

EFFECTS OF RECREATIONAL SPORTS ON NEUROMOTOR FITNESS OF ADULTS WITH NEUROLOGICAL CONDITIONS

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Thank you for your interest in this research!

Please read this information carefully to help you decide whether you would like to take part in this study.

Participant Information Sheet

You are invited to take part in an interview about your experience with playing sports in your leisure time. Before you make your decision, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully. You may want to talk to others about the study before taking part.

- **Part 1** describes the purpose of this study and what will happen to you if you choose to take part.
- **Part 2** gives you more detailed information about the conduct of the study.
- **Part 3** describes what happens after the interview.

Kindly contact the researcher if there is anything that is not clear or if you would like more information. Take your time to decide whether you wish to take part.

Part 1

What is the purpose of the study?

There is evidence to suggest that taking part in community recreational sports (such as swimming, football, basketball, etc) may improve the **fitness** and **quality of life** of adults who live with a neurological condition. However, the number of adults with a neurological condition who take part in recreational sports is very low compared to the rest of the population. This may be due to certain **individual, environmental or sports-related barriers** that prevent them from taking up recreational (or leisure) sports. Hence, the aim of this research is to discuss the leisure sport experiences, and factors that influence participation with people who live with a neurological condition. By understanding these factors, we aim to inform future interventions and support programmes to enhance the well-being and quality of life for individuals with neurological conditions.

What will happen if you choose to take part in the study?

If you decide to take part in the project, you will need to **consent** to participating in an **online small-group interview** (2-3 people) via **zoom** to discuss your experiences of playing leisure sports and factors that may influence your participation. This interview will be arranged at your convenience, and is expected to last between **45 minutes and 1 hour**. Please fill in the consent form, sign it, and email it to a.abiodun@shu.ac.uk who will sign it too and send you a copy to keep.

If consent to participating, we will need to complete a **pre-study assessment form** which will be sent to you via email to collect information about your background and circumstances (age, gender, highest educational level, and household income). This form will be completed submitted via the shared link within 1 week of receipt.

You would also be expected to complete a test called the **Mini Mental State Examination (MMSE)**. The purpose of this test is to help us understand more about your memory, attention, and problem-solving abilities. The lead researcher, Adesola Abiodun will contact you through email to

schedule a virtual meeting via Zoom for the administration of the test. The test typically takes about 10-15 minutes to complete. The result of the test will also be communicated to you immediately after the test. **Please note that this test is not a diagnostic tool and is only used for the purpose of screening for inclusion in this study.**

Following these checks, and once a schedule is decided, the researcher will send the meeting link, ID and password, as well as the interview instructions to your email address. **You do not need to have Zoom installed on your PC to take part online, however, if using a mobile phone, the software must be installed on your device.** You can join the interview meeting on your PC or mobile device with your web browser using the meeting link. The lead researcher, Adesola Abiodun will record the interview. You can switch off your video camera if you prefer. Please ensure the interview is taken in a quiet and comfortable place.

If you do not have access to Zoom, we can schedule a **physical interview** at your convenience, and the interview will be audio-recorded. The interview location would be a quiet, safe, and comfortable space that would be agreed upon by you and the researcher prior to the interview data.

Mode of Communication

Your email address would be requested upon your expression of interest. All forms of communication from the commencement of the study to debriefing will be conducted via this email address. We kindly request that all information shared be kept confidential and not shared with third-parties.

Part 2

Participant Requirements

To take part in the study you will need to:

1. be aged 18 or older
2. live with one of the following neurological conditions- Parkinson's disease, Multiple Sclerosis, Stroke, or Cerebral Palsy
3. be able to give informed consent to take part in the project
4. own a smart device (smartphone or personal computer) and a secure internet connection

You will not be able to take part in this study if:

1. your regular sport is wheelchair-based
2. you feel uncomfortable about sharing your experiences playing sports in your leisure time and how your neurological condition has influenced your participation
3. your regular sport is played on a professional or semi-professional basis

Voluntary Participation

Participation in this study is entirely voluntary. You reserve the rights to decline answering any questions which you do not feel comfortable with during the interview. You have the right to withdraw from the study at any time, for any reason, without any consequence Your decision to participate will not affect any current or future care or services that you may receive. Withdrawal from this study means that all data collected from you will be deleted immediately.

Confidentiality

Your privacy and confidentiality are of utmost importance. All information collected during the study will be kept confidential and anonymised. Your identity will not be disclosed in any reports or publications resulting from this research. The observation notes will be saved using pseudonyms that bear no resemblance to your name or organisation (and cannot be traced back to you) and stored on the University's secured cloud space.

Informed Consent

Before participating in this study, you will be asked to provide informed consent indicating your understanding of the study procedures, risks, benefits, and your rights as a participant. You can contact the researcher to ask any questions regarding the study.

Possible Risks Involved in this Study

Overall, this study may pose no additional risk to your health beyond the usual risk of the game. The researcher would discuss the existing health and safety procedures with the recreational centres prior to the study.

