



## PARTICIPANT CONSENT FORM

**Title of the study:** Testing the App-based Global Adolescent and Child Physical Activity Questionnaire

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### Why am I being asked to take part in this research study?

You are invited because your child is attending a school that agreed to take part in this study. We are developing an app-based questionnaire to assess physical activity among 8- to 17-year-olds worldwide. We need to know if data collected with this questionnaire are valid and reliable. Our study aims to compare data collected with the questionnaire with data collected by an activity monitor (see page 2). Your child would be asked to wear the monitor on a belt around their waist for 9 consecutive days. You and your child would be asked to complete the questionnaire twice, so we can see how much physical activity varies from one week to the next.



This form contains information about the study. You are free to ask questions about anything you do not understand. You will be given a copy of this form for your records.

### **What is the reason for doing the study?**

Physical activity provides many health benefits for children and youth. By comparing data from many countries, we can find new ways to encourage physical activity. Yet, we lack a questionnaire to collect comparable physical activity data across countries. This is why we are developing a new questionnaire in collaboration with researchers in 16 countries.

### **What will happen in the study?**

Your participation in the study should last 9 days. You and your child will be asked to complete the app-based questionnaire twice. You will be asked to complete the questionnaire on your own time using a smart phone or tablet. We will send you information to install the app on either an Android or iOS (Apple) device. The questionnaire should take you and your child about 10-15 minutes to complete each time. Your child will be asked to complete the questionnaire on one of our tablets at their school.

Your child will also be asked to wear a lightweight activity monitor around their waist (secured on a belt) for 9 days to measure their physical activity (see Figure 1). It is important to wear this belt at all times throughout the day and night except during water-based activities (like showering and swimming), since it is not waterproof. There is a separate sheet with further information about these monitors titled 'Accelerometer (Physical Activity Monitor) Instructions'.



**Figure 1. Activity Monitor**



The project manager (Dr. Rostami) or a research assistant working on the study will call you on the evening of the second or third day of the study to answer any questions you may have about the activity monitor and encourage your child to wear it. They will also call you on a weekend day to remind you about the date when your child is expected to return the activity monitor.

### **What are the risks and discomforts?**

There are no known risks associated with taking part in this study. Some participants may feel uncomfortable with some of the questions being asked. If you feel uncomfortable, you may choose not to answer a question.

### **What are the benefits to me?**

There may not be any direct benefit to you and your child from participating in this study. However, it will help us collect data on physical activity among children and youth around the world, which may help us to develop better interventions to promote physical activity.

### **Do I have to agree for my child to take part in the study?**

Being in this study is your choice. If you decide to be in the study, you can change your mind and stop being in the study at any time, and there will be no consequences for you and your child. Your child will also be asked to provide assent and is free to decide to participate or not. Your consent and your child's assent are both needed to participate in the study. You can withdraw from the study at any time by contacting Dr. Larouche ([richard.larouche@uleth.ca](mailto:richard.larouche@uleth.ca)). If you withdraw, your data will be used unless you request that we delete all data collected from you and your child during the month following completion of the questionnaire.

### **Will I be paid to be in the research?**

Yes, we will offer a \$10 SportChek gift card for your participation and your child's participation in the study (\$20 in total). If you decide to withdraw from the study after providing consent and after your child provides assent, you will still receive the gift card. We will send one \$20 gift card to you by email. Your child's school will also receive a \$200 incentive for their involvement in the study.

### **Privacy and Confidentiality**



During this study we will be collecting information (or “study data”) about you and your child. We will use the data to help answer research questions and we will share (or “disclose”) your information with others such as the study sponsor and other researchers.

### **What data will we be collecting?**

During this study we will be collecting data about you and your child. We will collect data about your child’s age, sex, gender, ethnic background, chronic conditions, and physical activity. We will collect data about you, including your email address, phone number, ethnic background, and level of education. We will only look for and collect the information that we need do the research. We will get this information using the questionnaire and activity monitor described above.

### **How will the study data be stored?**

The study data we collect which will be securely stored by the researchers during and after the study. We will keep the data for a period of 7 years following completion of the study. The researchers will not release your child’s name to anyone unless the law says that they have to.

### **How will the study data be used?**

Study data from you and your child will be coded (with a number) so that it no longer contains their name or anything else that could identify them. Only members of the research team will be able to link your coded study data to them. This coded study data will be used now and in the future to:

- learn how accurate our new questionnaire is
- learn more about the factors that affect physical activity among children

This coded study data may also be shared with researchers who work on the study in other countries. This includes countries that do not have the same privacy laws as in Canada. However, because nothing that is sent to the researchers will contain your child’s name, no one who uses this information in the future will be able to know it came from you and your child. The risk to your privacy, then, should be very small.

The coded data may be used to answer other research questions in the future. Only researchers who have the training and experience to do the research (also known as “qualified researchers”) will be allowed to use the data. Shared data will be de-identified, meaning that it will not contain any information that could identify you or your child. We will store data for future use for 7 years after completion of the study.



### **What if I have questions?**

If you have questions while completing the questionnaire, you can consult the separate sheet titled 'Frequently Asked Questions'. The sheet titled 'Accelerometer (Physical Activity Monitor) Instructions' may also help answer questions about the activity monitor. If you have any other questions about the study now or later, please contact Dr. Larouche via email ([richard.larouche@uleth.ca](mailto:richard.larouche@uleth.ca)) or phone at 403-332-4439.

If you have any questions about your rights as a research participant, you may contact the University of Alberta Research Ethics Office via email at [reoffice@ualberta.ca](mailto:reoffice@ualberta.ca). This office is independent of the study investigators.

Funding for this study is provided by the Canadian Institutes of Health Research.

### **How do I indicate my agreement to be in this study?**

By signing below, you understand:

- That you have read the above information and have had anything that you do not understand explained to you to your satisfaction.
- That you and your child will be taking part in a research study.
- That you and your child may freely leave the research study at any time.
- That you and your child do not waive your legal rights by being in the study.
- That the legal and professional obligations of the investigators and involved institutions are not changed by your taking part in this study.



- I agree to participate in this study
- I agree to allow my child \_\_\_\_\_ to take part in this study.  
(Child's name)

**SIGNATURE OF PARENT OR LEGAL GUARDIAN**

I have the legal authority to give this consent.

Signature of Parent or Legal Guardian \_\_\_\_\_

Printed Name: \_\_\_\_\_

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

Email Address (for sending information about the app): \_\_\_\_\_

Phone number (for contacting you about the activity monitor): \_\_\_\_\_

**SIGNATURE OF PERSON OBTAINING CONSENT**

\_\_\_\_\_  
Signature of Person Obtaining Consent

\_\_\_\_\_  
Name of Person Obtaining Consent      Date \_\_\_\_\_

**SIGNATURE OF THE WITNESS**

\_\_\_\_\_  
Signature of Witness

\_\_\_\_\_  
Name of Witness      Date \_\_\_\_\_

A signed copy of this consent form has been given to you to keep for your records and reference.