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Benefits of Dancing in the Dark

PARTICIPANT INFORMATION STATEMENT

(1) What is this study about?

You are invited to take part in a research study about No Lights No Lycra (NLNL). NLNL is a community activity which encourages people to gather and participate in free-form dance in an inclusive non-judgmental community setting. This study aims to develop an understanding of who attends NLNL each week, why you attend and the potential benefits of dancing at NLNL on participants' physical and mental health.

You have been invited to participate in this study because you are an active member of the NLNL community – either attending at a venue or engaging online, during the week of data collection. This Participant Information Statement tells you about the research study. Knowing what is involved will help you decide if you want to take part in the research. Please read this sheet carefully and ask questions about anything that you don't understand or want to know more about.

Participation in this research study is voluntary.

By giving your consent to take part in this study you are telling us that you:

- ✓ Understand what you have read.
- ✓ Agree to take part in the research study as outlined below.
- ✓ Agree to the use of your personal information as described.

(2) Who is running the study?

The study is being carried out by the following researchers:

- Bridget Foley, Research Officer, Prevention Research Collaboration, Sydney School of Public Health, Sydney Medical School, The University of Sydney
- Dr Lindsey Reece, Director SPRINTER, Prevention Research Collaboration, Sydney School of Public Health, Sydney Medical School, The University of Sydney
- Dr Amy Vassallo, Research Fellow, Faculty of Health Science, The University of Sydney

(3) What will the study involve for me?

The study involves completing one-off, brief (5-10 minute) online questionnaire. You may access this online questionnaire directly before or after entering NLNL or complete it online, at a time convenient to you.

(4) How much of my time will the study take?

Participation in the online questionnaire will be available for 7 days only and take approximately 5-10 minutes to complete.

(5) Who can take part in the study?

We are interested in hearing from anyone over 16 years old who has participated in NLNL. You should only complete the online questionnaire once.

(6) Do I have to be in the study? Can I withdraw from the study once I've started?

Being in this study is completely voluntary and you do not have to take part. Your decision whether to participate will not affect your current or future relationship with the researchers or anyone else at the University of Sydney or No Light No Lycra.

If you decide to take part in the study and then change your mind later, you are free to withdraw at any time. You can do this by exiting the online questionnaire. There will be no consequences for withdrawing from the study.

Completing a question in the online questionnaire is an indication of your consent to participate in the study. If you decide to withdraw from the study, we will not collect any more information from you. Any information that we have already collected, however, will be kept in our study records and may be included in the study results. Your responses cannot be withdrawn because they are anonymous and therefore we will not be able to tell which one is yours.

(7) Are there any risks or costs associated with being in the study?

Aside from giving up your time, we do not expect that there will be any risks or costs associated with taking part in this study.

(8) Are there any benefits associated with being in the study?

We cannot guarantee that you will receive any direct benefits from being in the study.

(9) What will happen to information about me that is collected during the study?

We will ask about your previous attendance at NLNL, your motivations for attending, and any benefits or challenges you may have experienced through attending NLNL. To understand the demographic profile of individuals currently choosing to attend NLNL, age, sex, primary language spoken at home and postcode, will be collected. Health related outcomes including current physical activity level will be assessed through validated self-report questions in the questionnaire.

We will use Qualtrics, a secure online platform, to administer the online survey and store all responses on a secure University of Sydney server. Your information will be kept strictly confidential, except as required by law. Study findings may be published, but you will not be individually identifiable in these publications.

By providing your consent, you are agreeing to us collecting personal information about you for the purposes of this research study. The information you provide will be kept confidential, analysed and stored securely at the University of Sydney in electronic form. After the study, data will be retained until the youngest participants turns 25 years old, in accordance with the University policy. Findings will be shared with NLNL, submitted to an academic journal, and may be presented in public presentations and media articles. NLNL will place a report on their website which can be viewed by the public and circulate it in their newsletter. Your information will only be used for the purposes outlined in this Participant Information Statement, unless you consent otherwise.

(10) Can I tell other people about the study?

Yes, you are welcome to tell other people about the study.

(11) What if I would like further information about the study?

When you have read this information, Bridget Foley will be available to discuss it with you further and answer any questions you may have. If you would like to know more at any stage during the study, please feel free to contact Bridget Foley using the information at the beginning of this document.

(12) Will I be told the results of the study?

You have a right to receive feedback about the overall results of this study. This feedback will be in the form of a one page summary in the NLNL newsletter and shared through social media channels. You will receive this feedback after the study is finished.

(13) What if I have a complaint or any concerns about the study?

Research involving humans in Australia is reviewed by an independent group of people called a Human Research Ethics Committee (HREC). The ethical aspects of this study have been approved by the HREC of the University of Sydney Project no:2018/475 . As part of this process, we have agreed to carry out the study according to the *National Statement on Ethical Conduct in Human Research (2007)*. This statement has been developed to protect people who agree to take part in research studies. If you are concerned about the way this study is being conducted or you wish to make a complaint to someone independent from the study, please contact the university using the details outlined below. Please quote the study title and protocol number.

The Manager, Ethics Administration, University of Sydney:

- **Telephone:** +61 2 8627 8176
- **Email:** ro.humanethics@sydney.edu.au
- **Fax:** +61 2 8627 8177 (Facsimile)

This information sheet is for you to keep