



Participant Information Sheet

Title: Designing a Community Based Lifestyle Intervention in Meath

You are being invited to take part in this research study. Before you decide, it is important for you to read this information sheet so you understand why the study is being carried out and what it will involve.

This Participant Information Sheet will tell you about the purpose, risks, and benefits of this research study.

Reading this information sheet, discussing it with others, and/or asking any questions you might have will help you decide whether you would like to take part.

If you agree to take part, we will ask you to sign a written informed consent form.

If there is anything that you are not clear about, we will be happy to explain it to you.

Please take as much time as you need to read it.

In addition to this participant information sheet, there will also be a voluntary one-hour, in-person, workshop (TBC) that will provide further study details and provide you with the opportunity to ask any questions to the lead investigator.

What is the purpose of this study?

Programmes help in community-based settings are often used to promote healthy lifestyle behaviours. Health Meath exists within Healthy Ireland in the local authority and has supported the resourcing and delivery of a range of community-based health and wellbeing programs throughout the region. The aim of this study is to evaluate the provision of community-based programmes which target physical activity or nutrition throughout the county of Meath.

Details of involvement in this study

Participants will be asked to take part in a focus group discussing their knowledge or and/or participation in community-based healthy lifestyle programs in Meath. In addition, participants will be asked about their capability, opportunities and motivation to be physically active and eat healthily, and finally, facilitators and barriers to participation and preferred content of a program.

The focus group should last no longer than 1 hour. The focus group will be audio recorded in order to facilitate data collection and analysis.

Why have I been invited to take part?

You have been invited to take part as you have been identified as a representative of an organization involved in community lifestyle programme provisions in Meath or have been identified as a potential participant in these programmes.

Do I have to take part?

Participation in this project is voluntary. You are under no obligation to take part, and you will not experience any loss of benefit or penalty if you choose not to participate. If you do decide to take part, you can discontinue your involvement in the study at any stage and request that all information or data you have provided is destroyed.

Potential risk to participants arising from involvement in this research study.

It is not envisaged that there are any risks to participants arising from involvement in this study.

Benefits (direct or indirect) to participants

It is intended that the outcome of this study will help identify potential gaps in the provision of community-based healthy lifestyle programs in Meath. This will allow for the design and delivery of specific healthy lifestyle programmes, which target any identified gaps within the Meath region.

Confidentiality

Every effort will be made to respect participants' anonymity. The data will be collected by trained professionals and will be analysed by the research team only. Participants' names will be protected. All data will be pseudonymised so that personal data can no longer be attributed to a specific person without the use of a unique code. Informed consent forms containing both name and code will be stored separately from other data collected during the study. No identifiable data will be included in the final report. Only the named investigators involved in the study will have access to this information.

Data Management

All the data collected will be destroyed within 5 years from the initial date of collection.

Contact Details

If you have any questions regarding this study, please contact Dr Fiona Skelly (fiona.skelly@tus.ie)

If you wish to communicate with an independent researcher outside of the research team within TUS Midlands Midwest in relation to any aspect of this research, please contact ethics@tus.ie.

Thank you for reading this information sheet and thank you for considering participating in this research.