



Participant Information Sheet

Study title:	Exploring Samoan Stroke Survivors' Views and Perspectives About the Meaning and Value of Physical Activity	
Principal investigator:	Name: Dr Allyson Calder Department: School of Physiotherapy, Christchurch Position: Senior Lecturer	Contact phone number: (03) 244 1030

Introduction

Thank you for showing an interest in this project. Please read this information sheet carefully. Take time to consider and, if you wish, talk with relatives or friends, before deciding whether or not to participate.

If you decide to participate, we thank you. If you decide not to take part, there will be no disadvantage to you, and we thank you for considering our request.

What is the aim of this research project?

The aim of this research is to explore the views of Samoan stroke survivors about the meaning and value of physical activity. Engaging in physical activity is beneficial for all people and not only reduces the risk of stroke but also increases the function and quality of life of stroke survivors. However, not much is known about how much Pacific stroke survivors engage in physical activity. To the researcher's knowledge, there is currently no research that uses Pacific methodology to explore how Samoan stroke survivors value physical activity participation for well being. This study contributes to the advancement of Pacific health research by Pacific people, for Pacific people.

Who is funding this project?

Eliana Viali (the student researcher) was awarded a Manaaki New Zealand Scholarship to undertake her Master of Physiotherapy thesis.

Who are we seeking to participate in the project?

We will talanoa with 10-15 adult (>18 years) Samoan stroke survivors and their aiga (family) who are living in a community setting. Tagata auai will; be based in New Zealand; have self-reported stroke of any type of stroke +/- other comorbidities; and are English or Samoan speaking. Tagata auai that are unable to understand this information sheet and consent form and those with severe communication impairment where they are unable to hold a conversation will be excluded.

If you participate, what will you be asked to do?

Participation in this research project is entirely voluntary. If you consent to participate you will engage with the student researcher in an individual talanoa at a place in the community convenient to you (e.g., your home, at the University), via computer technology (e.g., zoom) or telephone. You are most welcome to invite your aiga to be present during the interview for support. The talanoa will take between 45 – 90 minutes. You are welcome to complete your talanoa over two days if you wish. One to two researchers (the Student Researcher and her supervisor) will be present during the talanoa. The student researcher will facilitate the interview and the other researcher will take field notes.

At the talanoa, the researchers will obtain formal consent by briefly explaining the project again and inviting you to sign the consent form. We will collect information about your age, ethnicity, stroke, level of physical activity, and your perceived level of disability. Discussions at the talanoa will cover the following topics:

- 1) Your experience with physical activity
- 2) What motivates you and prevents you from participating in physical activity
- 3) How health professionals can support meaningful engagement in physical activity

A mea'alofa (gift of \$50 supermarket voucher) will be provided to you and your aiga at the end of the first talanoa as a token of gratitude for all that has been shared. Once your talanoa has been digitised and themes have been created, they will be sent to you. You will have an opportunity to reflect and provide feedback via zoom or email. This process allows you and your aiga to reflect, comment, and feedback any corrections if they choose. This should take between 20 – 45 minutes.

Is there any risk of discomfort or harm from participation?

There is no anticipated risk of physical or psychological harm to you or your aiga. Should you feel uncomfortable with the content, discussion, or direction of the talanoa, you can decline to answer the questions or choose to continue the interview at a different time that is convenient for you. You may withdraw from the study at any time without having to provide a reason for doing so.

What specimens, data or information will be collected, how will they be used, and how will your anonymity and confidentiality be preserved?

Your demographic information and signed consent forms will be scanned and transferred to the student researcher's password protected computer. Any personal information (such as contact

details) will be destroyed at the completion of the project even though the data derived from the research will, in most cases, be kept for much longer or possibly indefinitely.

Each talanoa will be audio recorded with aiga and their supporting aiga's consent and transcribed verbatim by the Student Investigator. Tagata auai who use the Samoan language will have their transcripts translated by the Student Investigator into English for analysis. For talanoa that occur over zoom, the interviews will be recorded to the cloud and transcribed using the zoom transcribe function. Both the recording and the audio transcripts are securely stored and encrypted in the cloud for 14 days, after which they are deleted. Only the named researchers will have access to the recording/transcription. The cloud-based recordings and transcripts will be downloaded to the Student Investigator's password protected computer. The Student Investigator will also take written notes containing contextual details, thoughts, and reflections immediately after the talanoa in a reflexive diary. The diary will not contain any identifiable information to protect tagata auai privacy and will be kept in a locked cabinet in the Student Investigator's office. The raw transcribed data will be reviewed for accuracy by the Student Investigator.

The research team will be writing a report on the results of the project as a requirement of the study funders. The main findings will be presented to participants and their aiga through a group presentation (in person or zoom) allowing questions about the findings. It is possible that we will present the findings to health professional colleagues at conferences, disability organisations, and submit a manuscript to a peer-reviewed academic journal article. You will not be personally identified in any of these dissemination activities.

If you agree to participate, can you withdraw later?

You may withdraw from participation in this project at any time without any disadvantage to yourself.

Any questions?

If you have any questions now or in the future, please feel free to contact either:

Name: Eliana Viali Position: Masters student Department: School of Physiotherapy	Contact phone number: 029 0224 6757
Name: Elijah Areli Position: Lecturer/Supervisor Department: School of Physiotherapy	Contact phone number: (03) 470 3485
Name: Troy Ruhe Position: Research Fellow Department: Va'a o Tautai	Contact phone number: (03) 479 8493

Name: Dr Ally Calder

Position: Senior Lecturer/Primary Supervisor

Department: School of Physiotherapy

Contact phone number:

(03) 244 1030

This study has been approved by the University of Otago Human Ethics Committee (Health). If you have any concerns about the ethical conduct of the research, you may contact the Committee through the Human Ethics Committee Administrator (phone +64 3 479 8256 or email humanethics@otago.ac.nz). Any issues you raise will be treated in confidence and investigated and you will be informed of the outcome.