

## Appendix 1



### CONSENT FORM - PARENTS



#### “Family physical activity study: A randomized controlled trial”

You are being asked to take part in a study titled “**A Family Physical Activity Study**”. We are inviting any parent(s) who currently have at least one child between the ages of 6 and 12 years, to participate in this study. **Specifically, we are seeking families in which at least one child is struggling to meet physical activity guidelines.** This study has been reviewed by the University of Victoria Ethics Committee and has met the rigorous requirements for ethical approval.

Although regular physical activity is essential for healthy development in children and numerous benefits of an active lifestyle have been reported, less than one third of Canadian children are meeting physical activity guidelines. Furthermore, children who are overweight as youth are twice as likely to remain overweight into adulthood. Child health is influenced by parental health practices; however, many parents have difficulty maintaining a regular physical activity program due to family obligations. As a result, the promotion of regular activity is paramount in alleviating the potential health implications that may arise for the entire family. We hope that you will help us learn more about factors influencing physical activity in families by participating in the study.

#### **Purpose of this Project**

In this study, we will be examining whether different strategies help to promote family-based physical activity.

#### **What do I have to do to participate?**

- 1) First we ask that you sign this consent form.
- 2) We will then conduct a **fitness test for your child** at the Behavioural Medicine Lab at the University of Victoria, on a date that is convenient for you.

The tests include blood pressure, body composition (height, weight, girth measurements), a Leger shuttle run test, some strength tests (grip strength, push ups, sit ups, plank test) and a sit & reach flexibility test. This will take approximately 45 minutes. Prior to conducting the fitness test we will administer a questionnaire to ensure that it is safe for your child to undergo fitness testing and partake in physical activity. (Physical Activity Readiness Questionnaire that is administered over the phone).

- 3) We will ask you to complete a **Baseline online questionnaire (should take approx. 20-30 minutes of your time)** while your child is doing their fitness test (**fitness test takes approx.. 1 hour**).

- 4) After the fitness test, we will send your child home with an accelerometer which we will ask him or her to wear for one week. We will ask your child to wear an accelerometer at **four times for seven consecutive days throughout the study**. We will also provide a logbook to write down some information about when your child put the accelerometer on and took it off, and what activities they were doing during the day. You will get the accelerometer information back at the end of the study.

- 5) Once the accelerometer has been worn for one week, we will contact you to pick up the accelerometer and accelerometer log book. At this time we will go through some materials to help increase your child's physical activity. You will be randomized to one of three conditions. Each condition is aimed at increasing

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physical activity for your child but the materials differ. At the end of the study you will find out what the other conditions received for materials and have the option to receive these materials as well. The study materials will include information and strategies for how you can help increase the physical activity of your child. **This will take about 30 minutes to work through.** The materials are print copy and outline benefits of physical activity, information about activities, brainstorming about barriers and some other strategies for how to increase physical activity for your child. **We will ask you to keep and refer to these materials over the course of the study.**

6) **After six weeks**, we will contact you about a **second questionnaire** that we will email to you and ask your **child to wear an accelerometer for another week.** We will also provide an information ‘booster’ session and check in to see how things are going with your child’s physical activity.

7) **At 3 months’ time**, we will ask you to complete **another questionnaire online** and ask your child to **wear an accelerometer for a third time.**

8) **After 6 months**, we will set up a time for **final fitness testing at our lab for your child**, ask you to complete the **last questionnaire**, and ask your child to **wear accelerometers for one week.** At the end of the last week we will setup a time to pick up the accelerometer and **ask you a few wrap up interview questions which should take approximately ten minutes.** This will be tape recorded.

In the questionnaires, you will be asked about demographic information (such as ethnicity, employment and education), questions about your physical activity and your child’s physical activity, and some questions on quality of life. Your child will also be asked about their activities and a child-adapted quality of life scale.

