

## Participant Information Sheet

### ***Trips4Health* – A randomised controlled trial of an incentive-based strategy to increase bus use for physical activity gain**

#### **Invitation**

You are invited to participate in *Trips4Health*, a study being conducted by researchers from the Menzies Institute for Medical Research (Menzies) in collaboration with partners (Metro Tasmania, the Local Government Association of Tasmania, the Tasmanian Department of Health, Deakin University and the University of Sydney). Before you decide whether or not you wish to participate in this study, it is important for you to understand why the research is being done and what it will involve. Please take the time to read the following information carefully, discuss it with the researchers if you wish, and ask any questions you may have.

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

The purpose of this study is to establish the impact of an incentive-based strategy to increase bus use for physical activity gain. Public transport users tend to accumulate more physical activity than car users, usually through walking to and from stops and stations. Engaging in sufficient physical activity offers a wealth of health benefits to individuals, but more than half of the Tasmanian population does not meet physical activity targets. It is hoped that this study will help more Tasmanians reach these targets and lead healthier lives because of it.

#### **Why have I been invited to participate?**

You are invited to participate if you are: aged 18+ years; live in Southern Tasmania and can access an urban Metro bus service; are an infrequent bus user (on average  $\leq 2$  trips/week in the past six months); and have a Metro Greencard or a willingness to obtain one.

#### **What will I be asked to do?**

The study period is 10 months. You will be asked to visit Menzies three times - at the start of the study, four months later, and then six months after that. If you are unable to visit Menzies, you may be able to provide information through an online survey. You will be asked to provide the research team with your Greencard number for the purpose of tracking your bus use over the 10-month study period. Below you will find detailed information about the timeline and what you will be asked to do.

Screening: Once you have contacted the research team (6226 4290) the research team will assess your eligibility, answer any questions you may have and book a time for your first assessment.

First assessment: You will be asked to visit Menzies and sign a consent form, complete a survey and have your weight, height, waist circumference and blood pressure measured by trained staff. You will be asked to complete a travel diary and wear an accelerometer (a matchbox-sized activity monitor) for seven consecutive days. You will then be asked to return the accelerometer through prepaid postage. You will then be randomly assigned to the control or intervention group and receive relevant materials.

The intervention: The intervention will run over a four-month period. Those allocated to the intervention group will be given weekly bus use targets during this time ranging from 1-5

trips/week that, if achieved, will grant them Greencard credit for the equivalent number of trips (1-5 trips). Those in the intervention group will also receive short SMS text messages (1-2/week) to support and encourage them in achieving their targets. Participants in the control group will not receive Greencard credit based on bus use, or text messages. Both groups will receive some written materials about physical activity.

Post-intervention and follow-up assessments: At the end of the four-month intervention period and again six months later, all participants will be asked to visit Menzies to fill out a survey and have measurements taken, as per the first visit. As before, you will be asked to complete a travel diary and wear an accelerometer for seven consecutive days.

### **Will I benefit from participating in this study?**

Participants assigned to the intervention group will receive Greencard credit for every weekly bus use target met. Potential benefits also include health improvements through increased physical activity and reduced transport costs. All participants (irrespective of group allocation) will receive compensation for completing each assessment in the form of Metro Greencard credits. The value of the Greencard credits will increase with each assessment completed.

### **Are there any possible risks from participation in this study?**

Although considered unlikely, participants may be at risk of injury associated with increased physical activity.

### **What if I change my mind during or after the study?**

You are free to withdraw or ask for your data to be removed without providing an explanation, until the date of first publication of results.

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

The data will be held securely in password protected files at Menzies for a minimum period of 5 years from the date of first publication, or indefinitely if consented. Your participation is confidential and only the Trips4Health study investigators will have access to identifiable information for the purposes of communicating with you.

### **How will the results of the study be published?**

The study findings will be published in summary reports, academic journals and presented at conferences and other professional forums. The study findings will be presented in a way that will ensure that you cannot be identified. We can alert you when findings are released.

### **What if I have questions about this study?**

If you have any questions about this study, you can contact the researchers on [6226 4290 or [trips4health.study@utas.edu.au](mailto:trips4health.study@utas.edu.au)

This study has been approved by the Tasmanian Health and Medical Human Research Ethics Committee. If you have concerns or complaints about the conduct of this study, please contact the Executive Officer of the HREC (Tasmania) Network on +61 3 6226 6254 or email [human.ethics@utas.edu.au](mailto:human.ethics@utas.edu.au). The Executive Officer is the person nominated to receive complaints from research participants. Please quote ethics reference number [[H0017820](#)].

**Thank you for taking the time to consider this study. This information sheet is for you to keep. If you wish to take part in this study, please visit [trips4health.study@utas.edu.au](mailto:trips4health.study@utas.edu.au) or call 6226 4290.**



## Consent form

### ***Trips4Health* – A randomised controlled trial of an incentive-based strategy to increase bus use for physical activity gain**

1. I agree to take part in the *Trips4Health* research study.
2. I have read and understood the Information Sheet for this study.
3. The nature and possible effects of the study have been explained to me.
4. I agree to my Greencard data being used for the purpose of this research.
5. I understand that I will be asked to visit the Menzies Institute for Medical Research on three occasions to complete a survey and do a clinical assessment, wear an accelerometer for seven days, and download a travel behaviour app.
6. I understand that participation involves a risk of injury from increased transport-related physical activity.
7. I understand that all research data will be securely stored on the Menzies Institute for Medical Research premises for five years from the publication of the study results, and will then be destroyed unless I give permission for my data to be stored in an archive.

I agree to have my study data archived.

Yes  No

8. Any questions that I have asked have been answered to my satisfaction.
9. I understand that the researcher(s) will maintain confidentiality and that any information I supply to the researcher(s) will be used only for the purposes of the research.
10. I understand that the results of the study will be published so that I cannot be identified as a participant.
11. I understand that my participation is voluntary and that I may withdraw at any time without any effect.

I understand that I will not be able to withdraw my data once results have been published.

Participant's name: \_\_\_\_\_

Participant's signature: \_\_\_\_\_

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



**Statement by Investigator**

I have explained the project and the implications of participation in it to this volunteer and I believe that the consent is informed and that he/she understands the implications of participation.

If the Investigator has not had an opportunity to talk to participants prior to them participating, the following must be ticked.

The participant has received the Information Sheet where my details have been provided so participants have had the opportunity to contact me prior to consenting to participate in this project.

Investigator's name: \_\_\_\_\_

Investigator's signature: \_\_\_\_\_

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