**PARTICIPANT INFORMATION SHEET**

# Title of Study: Creating digital, interactive, smart home exercise environments for older adults with stroke

You are invited to take part in a research study. Before you decide, it is important for you to understand why this research is being done and what it will involve. Please read the following information carefully and discuss it with others if you wish. Please ask us if there is anything that is not clear or if you would like more information.

**Purpose and benefit of the study**

The aim of this study is to explore the potential benefits of home exercise training for strengthening upper and lower limbs following a stroke, and to design an interactive, digital exercise programme. It is known that simple home-based exercises led/ undertaken by stroke survivors can improve their recovery.

Any rehabilitation exercise must match the needs of stroke survivors. We want to talk to you and your carers (where appropriate) about what you might find useful and meaningful in relation to your life style, and your home environment.

We are interested in working with you in creating an interactive, digital exercise programme to help improve your muscle strength using different forms of equipment such as weights, and rubber bands.

We would like to invite you to attend two sessions.

In the first session the researchers will show you along with another 4-5 stroke survivors pictures of some fitness equipment (see the invitation letter). We want to share with you a variety of exercises, and hear your opinion on them.

In the second session, we will seek your permission to take a picture of your weak hand when holding a pen marker or a plastic cup to model the hand for designing the gripper in future. We adudio record all session for data analysis.

**Why have I been chosen?**

You have been asked to take part because you had a stroke in the previous six months ago.

**Do I have to take part?**

It is up to you to decide whether you want to take part in the study or not. If you decide to take part, you will be given this information sheet to keep. You will also be asked to sign a consent form to participate in this research study. If you decide to take part you are still free to withdraw at any time and without giving a reason.

If you agree we want to invite your carer to be part of the study too. Involving your carer will be done with your permission. Your carer will also be provided with information about the study and will be kindly asked to sign a consent form.

**What if I change my mind during the study and do not wish to take part?**

If you do not wish to take part in the study anymore, all data collected about you will be deleted.

**How can I find out about the results of the study?**

All study data will be kept private and confidential. We aim to publish the study results in a scientific journal and present our findings at professional conferences and public events for stroke survivors and their carers. If you would like a summary of the study results, or details of any publication or presentation, please contact the principal investigator (Dr Mohsen Shafizadeh).

**What are the risks of participating?**

We do not anticipate that there will be any risks or disadvantages to taking part. You are kindly asked to give up some of your time to attend the study sessions. The study interviews are group discussions when you can share your opinions.

We adhere to COVID safety measures. To attend these sessions, we kindly ask you to wear a face mask throughout the session. The windows of the study meeting room will be opened. Study participants can sit at a 2-metres distance apart.

If you have any flu-like symptoms or you were with someone who tested positive for COVID-19 in the last 10 days before the session, please do not attend this session. You can attend other study sessions.

**Who will have access to my information?**

Our research study will comply with all legal requirements such as the data legislation act. All data collected will be anonymised and kept confidential. Any information shared in the group will be kept confidential within the group. Data will be anonymised and you will be identified by a code rather than a name.

**What will happen to the information when this study is over?**

All data and signed consent forms will be saved on Sheffield-Hallam University secure, protected system and will only accessible to the research team. All personal consent and data forms will be deleted afterwards. We will transcribe audio recording immediately after the session and will delete audio files and only keep the transcripts after completing the data collection.

**Where will the study sessions take place?**

We invite stroke survivors and their carers (if they have one) to the ARNI (Action for rehabilitation from Neurological Injury Institute) workshop in Surrey: *Lingfield Park Marriott Hotel & Country Club, Racecourse Road, Lingfield, RH7 6PQ.*

Full details of the venue and travel directions will be provided in the invitation letter. The study session will take place in the ground floor of the hotel which is accessible by ramps for wheelchair users. Public toilets are on the same floor and toilets for disabled people are available. A member of the research team will explain how to access toilets before the session.

The group discussion will take approximately 90 minutes including refreshments. If you decide to take part, you will be reimbursed for your travel cost.

**How often will I have to take part, and for how long?**

You are invited to take part in one group discussion session in person. If you are interested in follow-up group discussion session, we will send you a separate invitation letters nearer to the event.

**What are the possible benefits of taking part?**

Your views and experience will help us to design digital fitness equipment for home-based exercises for stroke survivors.

**If you have any other questions/queries regarding the study please let me know. My contact details are listed below:**

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**College ethics chair email:** [**n.jordan-mahy@shu.ac.uk**](mailto:n.jordan-mahy@shu.ac.uk)

**Researcher/ Research Team Details:**

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| **You should contact the Data Protection Officer if:**   * you have a query about how your data is used by the University * you would like to report a data security breach (e.g. if you think your data has been lost or disclosed inappropriately) * you would like to complain about how the University has used your data   [DPO@shu.ac.uk](about:blank) | **You should contact the Head of Research Ethics (Professor Ann Macaskill) if:**   * you have concerns with how the research was undertaken or how you were treated   Dr Mayur Ranchordas  [**M.Ranchordas@shu.ac.uk**](about:blank) |
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