# CONSENT FORM FOR: EXERCISE PROMOTION THROUGH HABITS

## Invitation to be Part of a Research Study

You are invited to participate in a research study. This form has information to help you decide whether or not you wish to participate. Research studies include only people who choose to take part—your participation is completely voluntary and you can stop at any time.

Please ask the lead researcher (Dr. Alison Phillips) any questions you have about the study or about this form before deciding to participate. You may reach Dr. Phillips via email at alisonp@iastate.edu.

## Who is conducting this study?

This study is being conducted by Dr. L. Alison Phillips and collaborators at Iowa State University. This study is funded by Les Mills.

## Why am I invited to participate in this study?

You are eligible to participate in this study if you are early in your exercise journey (have gotten fewer than 150 minutes of moderate to vigorous physical activity per week for the past 3 months), are at least 18 years of age, and are proficient in English.

You should not participate if you have any planned future medical events that would influence your exercising in the next year (e.g., pregnancy, medical surgery).

To determine if you are eligible, we will ask you screening questions when you sign up for the study. Only those who meet eligibility criteria will be sent the study links via email.

## What is the purpose of this study?

The purpose of this study is to evaluate the relative effectiveness of "behavior change techniques" that are designed to help individuals, who are new to exercise, to form regular exercise routines.

## What will I be asked to do?

If you agree to participate, you will be asked to complete one longer "baseline" strategy session, in which you will watch a series of brief videos and then work through a few prompts to help you gear up for exercising. This baseline session will also have some survey questions, such as demographics and about your exercise goals. The baseline session is the longest session and will take approximately 20 to 40 minutes for you to complete, depending on which strategies you are given and how long you choose to spend working through the prompts. The strategies you are given will be determined through random assignment.

The rest of the study involves shorter follow-up surveys: two weeks after you start the study, you will be emailed a link to a survey with questions that check in on your progress and tips on handling exercise barriers that may have come up. This session will take approximately 15 minutes. Then, you will be emailed monthly surveys (for one year total) that will take between 2

and 5 minutes to complete, with questions regarding your exercise frequency, enjoyment of exercise, and exercise routines.

At the end of the study, Les Mills will share your program participation data with the primary investigator (Dr. Phillips), including the number of Les Mills On Demand classes you participate in per week and the types of programs you participate in. You may choose not to consent to this data sharing and still participate in the research study.

Your participation will last for one year total, with the first online session taking 20-40 minutes, the second online session (survey) taking 15 minutes or less, and the monthly surveys (for 12 months total) taking approximately 2 minutes each.

**What are the possible risks or discomforts I may experience during the study?**

There are few if any foreseeable risks or discomforts from participating in this study. However, while participating in this study you may experience muscle or joint pain/soreness from engaging in your chosen exercise activities, and you may feel frustrated or embarrassed if you struggle with meeting your regular exercise goals and are disclose to us those experiences.

**What are the benefits of participation in the study?**

It is hoped that the information gained in this study will benefit society by determining which behavior change strategies are most helpful for individuals starting a new exercise program. You may directly benefit from your participation in this study by receiving information and activities that will help you meet your personal exercise goals. The results of the study will be published in scientific literature and disseminated via social media. However, we will not share results with you regarding your own data.

**What alternatives do I have to participating in the research?**

You may choose not to participate in this study. Les Mills has alternative programs (that Iowa State University is not involved in) that may help you to meet your exercise goals, such as working with a coach and a mindfulness program.

**What measures will be taken to ensure the confidentiality of the data or to protect my privacy?**

Research records identifying participants will be kept confidential to the extent permitted by applicable laws and regulations and will not be made publicly available without your permission. However, it is possible that other people and offices responsible for making sure research is done safely and responsibly will see your information. This includes federal government regulatory agencies, auditing departments of Iowa State University, and the Institutional Review Board (a committee that reviews and approves human subject research studies), which may inspect and/or copy study records for quality assurance and data analysis. These records may contain private information.

