

Secretary, Human Research Ethics Committee  
Ph: 07 4923 2603  
Fax: 07 4923 2600  
Email: [ethics@cqu.edu.au](mailto:ethics@cqu.edu.au)

Dr Amanda Rebar  
IHSSR  
Building 18

21 October 2013

Dear Dr Rebar

**HUMAN RESEARCH ETHICS COMMITTEE OUTCOME PROJECT: H13/08-147, FEASIBILITY FOR PHYSICAL ACTIVITY AND DEPRESSION INTERVENTIONS**

The Human Research Ethics Committee is an approved institutional ethics committee constituted in accord with guidelines formulated by the National Health and Medical Research Council (NHMRC) and governed by policies and procedures consistent with principles as contained in publications such as the joint Universities Australia and NHMRC *Australian Code for the Responsible Conduct of Research*. This is available at [http://www.nhmrc.gov.au/publications/synopses/\\_files/r39.pdf](http://www.nhmrc.gov.au/publications/synopses/_files/r39.pdf).

On 24 September 2013, the committee met and considered your application. The project was assessed as being greater than low risk, as defined in the National Statement. On 17 October 2013, the committee acknowledged compliance with the revisions requested to be made to your research project, *Feasibility for physical activity and depression interventions* (Project Number H13/08-147) and it is now **APPROVED**.

The period of ethics approval will be from 17 October 2013 to 30 December 2014. The approval number is H13/08-147; please quote this number in all dealings with the Committee. HREC wishes you well with the undertaking of the project and looks forward to receiving the final report and statement of findings.

The standard conditions of approval for this research project are that:

- (a) you conduct the research project strictly in accordance with the proposal submitted and granted ethics approval, including any amendments required to be made to the proposal by the Human Research Ethics Committee;
- (b) you advise the Human Research Ethics Committee (email [ethics@cqu.edu.au](mailto:ethics@cqu.edu.au)) immediately if any complaints are made, or expressions of concern are raised, or any other issue in relation to the project which may warrant review of ethics approval of the project. (*A written report detailing the adverse occurrence or unforeseen event must be submitted to the Committee Chair within one working day after the event.*)
- (c) you make submission to the Human Research Ethics Committee for approval of any proposed variations or modifications to the approved project before making any such changes;
- (d) you provide the Human Research Ethics Committee with a written "Annual Report" on each anniversary date of approval (for projects of greater than 12 months) and "Final Report" by no later than one (1) month after the approval expiry date; (*A copy of the reporting pro formas may be obtained from the Human Research Ethics Committee Secretary, Sue Evans please contact at the telephone or email given on the first page.*)

- (e) you accept that the Human Research Ethics Committee reserves the right to conduct scheduled or random inspections to confirm that the project is being conducted in accordance to its approval. Inspections may include asking questions of the research team, inspecting all consent documents and records and being guided through any physical experiments associated with the project
- (f) if the research project is discontinued, you advise the Committee in writing within five (5) working days of the discontinuation;
- (g) A copy of the Statement of Findings is provided to the Human Research Ethics Committee when it is forwarded to participants.

Please note that failure to comply with the conditions of approval and the *National Statement on Ethical Conduct in Human Research* may result in withdrawal of approval for the project.

The Human Research Ethics Committee is committed to supporting researchers in achieving positive research outcomes through sound ethical research projects. If you have issues where the Human Research Ethics Committee may be of assistance or have any queries in relation to this approval please do not hesitate to contact the Ethics and Compliance Officer or myself.

Yours sincerely,



Professor Phillip Ebrall  
Chair, Human Research Ethics Committee

Cc: Dr Corneel Vandelanotte, Dr Mitch Duncan, Dr Camille Short, Prof Brenda Happell, Project file

