

ABN 15 211 513 464

DR LINDSEY REECE
Senior Research Fellow - SPRINTER

Level 6, The Hub
Charles Perkins Centre D17
The University of Sydney
NSW 2006 AUSTRALIA
Telephone: +61 286 276 222
Email: Lindsey.Reece@sydney.edu.au
Web: <http://www.sydney.edu.au/>

Active Kids Evaluation

PARTICIPANT INFORMATION STATEMENT

(1) What is this study about?

You are invited to take part in a research study about the implementation of the Active Kids program. If you would like to access more information about the Active Kids program or provide feedback regarding the process of accessing and redeeming a voucher, please visit: <https://sport.nsw.gov.au/sectordevelopment/activekids>

The purpose of the study is to investigate the effectiveness of the Active Kids program in influencing physical activity behaviours, social wellbeing, self-efficacy and interaction with the sport sector, amongst children living in NSW. This study will inform relevant stakeholders of the impacts of the program.

You have been invited to participate in this study because you registered *yourself or your child* for the Active Kids program. This Participant Information Statement tells you about the research study. Knowing what is involved will help you decide if you want to take part in the research. Please read this sheet carefully and ask questions about anything that you don't understand or want to know more about.

Participation in this research study is voluntary.

By giving your consent to take part in this study you are telling us that you:

- ✓ Understand what you have read.
- ✓ Agree to take part in the research study as outlined below.
- ✓ Agree to the use of your personal information as described.

(2) Who is running the study?

The study is being carried out by the following researchers:

- Dr Lindsey Reece, Prof Adrian Bauman, Dr Katherine Owen and Miss Bridget Foley, SPRINTER Prevention Research Collaboration, Sydney School of Public Health, The University of Sydney

This study is being funded by the NSW Government, Office of Sport.

(3) What will the study involve for me?

During the Active Kids program application on Service NSW, you indicated you are happy to be contacted for research regarding the Active Kids program. During this study you will receive email invitations to participate in online questionnaires. All people over the age of 16 who complete the Active Kids program registration using a Service NSW account will be eligible to participate in this study. The information collected in this study will be regarding the child for which the \$100 voucher will contribute to the cost of their participation in sport or active recreation.

All Service NSW account holders who redeem their voucher and have consented to be a part of the evaluation, will receive an email containing an invitation to participate in an online survey. These invitations will be sent twice per year. This is to capture information on maintenance of physical activity behaviour.

If you complete an online survey, we may call you between 8am-6pm Monday-Friday to invite you to participate in a brief telephone interview regarding the Active Kids program. This interview will be recorded to assist with analysis.

The information you provide as part of your registration in the Active Kids program will be linked to your responses to the online survey for analysis. You will not be individually identified in any reports or publications. You will not have the opportunity to review information generated through this study prior to publication. Reports and publications which are generated from this study will be available via the Office of Sport website.

(4) How much of my time will the study take?

We expect that each online survey, two in total, will take 10 minutes to complete. If you consent to participate in a telephone interview, this will take an additional 10 minutes, resulting in 30 minutes of your time in total each calendar year.

(5) Who can take part in the study?

All people who register in the Active Kids program through a Service NSW account are of interest for this study. The information provided by the participants will be pertaining to a school enrolled child between 4.5 and 18 years old. The program is intended to have universal access and therefore once registered in the Active Kids program there is no exclusion criteria. If the child turns 19+ years old during the study, we will continue to invite them to participate to understand the long-term impacts of the Active Kids voucher on the child's physical activity behaviours, social wellbeing, self-efficacy and interaction with the sport sector

(6) Do I have to be in the study? Can I withdraw from the study once I've started?

Being in this study is completely voluntary and you do not have to take part. Your decision whether to participate will not affect your current or future relationship with the researchers or anyone else at the University of Sydney, the providers of the activity you choose to Active Kids voucher with or the Office of Sport.

If you decide to take part in the study and then change your mind later, you are free to withdraw at any time. You can do this by clicking a hyperlink at the bottom of all our email communications. There will be no consequences of withdrawing from the study.