To protect confidentiality of the study records and data, the following measures will be taken:

*For Survey Data:* You will be given a unique identification number (ID#) in the emails you receive with the study survey links. You will enter this number for each survey you take (at

baseline, 2 weeks, and then monthly). The ID# will be used to link your data from the multiple surveys. Your name and email address will not be stored with your survey responses. A separate "linking file" that has your unique ID# and personal information (name and email) will be kept in a password-protected file on password-protected computer accounts of approved ISU researchers, such as the primary investigator, Dr. Phillips, and the person who will be emailing surveys to participants. At the end of the study, one year after the last recruited participant is done with the surveys, all participants' identifying information will be permanently deleted from files and only the ID# will remain in the data. These ID#s will be changed to a different ID# so that the data, which will eventually be made publicly available cannot possibly be linked back to the ID#s used during the study (which were assigned via email).

*For Les Mills Class Participation Data:* If you consent to Les Mills sharing your participation data with the study researchers, Les Mills will send the participation data (# of classes you did per week, types of programs and classes you participated in) in an encrypted and password protected file directly to the primary investigator (Dr. Phillips). This data will be linked to you through a separate ID# that Les Mills generates. Les Mills will send a separate, password-protected and encrypted file that links your name and email with the ID# they assigned to you, so that the primary investigator can link the participation data to your survey responses before deleting all identifying information and the linking file. Les Mills will send this data at one time, at the end of the study, and any identifying information will be immediately deleted once the data are matched to the survey responses, within one week of receipt.

*Email Addresses for Compensation:* When you complete the baseline and two-week follow-up surveys and again when you complete the monthly follow-up surveys, the research staff will send your email address to Les Mills in a password-protected and encrypted file so that they can compensate you via Rybbon (an online payment service) to your email address.

Only de-identified (anonymous) data will ever be shared back to Les Mills. That is Les Mills will know that you are participating in the study and have completed portions of the study, but Les Mills will never see your survey responses associated with your personally identifying information (name and email). To protect your confidentiality when results of the study are reported, only de-identified (anonymous) data will be shared in public data storage after research publications are complete.

## Will I incur any costs from participating or will I be compensated?

You will not have any costs from participating in this study. You may choose to continue in the study, even if you do not subscribe to Les Mills On Demand. If you choose to subscribe to Les Mills On Demand, you will incur the regular subscription costs.

You will be compensated for participating in this study. For completing the initial strategy session (baseline) and the two-week follow-up survey, you will receive 20 dollars (USD equivalent). You must complete both of the first sessions to receive the initial 20 dollars. The surveys must be completed within a reasonable period of time after receiving the emails with the study links. Within 24 hours of receiving the study email is preferred, but up to one week after receiving the email is allowed. For completing the remaining follow-up (monthly) surveys, you will receive an additional 20 dollars. You will receive full compensation (20 dollars) if you complete at least 9 of the 12 monthly surveys, including the final survey. These surveys should also be completed preferably within 24 hours of receiving the study email but within one week of

the study email in order to qualify towards the number of completed surveys. Payment will be made by Les Mills directly, through Rybbon.

**Will the information I provide be used for anything other than the current study?**

Information about you, collected for this study may be shared with other researchers. It may also be used for other research studies. These studies may be similar to this study or completely different. We will make sure that your identity cannot be linked to the information we share. We will not ask you for additional permission before sharing the information.

A description of this clinical trial will be available on http://www.ClinicalTrials.gov, as required by U.S. Law. This website will not include information that can identify you. At most, the website will include a summary of the results. You can search this website at any time.

**What are my rights as a research participant?**

Participating in this study is completely voluntary. You may choose not to take part in the study or to stop participating at any time, for any reason, without penalty or negative consequences. You can skip any questions that you do not wish to answer. If you withdraw from the study early, you may request that none of your data be used by emailing Dr. Phillips at alisonp@iastate.edu. Otherwise, any data you provide to us may be used in analyses.

If you have any questions *about the rights of research subjects or research-related injury*, please contact the IRB Administrator, (515) 294-4566, IRB@iastate.edu, or Director, (515) 294-3115, Office of Research Ethics, Iowa State University, Ames, Iowa 50011.

**Whom can I call if I have questions about the study?**

You are encouraged to ask questions at any time during this study. For further information ***about the purpose of the study or to withdraw,*** contact the principal investigator, Dr. L. Alison Phillips, alisonp@iastate.edu, +1 515-294-3393. If you have questions about completing the surveys or other task, you may email the study administrator, Ellen McIntosh (emmalven@iastate.edu), or Dr. Phillips (alisonp@iastate.edu).