

## Participant Information Sheet

### Research Title:

**An exploratory survey to understand older adults' participation in healthy ageing and the use (or non-use) of digital technology**

### Researchers:

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School of Health and Rehabilitation Sciences, Faculty of Health and Behavioural Science

Thank you for your interest in participating in this research project. Please read the following information about the project so that you can decide whether you would like to take part in this research. Please feel free to ask any questions you might have about our involvement in the project.

If you decide to participate in this research, please keep in mind that your participation is voluntary. If you do not wish to take part, you do not have to. If you decide to take part and later change your mind, you are free to stop at any time, and you would not need to give any explanation for your decision to stop participating. If you choose to stop participating, your data will not be used in the research.

You will be given the Participant Information and Consent Form to sign, and you will be given a copy to keep. Your decision whether you take part, or not to take part, or to take part and then withdraw, will not affect your relationship with the University of Queensland.

## What is this research about?

Healthy ageing refers to the process of maintaining good functional ability to enable wellbeing in older age. While physical activity has been promoted as an important aspect of healthy ageing, ageing well also encompasses wellbeing in other aspects of our daily lives, such as our social lives and mental health. The aims of this study are to understand what activities older adults participate in to age well, and their thoughts on how technology can be used to support healthy ageing. This project is funded by the School of Health and Rehabilitation Sciences (University of Queensland) New Staff Research Start Up Fund.

## What will I need to do?

If you agree to take part in this study, you will be invited to participate in a once-off survey. You can complete the survey through any **one** of these 3 options:

- **Online survey**  
If you prefer to participate the survey online, you will receive a link to the online survey. You will be asked to complete the online consent form before proceeding with the survey.
- **Postal (paper-based survey)**  
If you prefer to complete a paper-based survey, you will receive the survey by post, with a return envelope. Please complete the survey and one signed copy of the consent form and post it back to the researchers.

In appreciation of participants' contribution to this study, five participants will be randomly selected to receive a \$100 voucher after survey closes in May 2024.

## What are the possible benefits of taking part?

Your contribution will help us to understand the healthy ageing habits and needs in older adults in Australia, and how technology might be used to support older people to age well. This knowledge will help us gain a better understanding on how we can develop digital-based programs, activities and or/services to support adults to live well.

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

There are no known risks for participating in this study. You may feel tired while reading or completing the survey, however, you can choose to do the survey at a time or date as you wish and works best for you.

## What will happen to the information about me?

All your information will be kept private and confidential. Your identifiable information (name and contact information) will only be collected if:

- you indicate that you would like to enter the raffle to randomly be selected to receive one out of five \$100 gift cards, or

- if you would like to be informed of the findings of the research. All identifiable information will be destroyed after all gift vouchers are distributed and after we have shared the study research findings if you if you are keen.

Only the research team members will have access to the data. They will be stored securely based on the University of Queensland's Research Data Management Policy and Procedures. This policy was developed to ensure that research data is properly managed according to recommendations made in The Australian Code for the Responsible Conduct of Research and applicable legislation.

All project-related data will be stored in a durable format alongside this project metadata, which will be regularly backed up on secured ITS servers. All hardcopy forms will be stored in a locked, secure drawer in the lead researcher's office at the School of Health and Rehabilitation Sciences.

De-identified metadata will be maintained and updated accordingly throughout the project, a subset of which will be recorded in UQ's open access repository (UQ eSpace) and harvested by Research Data Australia (RDA) following publication, or when the project is completed. Managed dataset/s associated with this project's deidentified metadata will also be available to view either by a DOI listed in the record (open access) or following a request to the authors (mediated access). Data will be retained for five years.

It is anticipated that the results of this research project will be published and/or presented in a variety of forms. In any publication and/or presentation, information will be provided in such a way that you cannot be identified, except with your explicit permission.

### **What will happen if I decide to withdraw?**

Your participation in this research is voluntary and you are free to withdraw from the research anytime without needing to provide any explanation, and you would not receive any penalty or bias as a result of your withdrawal. Should you decide to withdraw, you can cease the survey at any time, following which all the information collected from/about you will be destroyed and will not be used in the research.

### **Can I hear about the results of this research?**

Most definitely. We expect to conclude the study by the end of 2024. You will be asked to indicate if you would like to hear about the research. If so, we will send you a summary of the results of this research via email or via post. We also expect to publish results of this study in an academic journal and/or conference(s).

### **Who can I contact if I have any concerns about the project?**

This study adheres to the Guidelines of the ethical review process of The University of Queensland and the National Statement on Ethical Conduct in Human Research. Whilst you are free to discuss your participation in this study with the researcher contactable via [weiqi.koh@uq.edu.au](mailto:weiqi.koh@uq.edu.au). If you would like to speak to an officer of the University not involved in the study, you may contact the Ethics Coordinator on +617 3365 3924 / +617 3443 1656 or email [humanethics@research.uq.edu.au](mailto:humanethics@research.uq.edu.au)

**Ethics ID number:** [2023/HE002389]