

Walking and retirement project – Study Information

What is this survey about?

Walking is a way in which people can be physically active, but we know that some people find this difficult. We want to talk to men and women who are close to retirement age, or who have recently retired who do not currently do a lot of walking to understand what would make it easier for them to walk more often. We also want to ask about how we might be able to help people who do not do much walking to walk faster and in more challenging settings such as up hills.

If you agree to take part in the study, we will ask you to complete a brief online survey to collect demographic information and then have an interview with a member of the project team that will last about 45 minutes. The interview will be conducted over the phone or via an online system such as Skype. The interviewer will ask you some questions about you, how much walking you do and what might help you to walk more often. As recompense for your time you will receive a £20 gift voucher.

Do I have to take part?

No, it is up to you whether you take part. If you choose to take part and then change your mind you can withdraw from the project up to two weeks after the interview. After this point the information will be analysed, and it will therefore not be possible to remove it.

Will information be confidential?

Yes. All data will remain confidential unless you disclose something that suggests that you or someone else is at serious risk. In that instance we will seek guidance on next steps and may have to break confidentiality. We will record the interview and following transcription we will delete the recording and all names and identifiable information will be removed from the transcript. The information will be stored anonymously on the University of Bristol's password protected network. It is possible that other researchers might want to use the information from this project and we are asking for your approval to store these data, but information will be kept anonymous and identifiable information about you will never be passed on. This research has been approved by the School for Policy Studies Ethics Committee Reference SPSREC19/20-108.

General Data Protection Regulation (GDPR) Information

The University of Bristol is the sponsor for this study based in Bristol, United Kingdom. We will be using information from you in order to undertake this study and will act as the data controller for this study. This means that we are responsible for looking after your information and using it properly.

Your rights to access, change or move your information are limited, as we need to manage your information in specific ways in order for the research to be reliable and accurate. If you withdraw from the study, we will keep the information about you that we have already obtained. To safeguard your rights, we will use the minimum personally identifiable piece of information possible.

The only people in the University of Bristol who will have access to information that identifies you, will be people who need to contact you to provide study updates or audit the data collection process. The people who analyse the information will not have access to identifiable data.

You can find out more about how we use your information under the GDPR statement:

<http://www.bristol.ac.uk/secretary/data-protection/policy/research-participant-fair-processing-notice/>

Who do I contact if I have any questions?

Please contact Dr Aidan Searle with any questions via A.J.Searle@bristol.ac.uk. Alternatively, please contact Professor Russ Jago (Russ.Jago@bristol.ac.uk) who is leading the project.

What should I do now?

If you would like to take part in the study, please fill complete the online survey and consent form and a member of the project team will contact you to arrange a time for an interview.

Who are we?

This study is supported by the NIHR Biomedical Research Centre at University Hospitals Bristol and Weston NHS Foundation Trust and the University of Bristol.