



Participant Information Sheet

Title of study: Healthy Body, Healthy Brain

You are being invited to take part in a research study. Before you decide whether or not to take part it is important that you understand why the research is being conducted and what will be involved. Please take the time to read the following information carefully and discuss it with others if you wish. Please ask us if there is anything that is not clear or if you would like more information. Thank you for reading this.'

What is the purpose of the study?

We are undertaking this study to find out whether there is a link between physical and mental performance.

Why have I been chosen?

You have been invited to take part in this research study, as you are a person aged over 45 years who is living independently in the community. We aim to involve more than 100 people like you in this research.

Do I have to take part?

You don't have to take part in this study. It is entirely voluntary. You can change your mind about taking part in the study and opt out at any time, even if the study has started. You don't have to give a reason for not taking part or for opting out.

During the testing we will record information anonymously. This means that the information will not be linked to your identity. This also means that we cannot select and remove the information we collect from you after the testing has been completed, even if you should make such a request.

What will happen to me if I take part?

If you are eligible, and you choose to participate, we will make an appointment for you to come to the Physical Education Centre (PEC) at Queen's University Belfast. On the date of your appointment, we will run some tests to check your physical and mental performance. These tests will take about two hours to complete.

The testing will take place in a quiet room located in the PEC. A member of the research team will arrange to meet you at Reception, and take you to the room.

During the first hour of the testing sessions, you will be asked to complete a range of tasks, which primarily relate to physical performance. Examples include measurements of dexterity, grip strength, and walking speed.

After taking a break, you will be asked to complete a range of tasks that relate to mental performance. For example, we will ask you to repeat some lists of numbers, and group objects in various ways. Following the completion of the tests of cognitive function, there will be a final physical performance task.

There will be frequent breaks, and you can ask to take a break whenever you wish.

All information will be recorded using an anonymous code. This means that the results of the tests will not be linked to your identity.

After the testing has been completed, the members of the team will be pleased to answer any further questions that you might have about the purpose of this research. We will also give you a document to take away with you that provides additional information.

It will not be possible to provide any feedback on your performance. There are two reasons for this. Firstly, scores on the tests are calculated at a later date. As we cannot link the scores to your identity, we have no way of knowing which score is yours. Secondly, the scores for individual tests cannot be interpreted in a meaningful way. We are interested in the pattern of variation across all of the tests, for a large group of people.

There is no payment for taking part in this study. If you travel by car, we can arrange access to the car park at the PEC.

What are the possible risks or disadvantages of taking part?

There are no risks associated with this research that exceed those encountered in daily living.

In research of this nature, there is a very small risk that a connection to your identity could be made. Great care will be taken to ensure the confidentiality and anonymity of all the information to be collected. The risk of a breach of confidentiality or anonymity is considered to be very low.

What about COVID19?

Please do not participate if you or anyone in your household is ill, has tested positive or has symptoms of COVID-19.

What are the possible benefits of taking part?

Taking part in this study will not benefit you directly. Analyses performed using the anonymous results may however result in new tests or treatment approaches. This is a long-term research project, so the benefits of the research may not be seen for several years. By participating, you are helping to advance science and medicine for future generations.

What if something goes wrong?

If you have any concerns about any aspects of the study, you can contact the Chief Investigator, Prof. Richard Carson (Telephone: 028 9097 6528, Email: r.g.carson@qub.ac.uk). Should you remain unhappy and wish to make a formal complaint, you can contact the Research Governance Team at Queen's University Belfast (Telephone: 028 9097 2529; Email: researchgovernance@qub.ac.uk).

Will my taking part in this study be kept confidential?

We will take all necessary steps with a view to ensuring that any personal information that you provide remains confidential. The Consent Form that is completed before the testing commences will be stored for a period of seven years in a locked filing cabinet, in a secure office, in Queen's University Belfast. After seven years the Consent Form will be destroyed. The name and signature that you enter on the consent form is the only personal (identifying) information that you will be asked to provide.

The results of the tests are anonymous. This means they are stored in such a way that they cannot be linked to any individual.

In addition to being analysed by the research team, the anonymous results may be shared with the scientific community and the general public via a fully open database on the internet. No personally identifying information will be shared.

Any matters that are discussed during the testing session will also remain confidential. There is however an exception. If you should disclose information that indicates that you are at risk of harming yourself or others, or that you are in danger of being harmed by someone else, the research team is legally obliged to pass on this information to the relevant authorities, such as the Police Service of Northern Ireland (PSNI).

What will happen to the results of the research?

The results of the study will be reported in scientific journals and at scientific conferences. No information which reveals your identity will be disclosed. No analysis of individual results will be provided. You are welcome to contact the research team if you wish to obtain a copy of the findings.

Who is organising and funding the research?

The research is being organised by Prof. Richard Carson, who is Chair in Psychology at Queen's University Belfast. No other organisations or companies are sponsoring the research. The research is also being undertaken for an educational qualification (BSc) by several undergraduate students in the School of Psychology at Queen's University Belfast. The testing will be conducted by these students, as part of their Final Year Projects.

Who has reviewed the study?

This study has been reviewed by the Faculty of Engineering and Physical Sciences Research Ethics Committee.

Contact for Further Information

If you require further information about the study, you can contact the Chief Investigator, Prof. Richard Carson (Telephone: 028 9097 6528; Email: r.g.carson@qub.ac.uk).

You are entitled to access to any identifiable information the study team stores about you. The only identifiable information that will be retained in the present study is the Consent Form. Should you wish to have a copy of your completed Consent Form, the research team will be pleased to provide one.

This research will be conducted in compliance with data protection legislation. For more information about how we look after your information, how to access your rights and who to contact if you have any queries or concerns about data protection please visit the Queen's University Belfast website - www.qub.ac.uk/privacynotice/Research/ListofResearchPrivacyNotices/PrivacyNoticeforResearchParticipants

Thank you for your interest in this study and for taking the time to read through this information sheet, which you may keep.