#### **Inconvenience, Risks, and Benefits**

There are minimal risks associated with the study but it is **important for you to be aware that you may be asked about some sensitive topics such as demographic information (ethnicity, employment, health) or about your quality of life, or stress.** These questions can make some people uncomfortable and you do not have to answer them if you do not want to. Also your child will be asked about their activities and some questions about their life. If these questions make your child uncomfortable they do not have to answer them. You also may be inconvenienced by time to participate in the study. **Each questionnaire takes approximately 20-30 minutes to complete. Your child’s fitness test may take around 45 minutes each time to complete. The fitness test can make some kids nervous but our trained fitness testers are very careful and will not force your child to do anything they do not want to.** Your child will be shown all the tests and explained in detail what they require. These are standardized tests which are used with kids all across Canada. Any contraindication to exercise or fitness testing would come up through administration of the Physical Activity Readiness Questionnaire. If it is noted that there may be a contraindication to increasing yours or your child’s level of activity, then we will require medical screening prior to participation in the study and in the fitness testing.

The potential benefits of your participation in this research include increasing your child’s level of physical activity participation, which comes with associated health benefits. **Additionally you and your child will earn an honorarium after every assessment point increasing by \$5 at each time point (i.e. families will receive \$25 after the baseline assessment, \$30 after the 6-week assessment, \$35 after the 3 month assessment and \$40 after the 6 month assessment).** If you withdraw from the study you will be paid up to your completed measure (i.e. if you complete six weeks and then withdraw you will receive \$30). You will also get all of your child’s fitness testing and accelerometer information back at the end of the study. Furthermore, you will be providing much needed information on the current health behaviours of parents and their families and the barriers which prevent regular family physical activity involvement. This information will be very helpful to us in designing intervention programs catered to families. As well, if

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requested, you can obtain feedback of the results of this study. The results of the study will be presented at scholarly meetings and published as an article in an academic journal.

**Anonymity and Confidentiality**

The information from the questionnaires, accelerometers, fitness tests, and interviews will be anonymous during data analysis and publication of study results. All data will be published as group data, and any data kept separate will be identified by ID-number (no name). We will need your contact information in order to provide you with materials and collect materials. However, we can assure you that your confidentiality will be completely protected and only the research team will have access to your contact information. In terms of protecting the confidentiality of your data, the data file and completed questionnaires will be kept in a locked and secure environment on the University of Victoria campus at all times. Only the investigators will have access to the data. The original questionnaires will be shredded after 5 years.

**Do I have to participate?**

No, your participation in this study is completely voluntary and you have the right to withdraw at any time without consequence. As well, if you choose to withdraw before the six-month follow up, it is up to you whether or not we use that data that we will have collected from you up until that point. It is only through voluntary participation in research projects that we increase our knowledge about issues that are important to health. If one family member chooses to withdraw, the rest of the family can complete the study. If your child decides they do not want to participate, you both may withdraw with no questions asked. If there is only one child participating and they wish to withdraw, the family will be removed from the study. If there are two children within the ages of 6-12 and one child wishes to withdraw but the other would like to remain, the family may continue on. If there is only one parent and they wish to withdraw they will be removed from the study. If there are two parents and only one wishes to withdraw the other family members can continue on. The participant who withdraws will be asked if their data can still be used in the study.

If you have any questions or concern about this study please do not hesitate to contact either Sandy Courtnall (Research Coordinator) or Dr. Ryan Rhodes (Primary Investigator). In addition, you may verify the ethical approval of this study, or raise any concerns you might have, by contacting the Human Research Ethics Office at the University of Victoria (250-472-4545 or [ethics@uvic.ca](mailto:ethics@uvic.ca)).

**Other co-investigators of the study:**

Dr. Mark Beauchamp, Dr. Chris Blanchard, Dr. Valerie Carson, Dr. Benjamin Gardner, Dr. Darren Warburton

**Your signature below indicates that you understand the above conditions of participation in this study, and that you have had the opportunity to have your questions answered by the researchers. Your signature indicates that you consent to both yourself participating in the study and your child to participate in the study.**

<i>Name of Participant</i>	<i>Signature</i>	<i>Date</i>
**Please sign one copy for the researchers and sign and keep one copy for your records** Ryan E. Rhodes, Ph.D., Professor (250) 721-8384 rhodes@uvic.ca	Sandy Courtnall, Project Coordinator (250) 472-5288 scourtna@uvic.ca	