

Information sheet (Version 1.2: 12th October 2021) for parents interested in participating in University of Cambridge study, “Parental experiences of physical activity.”

Thank you for your interest in participating in our study. This sheet provides information to help you to decide whether you would like to take part in this research. Please read through it and contact the researcher using the details at the end of this document if you have any questions.

If I do decide to take part, how do I sign up?

If you would like to take part, please follow the link in the e-mail containing the link to this information sheet and fill out the eligibility checklist and the e-consent form. We will then be in touch with you about next steps.

What is the purpose of the study?

We, researchers at the University of Cambridge, would like to find out how physical activity of mothers and fathers changes as children move from infancy to primary school. We also want to know whether and how this differs for mothers and fathers. We hope that this study will provide information to help us find ways to help parents to become more active. Evidence suggests that children’s physical activity is often linked to that of their parents, so this study could lead to increases in children’s physical activity too. This will allow families to profit from the many health benefits of physical activity.

Who are we recruiting?

We are recruiting fathers and mothers who have at least one child between the ages of 7 and 11 years old. We intend to recruit an equal number of fathers and mothers (12 of each) as we are really interested in hearing from parents of both genders. We are not intentionally recruiting both parents of one child, but if both parents would like to participate, they would be very welcome to do so.

What does the study involve?

If you decide that you would like to participate, you will be sent an e-mail by Rachel Simpson, a PhD student at the University of Cambridge and the lead researcher of this project, within 2 weeks of completion of an eligibility checklist and if you are eligible, the e-consent form, to let you know whether we would like you to take part. If you are asked to participate, the e-mail will request that you reply to the lead researcher via e-mail to arrange a Zoom call with her at a time convenient to you (preferably within the next month). The interview will last between about 45 and 60 minutes. You will also be sent a link to a short online survey requesting the following details: your age; whether you identify as a mother, father, gender non-binary, or prefer not to say, number, ages and genders of the children in your household, partner status, ethnicity, and your postcode for socio-economic status purposes. Prior to the interview, you might wish to look through past photographs in case this helps you to recall your physical activity in the past.

During the interview itself, you will be asked about how your physical activity has changed from the time when your eldest child was a baby until the present day when at least one of your children is at primary school. Physical activity relates to all movement including as transport to get to places (for example walking or cycling to the shops), as part of your job, related to your domestic life (for example household chores or gardening), as well as leisure time physical activity. It can relate to any level of intensity. This interview will be recorded using a voice recorder and transcribed by an external trusted company or the lead researcher. If your partner also takes part (in a separate interview), we will ask both your permissions to link your responses in an anonymous way for our analyses. If either of you does not want to your responses to be linked, they will not be linked.

Once we have analysed your interviews, you will also be given the opportunity to check that you are happy with the use of any quotes or paraphrased comments from your interviews to support themes identified during the research if we would like to use them to support our findings in written documents or presentations. You will be contacted via e-mail about this a few months after your interview. Any quotes or paraphrased comments which you do not wish to be included to illustrate a theme will not be included in that context in any written documents or presentations. You will receive one reminder about checking quotes and paraphrased comments two weeks after the first e-mail was sent. If we do not hear back from you within a week of the reminder being sent, we will assume that you are happy for these extracts to be used. If you are happy for any of your quotes or paraphrased comments to be used without checking them, you can opt out of this exercise when you fill out the e-consent form.

How will I be contacted?

We will try to contact you via e-mail during the study, but we may also contact you via telephone as a second option if you choose to provide us with a telephone number on the e-consent form.

Do I have to take part?

Taking part is completely voluntary and you can choose to leave the study or stop the interview at any time and without giving a reason.

What are the possible benefits of taking part?

We hope that participants will enjoy taking part in the study and talking about their physical activity since becoming a parent. We are certainly looking forward to hearing all about your experiences. Everyone who is interviewed and fills out the online survey will be given a £15 Love to Shop voucher to show our appreciation for you taking the time to be involved in the study.

We will share the findings of the study with all participants when the work is fully completed.

What are the possible risks of taking part?

Although we hope that the interviews will be enjoyable, we realise that, as in most research, they may bring back distressing memories for some people. We will be empathetic and considerate of your feelings throughout the interview and will endeavour to make sure that you feel comfortable. If you do find the interview upsetting, you are welcome to stop the interview at any time. We may also recommend that you seek support from those close to you, your GP, or charities such as Mind if you need to.

Will everyone who wants to take part be able to do so?

If more people volunteer than we need for the study, sadly we will not be able to interview everyone. We will e-mail you within two weeks of completion of the e-consent form to let you know if you will or will not be able to participate. All parents who volunteer and consent to be interviewed will be entered into a prize draw for £30 Love to Shop vouchers, regardless of whether they are interviewed or not. The winner of the vouchers will be informed in early 2022.

What will happen to the information collected during the study?

Your personal details (your name, e-mail address and telephone number) and any identifiable information, such as the recordings of your interviews, will be stored on a secure network which only relevant members of the study and support teams within the MRC Epidemiology Unit will have access. The results of the study will be reported in a scientific journal, written up as part of a PhD thesis, and may be presented at conferences or to other researchers. Any names, for example your

own or those of your children, will be not be included in any reports or presentations. Quotes or paraphrased comments from your interview may be included, along with a pseudonym or brief descriptors, for example, “working mother of 3 children”. Anonymised written versions of your full interview will also be made publicly available both to other researchers within and outside the University of Cambridge so that other researchers can learn from this study.

Who is organising the study?

The study has been designed by researchers at the MRC Epidemiology Unit’s Centre for Diet and Activity Research (CEDAR) at the University of Cambridge. Rachel Simpson, a PhD student at CEDAR, will be conducting the interviews.

If you have any questions about the study, please contact Rachel Simpson using the details below:

E-mail: parentalPA@mrc-epid.cam.ac.uk

Telephone number: 01223 330315

You can also visit the study webpage <https://www.mrc-epid.cam.ac.uk/parental-experiences-of-physical-activity/>

Thank you very much for your interest in the study and for taking the time to read through this information. We really appreciate it.

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