IRAS ID: 327188



**I would like your help.**

Hi! I’m Marilyn Bradbury. I’m a researcher who works with young people who find movement difficult. I want to help young people who use wheelchairs to be **healthy**, by supporting them to **move more**.

**Information Sheet for 13-15 year olds**

I want to help **young people** who have a **disability** and use a **wheelchair** because they are unable to walk to **spend less time being sedentary**. Being sedentary means you are awake, but using very little energy. This includes:

* Time on your phone
* Watching TV
* Playing video games
* Reading

Spending long periods of time being sedentary reduces fitness, and can increase the risk of:

* Obesity
* Type 2 diabetes
* Heart disease
* Mental health issues

The word **“non-ambulant”** in the title of the research means young people who use a wheelchair and are unable to walk due to their disability, or who only walk short distances with support of a body support walker.

The **aim** of this study is to **test an app** that will encourage young people who are unable to walk due to their disability to be **move more regularly** through their day.

**We’ve been working with young people who use a wheelchair, their family members and professionals to design the app.**

**We would like you to help us to test it.**

I will have two **meetings** with you and your parent / guardian **online**. The first meeting is to make sure you understand the study and you want to take part. It will take about 45 minutes. After that your parent/guardian will help you fill in a short online form to confirm you want to take part. In the second meeting I will explain what we want you and the adults who help you to do. I will also ask you some **questions** about yourself and the activities you do. We’ll do a short multiple choice quiz. It will take about an hour and a half.

I’ll send you **two sensors**. One is called a **Fitbit**, which you wear on your **wrist**. You wear that for at least **13 weeks**. You wear the other ActivPALTM sensor under a waterproof dressing on your **thigh**. It doesn’t have a screen like the Fitbit. The ActivPALTM sensor collects information about your movement. It doesn’t have any effect on you and is not a medical device. You wear this one for less time, just for **1 week at the beginning**, and for the **last week** you are testing the app. I’ll ask you to do a **questionnaire** online about the activities you do when you aren’t in lessons. with help from your parent/guardian.



I’ll ask you to use the **app**, with help from the adults you know well. You can **choose which adults** can see and download information and pictures you add to the app andtalk to you about it. You will need to have at least one adult supporting you, as they need to approve the guides you make in the “How I move” section when the review date passes. Your parents / guardians will help us get in touch with your adult supporters. Once it’s set up, we think you’ll spend between 5 and 15 minutes a day using the app. At the **end**, **we’ll meet online again**, and I’ll ask you some **questions** about what **using the app** was like. I’ll **video** our conversation. I’m videoing it because being able to see you, the adult helping you, your body language and face helps me to understand what you’re saying better than just hearing the words you say. Also, if you have any difficulties with communicating, being able to see each other when we’re talking helps us both. After our meeting, I’ll ask you to do the online **questionnaire** about the activities you do when you aren’t in lessons again, to see whether your answers change. You can **keep using the app** for at least 2 years. You can **keep the Fitbit**.

ActivPALTM

Fitbit VERSA

**Do I need to worry about anything?**

It’s **up to you whether you want to take part**. It’s OK if you don’t want to. Even if you say yes now and later you change your mind whilst you are taking part - that’s OK.

If you are **worried** about something, you can always **get in touch with me**.

**How taking part will help**

I can’t guess how you will find using the app, so I need you to try it and tell me what it’s like. I will use what you say to **make the app better** before doing anymore tests. Your help to **test the app** means it is much more likely to work well. I want the app to help lots of young people like you to have healthy lifestyles in the future.

**Will anyone else know I’ve taken part?**

No one other than your family, the researchers or the adults helping you need to know you are testing the app. **If you want to share** what you’re doing, **you can share your certificates on social media or print them out** when you reach your goals. **You can also share pictures and stories** about things you’ve done **with other people who use the app** if you want to. People might notice you are wearing a new Fitbit and ask you about it. When I share the results of the study, I will write some of the things you said when we met, but it won’t say who said them. The only reason the researchers would tell anyone you are taking part is if they are concerned about a risk of harm to you or someone else, or if any criminal activities were discussed.

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If you are **worried** about something, you can always **get in touch with me**.

If there is a journal entry that you don’t think should have been posted on the app, please flag it in the app or email bchc.movemore@nhs.net.

**What if I have some more questions?**

If there is anything else you would like to know I’m **happy to help.** You can **contact me** (or ask your parent/guardian or an adult who helps you to contact me) using these details:

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Scan the QR code above to access the study website or visit <https://bit.ly/3n3sKfN>

for more information.