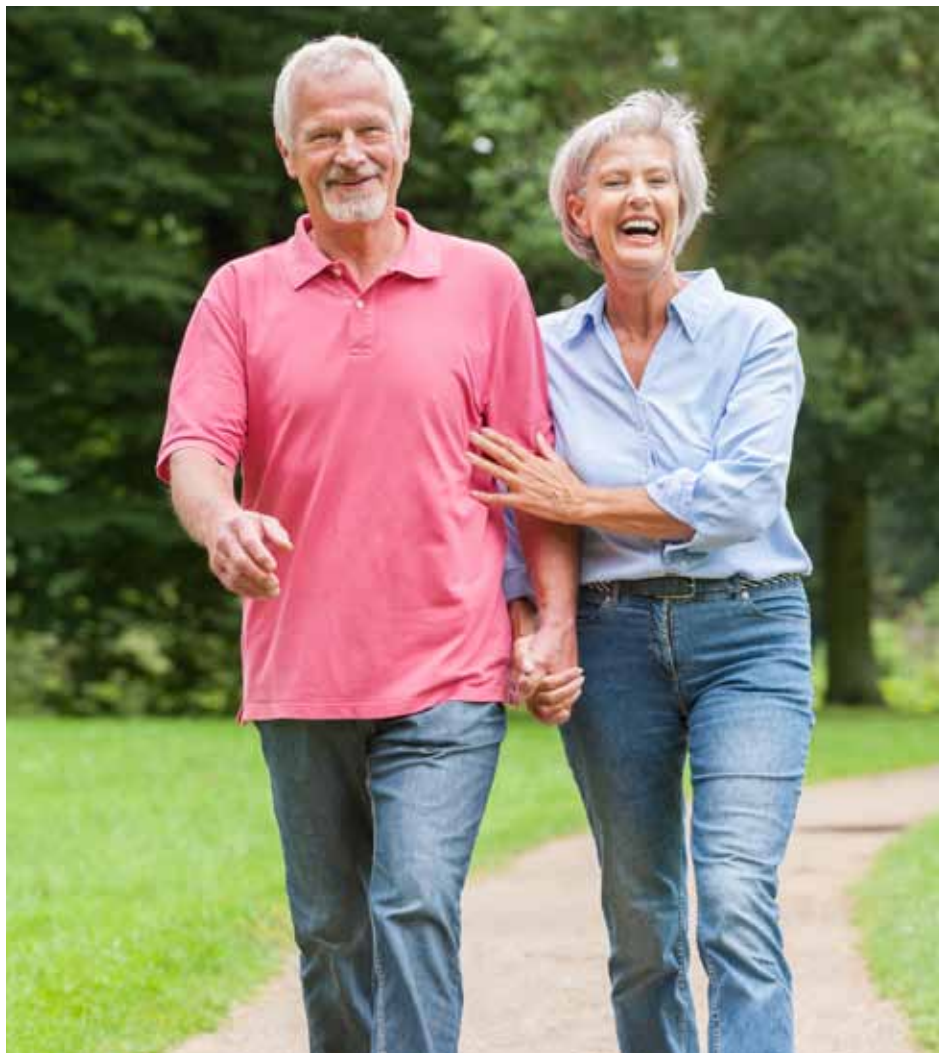


# PACE-UP +3

## Participant information sheet

PACE-UP primary care walking intervention trial – 3 year follow-up



We are inviting you to take part in our research study, a 3 year follow-up of the PACE-UP trial. Before you decide, you need to understand why the research is being done and what it will involve for you. Please take time to read the following information carefully. A research assistant (Charlotte Wahlich) will contact you by telephone in the week after you receive this information sheet. She is also available by email [cwahlich@sgul.ac.uk](mailto:cwahlich@sgul.ac.uk) or telephone on 07976043262 and is happy to answer any questions you may have. Talk to others about the study if you wish.

- **Part 1** tells you the purpose of this follow-up study and what is involved if you take part.
- **Part 2** gives you more detailed information about the follow-up study.

Please ask us if there is anything that is not clear or if you would like more information.



## Part 1

### **What is the purpose of the study?**

Most adults and older adults are less physically active than they need to be to stay healthy. Walking is an effective and safe form of activity and it can help people to achieve the recommended physical activity levels for health. The original PACE-UP trial showed that a pedometer and a 12-week walking programme, with or without additional nurse support, helped 45-75 year olds to increase their walking at 12 months. For long-term health benefits physical activity needs to be maintained. We want to find out if the increases that we saw in both step-counts and time spent being physically active have been maintained 3 years after the PACE-UP trial, i.e. in 48-78 year olds.

