

LETTER OF INFORMATION

Transforming Stories into Action: Testing Story-Based Sport and Health Messages for People with Spinal Cord Injury

Investigators:

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Purpose of the Study:

You are invited to take part in a study exploring the use of story-based sport and health promotion messages for people with spinal cord injury, who do not participate in sport.

Participant Eligibility:

Participants must have spinal cord injury and not be active in sport. They must also be 18+ years of age, have no reports of cognitive or memory impairments (i.e. no trouble remembering names, no trouble remembering flow of a conversation, and no tendency to misplace things), must not be in inpatient rehabilitation, and be able to understand, read, and write English.

Procedures Involved in the Research:

You will require the use of a computer with access to the Internet. Through a web link, you will be asked to complete a set of screening questions, two questionnaires, and read a story-based message about sport and health. The first questionnaire will help us understand your background information. Then you will be asked to read a short message. The second questionnaire will allow us to get your feedback on the message. For example, questions will ask whether you agree with characters in the message, whether you like the characters, etc. The total time of the study will last approximately 35-45 minutes.

Potential Harms, Risks, or Discomforts:

There is a very small possibility that the message presented during the study may cause some feelings of discomfort or frustration. However, you will be asked neutral questions about these messages. If you do not feel comfortable answering a question, you may choose the option "Do Not Wish to Answer". You can also withdraw from the study at any time by clicking on the "Discard" button.

Potential Benefits:

The research will not benefit you directly. We hope to learn more about how people with spinal cord injury who do not participate in sport change their intentions and behavior after reading a story-based message. We hope that what is learned as a result of this study will help our partners in sport organizations build better lives for those with spinal cord injury by using story-based messages to target specific intentions in promoting positive health outcomes.

Payment or Reimbursement:

In appreciation for your time, you will receive a \$10 gift card to a vendor of your choice (e.g. Amazon, Chapters, iTunes, Tim Hortonst, Starbucks, etc.). To receive your gift card, you will be required to enter your email address and your preferred card after the study. We will email an e-gift card if possible. If not, we will contact you at this address to arrange a physical card to be mailed to you.

Confidentiality:

Your participation in this study is confidential. No one except for Mr. Lau and Dr. Perrier will know that you participated unless you tell them. Every effort will be made to protect your identity and privacy. The data we collect will not be linked to any identifiable information or any of your personal details.

The information you provide will be kept on a password protected computer and all files will be password protected. Only Mr. Lau and Dr. Perrier will have access to the data. None of the data will be written on paper. Once the study is complete, your data will be kept for 10 years. After this time, all digital files will be permanently deleted.

Participation and Withdrawal:

Your participation in this study is voluntary. If you decide to withdraw, there will be no consequences to you. In cases of withdrawal, any data you have provided will be destroyed. If you do not wish to answer a question, you will have the option to choose "Do Not Wish to Answer". To withdraw, you can simply click on the "Discard" button. After clicking this button, you will proceed to a termination page where you will be provided with Mr. Lau's email. If you wish to receive your \$10 gift card, you will need to contact Mr. Lau to make arrangements. Please enter "Transforming Stories into Action Gift Card" as the subject of the email.

If you complete the study, you will not be able to withdraw your data as we will not have any of your personal information linked to your data.

Information about the Study Results:

There will be three methods for you to receive and learn about the results of the study:

- 1) you will have the option of providing your email during the study to have the results sent to you ;
- 2) you can go onto the SCI Action Canada webpage to view the results of the study;
- 3) you can email or phone Dr. Perrier or Mr. Lau for the results of the study.

Participating in the Study:

If you would like to participate in the study, please click on the link below to begin.

<http://fluidsurveys.com/s/transforming-messages/>

Questions about the Study:

If you have questions or would like information about the study itself, please contact me at:

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This study has been reviewed by the McMaster University Research Ethics Board and received ethics clearance.

If you have concerns or questions about your rights as a participant or about the way the study is conducted, please contact:

McMaster Research Ethics Secretariat
Telephone: (905) 525-9140 ext. 23142
c/o Research Office for Administrative Development and Support
E-mail: ethicsoffice@mcmaster.ca