Possible Benefits of taking Part in this Study

The research findings may be used to develop targeted interventions and advocate for community initiatives to promote recreational sports participation among inactive adults with neurological conditions.

Part 3

Information Handling and Storage

During the interview, you will be expected to answer questions relating to your sport experience, the sports you play, and your motivation for playing. The interview will be video recorded, and the video file would be saved temporarily on the University cloud. Once the discussion is transcribed, the video file would be completely destroyed. All the information collected during the interview (the transcript) will be anonymised (names of people and places will be removed) before storage on the University cloud to protect yours and their privacy. The lead investigator, Adesola Abiodun, would be responsible for all information gathered. Only the research team (total of 5 people) will have access to the collected data. The informed consent forms, observation, and field notes will be stored on the University's cloud prior to data analysis and would be kept in the Sheffield Hallam University Research Data Archives (SHURDA) for 5 years post-study before it would be deleted from the database.

Data Archiving and Sharing

A data archive is a secure place where information gathered can be stored indefinitely. The data that would be gathered during this study would be stored safely on the Sheffield Hallam University Research Data Archive (SHURDA) for 10 years after the study. These documents would be completely anonymised before storage and would not contain any information that can be traced back to you. Given the continuous development in research methods and how knowledge is acquired, the researchers acknowledge that it may be impossible to fully comprehend the factors that influence the participation of adults with neurological conditions in neurological sports at the time of this project. Thus, preserving it will provide a means for the data to be shared with other researchers in the future to generate more meaning about the recreational sports experiences of adults with neurological conditions. Data stored on the archive is not going to be indiscriminately made available on the web, and they would only be shared in appropriate ways with certified researchers who are investigating topics similar to the subject matter.

Debriefing

The study period is expected to be about 6 months. When data collection is complete, an email would be sent out to all participants to remind you of the goals of the study, provide further information on your right to withdraw and the withdrawal procedures, a summary of the results at the time, how the results will be disseminated, and how you can access the disseminated resources. Access to peer or mental health support information would also be provided, as well as available opportunities and support for participants who may be interested in participating in recreational sports. The researcher's details would also be included for you to use if you need to ask any questions related to the research in the future.

Dissemination of Results

The result of this study will be published in an open access journal for accessibility and wider coverage. Furthermore, results will be reported using infographics that can easily be shared on various social media platforms to sensitise the public about the recreational sports experiences of people with neurological conditions and how these experiences can be optimised to improve equality and inclusivity. The summary of the results will also be included in the debriefing notes that would be sent to all participants after the study is completed.

Thank you for considering participation in our study. Your involvement is invaluable to advancing our understanding of recreational sports participation among adults with neurological conditions.

With the consent of people who currently participate in recreational sports, we may also observe your participation in recreational sports at your usual sports venue. The observation would be scheduled to fit into your usual routine. This observation will allow us to gain insights into your engagement, behaviours, and interactions during sports participation.

Link to the Pre-interview Survey

THIS LINK CAN BE USED AFTER YOU HAVE EMAILED YOUR CONSENT FORM TO a.abiodun@shu.ac.uk

https://shusls.eu.qualtrics.com/jfe/form/SV_6oftFyZ0zfPcYEm

The pre-study assessment survey will take about 5-10 minutes to fill. This survey will allow others to understand which groups of people have taken part in this research. It would also allow you choose the best time for your interview to aid the scheduling process. It can be completed on a smartphone or PC.

Legal basis for Research for studies

The University undertakes research as part of its function for the community under its legal status. Data protection allows us to use personal data for research with appropriate safeguards in place under the legal basis of public tasks that are in the public interest. A full statement of your rights can be found at: www.shu.ac.uk/about-this-website/privacy-policy/privacy-notices/privacy-notice-for-research. However, all University research is reviewed to ensure that participants are treated appropriately, and their rights are respected. This study was approved by the University's Research Ethics Committee with reference number **ER63399419**. Further information can be found at: www.shu.ac.uk/research/excellence/ethics-and-integrity

Researcher/ Research Team Details:

If you have any questions or concerns about the study or your participation, please feel free to contact the lead researcher, Adesola Abiodun at A.Abiodun@shu.ac.uk or +441142253644.

If you experience any adverse events following participation in this study, kindly contact the Director of Studies for this programme, Dr. Mohsen Shafizadeh at M.Shafizadeh@shu.ac.uk or +441142252518.

You should contact the Data Protection Officer if:

- you have a query about how your data is used by the University
- you would like to report a data security breach (e.g. if you think your personal data has been lost or disclosed inappropriately)
- you would like to complain about how the University has used your personal data

DPO@shu.ac.uk

You should contact the Head of Research Ethics (Prof Mayur Ranchordas) if:

- you have concerns with how the research was undertaken or how you were treated

ethicssupport@shu.ac.uk

Postal address: Sheffield Hallam University, Howard Street, Sheffield S1 1WBT Telephone: 0114 225 5555