**APPROVED**

# National Ethics Application Form

Version 2008 - V2.0

**Proposal title:** Feasibility of web-based physical activity intervention for people with depressive symptoms

**For submission to:**  
CQUniversity's Human Research Ethics  
Committee (EC00158)

**Name:** Dr Amanda Rebar

**Address:** IHSSR  
Building 18 1-33  
Central Queensland University  
Bruce Highway  
Rockhampton QLD 4702

**Contact:** (Bus) +61 7 4923 2182

(AH) -

(Mob) 0405691485

(Fax) -

**Proposal status:** Complete

## **Proposal description:**

The purposes of this study are to (1) identify the needs of adults (18 yr. and older) with depressive symptoms in relation to a web-based physical activity intervention, and (2) test the feasibility of a web-based physical activity intervention for people with depressive symptoms. People will be recruited via web-based advertising (e.g., Facebook). Participants will be randomly allocated to have access to one of two websites that use different website features to promote physical activity. Participants will register for the websites by providing their email addresses and making a password. There are no requirements for how often users access the websites, but we will be measuring how often they access the sites. To achieve the study purposes, participants will also be asked to complete a web-based survey at 3 different time points (before accessing the website, one month later, and three months later). They will self-report their demographics (e.g., sex, age, ethnicity), psychological and physical wellbeing, sleep quality, physical activity motivation, and physical activity behavior. Also, to achieve purpose 1, a subsample of participants that report at least moderate levels of depression on the initial questionnaire will also be invited to participate in an e-mail based interview: a short set of open-ended questions about their beliefs about depressive symptoms, physical activity, and websites promoting physical activity for people with depressive symptoms.

## **Previously submitted to:**

CQUniversity's Human Research Ethics Committee (EC00158)

# **Administrative Section**

## **1. TITLE AND SUMMARY OF PROJECT**

### **1.1. Title**

#### **1.1.1 What is the formal title of this research proposal?**

Feasibility of web-based physical activity intervention for people with depressive symptoms

### **1.2. Description of the project in plain language**

#### **1.2.1 Give a concise and simple description (not more than 400 words), in plain language, of the aims of this project, the proposal research design and the methods to be used to achieve those aims.**

The purposes of this study are to (1) identify the needs of adults (18 yr. and older) with depressive symptoms in relation to a web-based physical activity intervention, and (2) test the feasibility of a web-based physical activity intervention for people with depressive symptoms. People will be recruited via web-based advertising (e.g., Facebook). Participants will be randomly allocated to have access to one of two websites that use different website features to promote physical activity. Participants will register for the websites by providing their email addresses and making a password. There are no requirements for how often users access the websites, but we will be measuring how often they access the sites. To achieve the study purposes, participants will also be asked to complete a web-based survey at 3 different time points (before accessing the website, one month later, and three months later). They will self-report their demographics (e.g., sex, age, ethnicity), psychological and physical wellbeing, sleep quality, physical activity motivation, and physical activity behavior. Also, to achieve purpose 1, a subsample of participants that report at least moderate levels of depression on the initial questionnaire will also be invited to participate in an e-mail based interview: a short set of open-ended questions about their beliefs about depressive symptoms, physical activity, and websites promoting physical activity for people with depressive symptoms.

## 2. RESEARCHERS / INVESTIGATORS

### 2.2. Principal researcher(s) / investigator(s)

2.2.0 How many principal researchers / investigators are there?

4

#### 2.2.1. Principal researcher / investigator 1

##### 2.2.1. Name and contact details

**Name:** Dr Amanda Rebar

**Address:** IHSSR  
Building 18 1-33  
Central Queensland University  
Bruce Highway  
Rockhampton QLD 4702

**Organisation:** Central Queensland University

**Area:** Centre for Physical Activity Studies

**Position:** Post Docotral Research Fellow

**Contact** (Bus) +61 7 4923 2182 (AH) -  
(Mob) 0405691485 (Fax) -

**Email:** a.rebar@cqu.edu.au

##### 2.2.2... Summary of qualifications and relevant expertise [NS 4.8.7](#) [NS 4.8.15](#)

I (Dr. Rebar) just completed my PhD in Penn State (USA) and started RAAS Post Doc position here in May. I've been involved in 6 research projects (1 external competitive grant, 0 internal funded grants and 5 unfunded projects). I was a principal researcher for one of these projects. The topics of these projects have ranged from sport psychology to physical activity motivation. My publications include 12 journal articles, 4 book sections, 2 articles currently submitted for publication, and 29 conference presentations.

##### 2.2.2... Please declare any general competing interests

I have no competing interests with this study.

##### 2.2.2... Name the site(s) for which this principal researcher / investigator is responsible.

The data collection and management will occur at Central Queensland University in Rockhampton and the data collection will be web-based.

##### 2.2.3 Describe the role of the principal researcher / investigator in this project.

I will be responsible for overseeing all aspects of the study, including recruiting participants, collecting, managing, and analyzing data, and disseminating results.

2.2.4 Is the principal researcher / investigator a student?

No

#### 2.2.1. Principal researcher / investigator 2

##### 2.2.1. Name and contact details

**Name:** Dr Corneel Vandelanotte

**Address:** IHSSR  
Building 18  
Bruce Highway  
Rockhampton QLD 4702

**Organisation:** Central Queensland University

**Area:** IHSSR

**Position:** Research Fellow

**Contact** (Bus) 0749232042 (AH) -  
(Mob) - (Fax) 0749306402

**Email:** c.vandelanotte@cqu.edu.au

##### 2.2.2... Summary of qualifications and relevant expertise [NS 4.8.7](#) [NS 4.8.15](#)

Dr. Vandelanotte has a PhD in Physical Education from Ghent University in Belgium. He has conducted and overseen many physical activity studies, including NHMRC-funded projects on computer-tailored and website-delivered approaches for intervention delivery.

