Participant Information Sheet
(Focus Groups)

Project title: Rugby Fans In Training (RuFIT) Feasibility Study
Lead investigator: Associate Professor Ralph Maddison, National Institute for Health Innovation, Programme Leader, Physical Activity, University of Auckland. 09 3737 999 x84767

The Rugby Fans in Training (RuFIT) programme aims to promote healthy lifestyle behaviours in male rugby fans, and will be delivered through Super 15 Franchises throughout New Zealand. The RuFIT Feasibility study is being conducted to assess the suitability of the programme and will be undertaken in three steps: (1) focus groups, (2) key informant interviews, and (3) assessment of the RuFIT programme. You are invited to take part in the first stage of the feasibility study, by participating in a focus group to investigate your opinions and preferences about the RuFIT programme. The focus group will include between 6-8 men and will involve a discussion about the RuFIT programme. Light refreshments will be supplied.

This information sheet will help you decide if you would like to take part in the focus group. It sets out why we are conducting the focus group, what your participation would involve, what the benefits and risks to you might be, and what happens after the focus group ends. We will go through this information with you and answer any questions you may have. You do not have to decide today whether or not you will participate in the focus group. Before you decide you may want to talk about the focus group with friends or family members. Feel free to do this.

If you want to take part now, but change your mind later, you can withdraw any time before taking part in the focus group. If you agree to take part in the focus group, you will be asked to sign a Consent Form. You will be given a copy of both the Participant Information Sheet and the Consent Form to keep.

This document is 4 pages long. Please make sure you have read and understood all the pages.

WHO IS CONDUCTING THE FOCUS GROUPS?

The focus groups are being co-ordinated by the National Institute for Health Innovation (The University of Auckland) and are funded by the Health Research Council. The
Principal Investigator for the RuFIT feasibility study is Associate Professor Ralph Maddison.

**WHAT IS THE PURPOSE OF THE FOCUS GROUPS?**

The purpose of the focus group is to gain in-depth information about what you think about the RuFIT programme and how you think it should be delivered to participants. Specific details about the RuFIT programme will be given to you at the beginning of the focus group. We are also interested in any ideas you have about how the programme could be improved and how to address cultural issues specific to New Zealand.

**WHO CAN TAKE PART IN THE FOCUS GROUPS?**

To take part in the focus group you must:

- Be able to give written informed consent to participate in the focus group
- Be able to communicate in English
- Be aged 18-65 years
- Be an overweight male

**WHERE WILL THE FOCUS GROUP TAKE PLACE?**

The focus group will take place at the University of Auckland Tamaki Campus in Glen Innes or at a convenient community venue.

**HOW MANY PEOPLE WILL BE IN THE FOCUS GROUP AND HOW LONG WILL IT TAKE?**

Each focus group will have around 6-8 participants. The focus group will run for approximately 60-75 minutes.

**WHAT IS INVOLVED IF I TAKE PART?**

If after reading this information sheet you decide that you would like to take part in the focus group, we will need you to give us your permission in writing. To do this we ask that you read and sign the consent form. An experienced facilitator will coordinate the group so everyone has an equal chance to talk. Once the session has finished the focus group will be over. You have the right to leave the focus group at any time. During the focus group the coordinator will audio-record discussions to make sure that we do not miss anything that is raised. The discussions will then be written down, word for word, from the tapes. You will have the opportunity to comment on focus group transcripts but not edit them. When the focus group is complete a summary of the results will be sent to you, if you would like.

**WHAT ARE THE RISKS AND BENEFITS?**

We do not anticipate any risks with this focus group. However, taking part in the focus group will take some of your time. You will be required to complete the consent form, and take part in the focus group. The total time involved for you will probably be about 75 minutes. Your participation will help us to better understand how to design and implement the RuFIT programme.

To thank you for taking part in the focus group, we will provide you with a $20 voucher.
WILL THE INFORMATION ABOUT ME BE KEPT CONFIDENTIAL?

All discussions from the focus group will be processed to remove identifying information. If any of the comments you provide are included in a report or published, this will be done in a way that does not identify you as the source.

We need to collect personal details such as your name and address to communicate with you throughout the process of the focus groups. This information will be stored separately from any personal data we collect like ethnicity and age. No material that could personally identify you will be used in any reports on the RuFIT feasibility study.

It should be noted that as other members in the focus group will know what others have said, confidentiality of information that might identify you cannot be completely guaranteed and you will not be an anonymous participant. We do ask that you agree to keep confidential the identities of other participants as well as what is discussed in the focus groups. As such, while it is unlikely that you may be identified, total confidentiality cannot be guaranteed.

We will offer separate focus groups according to ethnicity (Maori, Pacific and non-Maori/non-Pacific). We will allocate you to a group based on your preferred ethnicity. If however you have no preference, then we will allocate you to the first available group.

All information will be kept securely at the National Institute for Health Innovation, The University of Auckland for 6 years. All computer records will be password protected. All future use of the information collected will be strictly controlled in accordance with the Privacy Act, 1993.

WHEN WILL THE RESULTS BE AVAILABLE?

All the focus groups will take approximately 3 months to conduct, so results will be available in February 2016. You will be asked if you would like a copy of the results.

WHAT ARE MY LEGAL RIGHTS?

Your participation in this focus group is entirely voluntary (your choice). You do not have to take part. You may withdraw from the focus group at any time up until the point of participation in the group without having to give a reason. Your withdrawal from the focus group will not affect any relationship you may have with the University of Auckland. You are encouraged to ask questions at any time during the focus group.

WHO DO I CONTACT FOR MORE INFORMATION OR IF I HAVE CONCERNS?

If you have any questions, concerns or complaints about the RuFIT Feasibility study at any stage, you can contact:

Associate Professor Ralph Maddison
Programme Leader, Physical Activity
The University of Auckland, Private Bag 92019, Auckland 1142.
Phone: 09 3737 999 x84767
Email: r.maddison@auckland.ac.nz

Professor Chris Bullen
Director, National Institute for Health Innovation
The University of Auckland, Private Bag 92019, Auckland 1142.
Phone: 09 923 4730
Email: c.bullen@auckland.ac.nz

For any concerns regarding ethical issues you may contact:
The Chair, The University of Auckland Human Participants Ethics Committee
The University of Auckland, Research Office
Private Bag 92019, Auckland 1142
Telephone 09 373-7599 extn. 83711. Email: ro-ethics@auckland.ac.nz

APPROVED BY THE UNIVERSITY OF AUCKLAND HUMAN PARTICIPANTS ETHICS COMMITTEE ON 08 October 2015 for 3 years, Reference Number 015069