

INDIANA UNIVERSITY INFORMED CONSENT STATEMENT FOR RESEARCH (Protocol Number: 87722067)

Self-care while Caregiving

ABOUT THIS RESEARCH

You are being asked to participate in a research study lead by Dr. Navin Kaushal, from the School of Health and Human Sciences at Indiana University in Indianapolis. Please contact Dr. Kaushal's research team if you have any questions regarding the study (e-mail: prevmed@iu.edu, phone: 317 278 9598). The purpose of this study is to assess and understand barriers and motivation factors for older adult caregivers to look after their health, such as engaging in physical activity.

TAKING PART IN THIS STUDY IS VOLUNTARY

Participating in this study is completely voluntary. You are welcome to leave the study at any time without providing any reason. Leaving the study does not affect your relationship with the university or result in any consequences. You are also welcome to skip any questions in the survey without any consequences.

WHY IS THIS STUDY BEING DONE?

Older adult caregivers often forego their health because they prioritize their role as a caregiver. The primary purpose of this study is to understand barriers and motivations among caregivers to ensure that they remain healthy, so they can continue to look after their dependent. This information is essential for designing interventions to help older adult caregivers maintain a healthy lifestyle while looking after their dependent.

HOW MANY PEOPLE WILL TAKE PART?

If you agree to participate, you will be one of 120 participants taking part in this research.

WHAT WILL HAPPEN DURING THE STUDY?

If you agree to participate, then you will be asked to;

- Complete an online survey at [SurveyMonkey.com](https://www.surveymonkey.com) monthly at four consecutive months.
 - The survey is mostly multiple choice that will ask about styles of motivation, well-being, and your physical activity/exercise in the past and present (for instance if and how you are exercising at your home).
 - The survey will take approximately 10-15 minutes to complete.
- You will also be required to wear an accelerometer for one week each month over four months.
 - An accelerometer is a physical activity level tracker (similar to a fitbit monitor), that is research-validated.
 - You will be invited to attend a zoom (video conference) meeting, where the research assistant will demonstrate how to wear and take care of the accelerometer and address

- any questions. You are welcome to hide your video image and mute yourself if you choose to protect your anonymity with other participants. The video will not be recorded. You are welcome to call or e-mail Dr. Kaushal after the video if you have any questions.
- The accelerometer will be mailed to your address and you will be provided with a prepaid envelope to return the device. After wearing the device for one week, you will be required to place the device in the envelope and deposit it at a USPS post office. Alternatively, you can submit a request to USPS for the mail carrier to pick up the return package from your home, which is a free service. This process will be repeated three more times across three months.
 - The accelerometer is not waterproof. Please do not bathe or swim with the device. We also request you to please be respectful of the device as it costs \$225.00.

Your participation in this study will last for four months.

WHAT ARE THE RISKS AND BENEFITS OF PARTICIPATING IN THIS STUDY?

This is a minimum/low risk study. There is a low risk of loss of confidentiality (see the following section). Participant surveys will not be shared beyond Dr. Kaushal's research team. The findings will also be presented as a whole sample with no identifiable participants.

As the study is an observational design, there will be no intervention, and therefore no direct benefit for you. However, the survey questions will ask about motivations towards healthy behaviors, and so participating in this study could help you become self-aware and understand your motivations and barriers to having a physically active lifestyle. These findings will support a research grant application to fund relevant home-based exercise equipment for this demographic. If funded, then you would also be welcome to participate in the future study, which we anticipate will have direct benefit for the participants.

HOW WILL MY INFORMATION BE PROTECTED?

Efforts will be made to keep your personal information confidential. We cannot guarantee absolute confidentiality. Your personal information may be disclosed if required by law. No information which could identify you will be shared in publications about this study. Organizations that may inspect and/or copy your research records for quality assurance and data analysis include groups such as the study investigator and his/her research associates, the Indiana University Institutional Review Board or its designees, and state or federal agencies who may need to access the research records (as allowed by law).

WILL I BE PAID FOR PARTICIPATION?

You will not be paid for participating in this study.

WILL THE STUDY COST ME?

There is no cost to you for taking part in this study.

WILL MY INFORMATION BE USED FOR RESEARCH IN THE FUTURE?

Information collected from you for this study may be used for future research studies or shared with other researchers for future research. If this happens, information which could identify you will be removed before any information is shared. Since identifying information will be removed, we will not ask for your additional consent.

WHO SHOULD I CALL WITH QUESTIONS OR PROBLEMS?

For questions about the study, send an e-mail (prevmed@iu.edu) or call 317-278-9598. After business hours, please call 317-450-5240.

For questions about your rights as a research participant, to discuss problems, complaints, or concerns about a research study, or to obtain information or to offer input, please contact the IU Human Subjects Office at 800-696-2949 or at irb@iu.edu. The study protocol number is 87722067 (V 1.0 September 17, 2020).

CAN I WITHDRAW FROM THE STUDY?

If you decide to participate in this study, you can change your mind and decide to leave the study at any time in the future. If you decide to withdraw, please send an e-mail to the primary investigator, Dr. Kaushal (nkaushal@iu.edu) and you will be removed from the study.

Please note that your participation may be terminated by the investigator without regard to your consent in the following circumstances: i) inappropriate behavior to the research team or other fellow participants, ii) loss or damage to the accelerometer.

Clicking on the next button below indicates that you have read and understood the above and have given your implied consent to participate in the study.