



## **PARTICIPANT INFORMATION SHEET (CHILD/YOUNG PERSON)**

*Sydney Children's Hospital, Randwick*

### **SUBSTUDY Workshop Focus Group**

**Project Title:** A new digital and human-centred educational program to foster healthy behaviours and reduce cardiometabolic complications in children who survived cancer

#### **Study Coordinator**

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#### **Principal Investigators**

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#### **Investigators**

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Dr Christina Signorelli (Health Behaviours Team Leader)

**Contact:** [lauren.ha@unsw.edu.au](mailto:lauren.ha@unsw.edu.au)

### **1. Introduction**

This form tells you about the study. It will help you choose if you want to join or not. You can ask your parents, carer, friend or doctor if you need. You do not have to join this study if you do not want to.

### **2. What is the purpose of this study?**

Doing physical activity is important for your health. Using digital programs or activity trackers might help children learn to be more active. The aim of this project is to hear about what you think is important in a digital program. We want to know what you think should be included in a digital program to help children be more active.

### **3. Why have you been invited to this study?**

You have been invited because:

- You were invited to an exercise study before OR

- You have completed cancer treatment

#### 4. What does this study involve?

If you choose to join this study, you will be asked to:

- Complete a short survey
- Join an online chat with 5-7 other children. We will talk about what you like and don't like about digital programs. You can share what you would like to use to help you do more physical activity.

#### 5. About the focus group

Below is a summary of the study:

<b>Before the focus group</b>	<ul style="list-style-type: none"> <li>• You will complete a short survey online. You will read sentences about digital programs. You will rate how important they are to you.</li> <li>• Researchers will collect the results. The sentences will be ranked from most important to least important.</li> </ul>
<b>During the focus group (90-min)</b>	<ul style="list-style-type: none"> <li>• Welcome everyone (20-min)</li> <li>• Discuss what is important about a digital program and physical activity to you (30 min)</li> <li>• Discuss what is not important about a digital program and physical activity to you (30 min)</li> <li>• Summary (10-min)</li> </ul>
<b>Time required in this sub-study:</b>	Survey: 10-15min Focus group: 90 min

#### 6. How is this study being paid for?

The study is part of a researcher's study project.

#### 7. What will you benefit?

There will be no direct benefit to you. But, you can tell us about what you think will be the perfect physical activity program. You can take part in designing a program that other children can use.

#### 8. Are there any risks?

No. There are no risks to you.

#### 9. Do you have to take part in this research project?

No. You do not have to join this project. It will not affect how your doctor or other staff at your hospital feel about you. If you want to stop at any point, you can. Your information will be taken away from this study.

#### 10. Will taking part in this study cost me anything, and will I be paid?

Joining the study will not cost you anything. You will not be paid for joining.

### **11. What happens to the results?**

We will share the results with an ethics team. We may also show the results in medical books and at meetings. No one will know you were in the study. Your information will be unnamed. We can give you results of the study if you want.

### **12. How will the focus groups be conducted? What information will be collected?**

The focus groups will be online video calls. The focus group discussions will be recorded.

### **13. What will happen to the information I have provided?**

Any information you give will be private. Information will only be used for this study.

Information will be kept in locked drawers and on computers. Your information will be unnamed. No one will know it is you. All information will be deleted after 7 years.

### **14. What should I do if I want to discuss this study further before I decide?**

You can talk about this study with any one of the researchers, your doctor, your family or anyone you trust.

For more information, please ask your parent or carer. They can contact Ms Lauren Ha on 0433788662 or [lauren.ha@unsw.edu.au](mailto:lauren.ha@unsw.edu.au). She can talk to your parent or carer about the study or answer questions.

### **15. Who do I contact if I have concerns about the study?**

This research has been approved by the Sydney Children's Hospital Network Human Research Ethics Committee, Reference HREC/18/SCHN/471. This project will be carried out according to the *National Statement on Ethical Conduct in Human Research (2007)*. It is produced by the National Health and Medical Research Council of Australia. This statement has been made to protect the interests of people who agree to participate in human research studies.

If you are worried about being in this study, or you have a complaint, you can ask your parent or carer. They can talk to Ms Lauren Ha on 0433788662. Or they can call the SCHN Research Ethics Office on (02) 9845 1253.

**Thank you for taking the time to consider this study.**

**If you wish to take part, please return the signed consent form. The lead investigator will then confirm your participation and answer any questions you may have.**

*Participation in this study may cause you to think about your health. If you are feeling sad or depressed, you can get help. You can talk to your parents or doctor. Or you can call: Kids Helpline 1800 55 1800*