You may be contacted to participate in telephone interview. You are free to stop the interviews at any time. Unless you say that you want us to keep them, any recordings will be erased and the information you have provided will not be included in the study results. You may also refuse to answer any questions that you do not wish to answer during the interview.

Submitting your completed questionnaire is an indication of your consent to participate in the study. You can withdraw your responses if you change your mind about having them included in the study, up to the point that we have analysed and published the results.

If you decide to withdraw from the study, we will not collect any more information from you. Please let us know at the time when you withdraw what you would like us to do with the information we have collected about you up to that point. If you wish your information will be removed from our study records and will not be included in the study results, up to the point that we have analysed and published the results.

(7) Are there any risks or costs associated with being in the study?

Aside from giving up your time, we do not expect that there will be any risks or costs associated with taking part in this study.

(8) Are there any benefits associated with being in the study?

We cannot guarantee that you will receive any direct benefits from being in the study. The information you provide will be used to inform improvements in the process and impact of the Active Kids program – a NSW Government initiative.

(9) What will happen to information about me and/or my child that is collected during the study?

By providing your consent, you are agreeing to us collecting personal information about *you and/or your child* for the purposes of this research study. Your information will only be used for the purposes outlined in this Participant Information Statement, unless you consent otherwise.

The information you provide in this study will be self-report, regarding the child participating in the Active Kids program. Questions will be about the child's physical activity behaviours, social wellbeing, self-efficacy and interaction with the NSW sport sector.

If you participate in the telephone interviews, audio recordings of the interview will be taken and analysed. You will not be individually identified, however your responses will be used in reports and publications produced from this study.

A secure online survey platform, will be used to administer the survey and store data during the study. Survey responses will be downloaded regularly onto a secure server which can only be accessed by the Office of Sport research team. This data will be stored electronically for 20 years or indefinitely. We will not collect any additional electronic information, such as IP addresses, from you. The data collected in this project will also be used for multi-level analysis with existing population surveys, such as Ausplay and the NSW Health survey.

Your information will be stored securely and your identity/information will be kept strictly confidential, except as required by law. Study findings may be published, but you will not be individually identifiable in these publications. Published results of this study will be publicly accessible through the NSW Office of Sport website and other online locations. The results will also be presented at conferences and in media articles to ensure public awareness of the findings.

The Office of Sport will keep the information collected for this study, and may use it in future projects. By providing your consent you are allowing the use your information in future projects. We don't know at this stage what these other projects will involve. Ethical approval will be sought where required before using the information in these future projects.

We intend to submit the information from this project to a public database for research information, so that other researchers can access it and use it in their projects. Before we do so, we will take out all

the identifying information so that the people we give it to won't know whose information it is. They won't know that you participated in the project and they won't be able to link you to any of the information you provided.

(10) Can I tell other people about the study?

Yes, you are welcome to tell other people about the study.

(11) What if I would like further information about the study?

When you have read this information, Chief Investigator will be available to discuss it with you further and answer any questions you may have. If you would like to know more at any stage during the study, please feel free to contact Dr Lindsey Reece, Senior Research Fellow, SPRINTER group, Prevention Research Collaboration, The University of Sydney (SPRINTER.group@sydney.edu.au, (02) 86 276 222).

(12) Will I be told the results of the study?

You have a right to receive feedback about the overall results of this study. These results will be published on the Office of Sport website for public access. This feedback will be in the form of an annual one page lay summary.

(13) What if I have a complaint or any concerns about the study?

Research involving humans in Australia is reviewed by an independent group of people called a Human Research Ethics Committee (HREC). The ethical aspects of this study have been approved by the HREC of the University of Sydney Project number: [2017/946] . As part of this process, we have agreed to carry out the study according to the *National Statement on Ethical Conduct in Human Research (2007)*. This statement has been developed to protect people who agree to take part in research studies.

If you are concerned about the way this study is being conducted or you wish to make a complaint to someone independent from the study, please contact the university using the details outlined below. Please quote the study title and protocol number.

The Manager, Ethics Administration, University of Sydney:

- **Telephone:** +61 2 8627 8176
- **Email:** human.ethics@sydney.edu.au
- **Fax:** +61 2 8627 8177 (Facsimile)

This information sheet is for you to keep