

## **Participant information.**

**University of Brighton**  
**School of Health Sciences**  
***MSc Rehabilitation science***

### **Participant Information Sheet**

#### **1 Study title**

People with fibromyalgia experiences' of physical activity in the management of their condition.

#### **2 Invitation**

I would like to invite you to take part in a research study. Before you decide you need to understand why the research is being done and what it would involve for you. Please take time to read the following information carefully. Talk to others about the study if you wish. Ask me if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part.

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

Physical activity is often recommended to people with fibromyalgia as part of their self-management. This study seeks to explore the physical activity experiences of individuals with fibromyalgia in the management of their condition.

#### **4 Why have I been invited?**

You have been invited to take part in this study because you have been diagnosed with fibromyalgia, you are over the over the age of 18, and are happy to communicate in English. We are looking to recruit 8-10 participants for this study. Unfortunately, you will be unable to take part if any of the following apply: You do not currently have a confirmed diagnosis of fibromyalgia, you feel that you would not be able to understand and communicate in English, and/or you have a health condition currently that would limit you from participating in physical activity. You must also be happy to consent to be interviewed.

#### **5 Do I have to take part?**

This study is completely voluntary. It is up to you to decide if you take part. I will describe the study and go through this information sheet, which I will then give to you. I will then ask you to sign a consent form to show you have agreed to take part. You are free to withdraw at any time, without giving a reason.

#### **6 What will happen to me if I take part?**

Should you decide to take part in the study, you will be involved in a single session interview either in person or via skype lasting for no longer than one hour with as many breaks as required by you. The interview will consist of open ended questions regarding your experiences of physical activity. It will be recorded using an audio taping device, to aid in the analysis of the data after the interview.

If it is possible to conduct the interview in person an appropriate time and location will be arranged, such as a university private room or private library conference room. The location will be agreed prior to the interview between us. If skype is more appropriate a date and time will be agreed prior to interview.

### **7 What will I have to do?**

You will be asked to participate in a single one hour interview to talk about your experiences of physical activity either face to face or over the phone with as many breaks as required by yourself. There will be no other requirements involved.

### **8 What are the possible disadvantages and risks of taking part?**

There is a possibility that some of the topics discussed in the interview may cause distress, although every effort has been made to minimize the chances of this happening. If this should happen we will stop the interview. We will provide you with contact details of our supervisor, and your local support group, who will be available to discuss with you.

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

There will be no direct benefit in taking part in this study however the information you provide will contribute to the body of research regarding physical activity in fibromyalgia. It will give an insight in to the experiences people with fibromyalgia have had of physical activity.

### **10 What if there is a problem?**

Any complaint about the way you have been dealt with during the study or any possible harm that you may have suffered can be addressed by contacting my supervisor directly using the contact details at the bottom of this information sheet.

### **11 Will my taking part in the study be kept confidential?**

All information throughout the study will be made available only to the researcher undertaking the study and the study supervisor; all contact details are provided at the end of this information sheet. All documents and recorded interviews will be stored in a secure place such as a locked drawer and any computer documents will be password secured. Following the completion of the research studies, the data will become confidential waste and disposed of appropriately. The report will be kept for use by future students and staff. There is a possibility that the report may be published in a peer reviewed journal and therefore, made public; however, you will not be personally identified in any report/publication.

### **12 What will happen if I don't want to carry on with the study?**

If you don't want to carry on with this study, you may withdraw at any time and without giving a reason. If this happens you may wish to ask the participant whether you can still use the data you have collected up to their point of withdrawal, but the participant retains the right to decide whether that data can be used.

### **13 What will happen to the results of the research study?**

All the interviews will be transcribed and analyzed to find any themes within the data. Once written up a copy of the study can be delivered to all participants. It should be noted that you will not be personally identified in any report/publication.

### **14 Who has reviewed the study?**

This study has been reviewed and approved by the School Research Ethics and Governance Panel, School of Health Sciences, University of Brighton.

### **15 Contacts for further information**

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Thank you for considering to take part in this study.