> An appropriately qualified member of the research team must provide information concerning withdrawal from the research project.

Note: All parties signing the consent section must date their own signature

## Script for explanation of the study to a person with aphasia

You have had a stroke. Your talking and understanding are affected. This is called aphasia.

- We want to make a website for people after a stroke, to help them move more and eat healthy.
- People after a stroke will meet in a group of 3-6 people.
- All meetings will be on zoom.
- We will ask you to tell us what is for you when using on a website.
- We will ask you what is hard when you use a website.
- We will video record these meetings to help us remember what you said.
- We will not use the recording of you without your special written permission.
- We will listen to your suggestions and make a website for you to try.
- After you have tried the website, we will ask what we need to change.
- We will make changes after listening to you.
- You can withdraw from this study if you don't like it.
- When this website is ready, we will invite you and other people after a stroke to use it.

Questions:	Yes	No
Would you like to be in the study?		
Should I stop asking you to do this study?		
Do you understand what I'm asking you to do?		
Is it ok if we videorecord you?		
Do you have any problems with this study?		
Will you sign the paper?		

## WHAT is the research about?

We know exercise

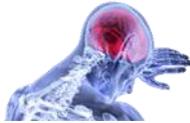


and a good diet



can reduce the

risk of stroke



and keep you healthy.

We want to



a program for you to do in your



on your



at a



that suits you to Move more



and Eat Healthy

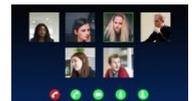


## WHAT will I be asked to do?

Attend **2** workshops



no more than **2** hours on zoom



Tell us what could work



and what will not work



Give us feedback



on the website

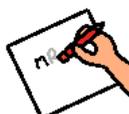


We will **record**



these **workshops**

Your name



and personal details



will be kept private



Only researchers  
any time.



involved will have access. You can **say no**



**Would you like to be involved?**

**Yes**

**No**



**Your Signature**

**Signed:** \_\_\_\_\_

**Date:** \_\_\_\_\_