### **Why have I been chosen?**

You took part in the original PACE-UP trial, we are now inviting all participants to be followed up.

### **Do I need to be physically active to take part?**

No, we will not ask you to increase your physical activity levels; we want to see how much physical activity you are doing now, as part of your usual routine.

### **Do I have to take part?**

No, it is up to you to decide. If you do not want to take part your care from your general practice will not be affected in any way. If you decide to join in, you can change your mind later. However, information previously collected may be used.



## What happens next if I choose to take part?

### Step 1

If you are happy to take part once you have read this information sheet, then you can sign the consent form included with this information sheet (keeping the bottom copy for yourself) and return the top copy in the stamped addressed envelope (SAE) provided.

### Step 2

The research assistant from St George's University of London will contact you to see if you have any questions, but if you would like to contact them directly please call, tel number **07976043262** or email on **cwahlich@sgul.ac.uk**.

### Step 3

If you give consent to take part, the research assistant will arrange a convenient time for you to start wearing the accelerometer and will post out the following to you:

- A short questionnaire about your health and lifestyle
- A short questionnaire about your physical activity
- A belt with a small monitor (an accelerometer) on, for you to wear for 7 days in a row (daytime only), while you continue with your usual physical activities.
- A diary for you to record your physical activities in for the 7 day period.
- A large stamped addressed envelope (SAE) for you to post back the accelerometer, diary and questionnaires to St George's University of London.

### Step 4

A small number of participants (about 1 in 25 of those taking part in the follow-up study) will also be approached for a short telephone interview about their physical activity levels which will be audio recorded for research purposes.

## How long will the study take and what if I plan to go away?

The study will only take a week to complete, and can be arranged around any holidays or commitments you may have.

## Are there any benefits from taking part?

Everybody will be offered individual feedback on their activity levels, after they have taken part.

## Are there any risks from taking part?

No, we are not asking you to increase your physical activity levels, we are interested to measure how much physical activity you are currently doing, in your usual routine.

## Are there any expenses or payments?

If you take part in the study it will not cost you any money and you do not need to buy any special equipment. We will be sending all participants a £10 gift voucher for local high street shops, when they return their monitor to us through the post. Those who are interviewed about their physical activity levels will also receive an additional £10 gift voucher.



### Contact Details:

Name of the Research assistant:  
**Charlotte Wahlich**

Mobile no: **07976043262**  
email: **cwahlich@sgul.ac.uk**

Name of main investigator:  
Dr Tess Harris,  
Tel: **0208 7252791**  
email: **paceup@sgul.ac.uk**

## Part 2

### Will my General Practitioner (GP) be informed?

If you choose to take part in the study, we will seek your consent to inform your GP that you are doing so. No individual results will be fed back to your GP.

### Will my taking part in this study be kept confidential?

Yes. We will follow ethical and legal rules. All information that is collected about you during the study will be kept strictly confidential.

- Information will be collected from questionnaires and accelerometers. If you are selected to take part in the telephone interviews this information will be audio recorded. You can check the accuracy of study data held about you.
- Data will be stored securely and disposed of securely after 7 years.  
Dr Tess Harris is the data custodian.
- Data that could identify you will only be accessed by researchers from St George's University of London (main investigator Dr Tess Harris & research assistants under her direct supervision).  
All have a duty of confidentiality. Nothing that could reveal your identity will be disclosed outside the practice or St George's University of London.

### Complaints/Problems

If you are concerned about any part of this study, you can contact the main investigator, Dr Tess Harris (Tel: **0208 725 2791** email [paceup@sgul.ac.uk](mailto:paceup@sgul.ac.uk)) or the Research assistant (Tel: **07976043262**). We will respond to any complaint about the way you have been dealt with during the study. If you want to complain formally, you can do this through the NHS Complaints Procedure. You can get the details of this procedure from your general practice.



### What will happen to the results of the research study?

You will receive a newsletter with the results of the 3 year follow-up study. A summary of the main results will be sent to your GP practice also, to help them promote physical activity. We will also disseminate the findings of the study at national and international conferences and get them published in a peer reviewed medical journal.

### Who is organising and funding the research?

The research is organised by St George's, University of London. It is funded by the Health Technology Assessment Programme, National Institute of Health Research.

### Who has reviewed the study?

All research in the NHS is looked at by an independent group of people called a Research Ethics Committee, to protect your interests. This study has been reviewed and given a favourable opinion by the National Research Ethics Service Committee London-Hampstead.

*Thank you for taking the time to read this information*



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