**2.2.2... Please declare any general competing interests**

None

**2.2.2... Name the site(s) for which this principal researcher / investigator is responsible.**

Rockhampton

**2.2.3 Describe the role of the principal researcher / investigator in this project.**

Dr. Vandelanotte will oversee the project, ensure the scientific rigor of the study, and help with the development of the websites.

**2.2.4 Is the principal researcher / investigator a student?**

No

**2.2.1. Principal researcher / investigator 3**

**2.2.1. Name and contact details**

**Name:** Dr Mitch Duncan

**Address:** IHSSR  
Building 18  
Bruce Highway  
Rockhampton QLD 4702

**Organisation:** Central Queensland University

**Area:** IHSSR

**Position:** Research Fellow

**Contact** (Bus) 074930 6977 (AH) -  
(Mob) - (Fax) 0749306402

**Email:** m.duncan at cqu.edu.au

**2.2.2... Summary of qualifications and relevant expertise** [NS 4.8.7](#) [NS 4.8.15](#)

Dr. Duncan has a PhD from Central Queensland University. He has overseen and conducted several relevant projects including multiple web-based physical activity promotion projects.

**2.2.2... Please declare any general competing interests**

None

**2.2.2... Name the site(s) for which this principal researcher / investigator is responsible.**

Rockhampton

**2.2.3 Describe the role of the principal researcher / investigator in this project.**

Dr. Duncan will help direct the scientific rigor of the project, assist in data management and analyses, and help oversee data collection.

**2.2.4 Is the principal researcher / investigator a student?**

No

**2.2.1. Principal researcher / investigator 4**

**2.2.1. Name and contact details**

**Name:** Dr Nicola Burton

**Address:** The School of Human Movement Studies  
Level 5, Human Movement Studies Building (26B), Blair Drive  
The University of Queensland  
St Lucia QLD 4072

**Organisation:** The University of Queensland

**Area:** Centre for Research on Exercise, Physical Activity

**Position:** Senior Research Fellow

**Contact** (Bus) +61 (0)7 3365 6282 (AH) -  
(Mob) - (Fax) -

Email: nburton@hms.uq.edu.au

**2.2.2... Summary of qualifications and relevant expertise** [NS 4.8.7](#) [NS 4.8.15](#)

Nicola is a psychologist with endorsements in clinical and health psychology, and has worked as a clinician, lecturer, and researcher. She has collaborated on over \$4 million of funded research and more than 60 research publications/reports. She has experience working with people with depression and encouraging them to be physically active.

**2.2.2... Please declare any general competing interests**  
none

**2.2.2... Name the site(s) for which this principal researcher / investigator is responsible.**  
off-site

**2.2.3 Describe the role of the principal researcher / investigator in this project.**

Dr. Burton will ensure that the needs of the vulnerable population will be met and help direct the scientific rigor of the project and the dissemination of the project results.

**2.2.4 Is the principal researcher / investigator a student?** No

**2.3. Associate researcher(s) / investigator(s)**

**2.3.1 How many known associate researchers are there? (You will be asked to give contact details for these associate researchers / investigators at question 2.3.1.1)** 2

**2.3.2 Do you intend to employ other associate researchers / investigators?** No

**2.3.1...Associate Researchers / Investigators 1**

**2.3.1...Name and contact details**

**Name:** Dr Camille Short

**Address:** IHSSR  
Building 18  
Central Queensland University  
Bruce Highway  
Rockhampton QLD 4702  
Australia

**Organisation:** Central Queensland University

**Area:** Centre for Physical Activity Studies

**Position:** Post Doctoral Research Fellow

**Contact** (Bus) +61 7 4923 2182 (AH) -  
(Mob) - (Fax) +61 7 4930 6402

**Email:** c.short@cqu.edu.au

**2.3.1... Summary of qualifications and relevant expertise** [NS 4.8.7](#) [NS 4.8.15](#)

Dr Camille Short commenced work as a post-doctoral research fellow with CPAS in November 2012. She completed a Bachelor of Psychology (Honours) in 2007 at the University of Newcastle and completed her PHD in 2013, which was funded by a Cancer Institute NSW Research Scholars Award. Her PhD involved the development and evaluation of a computer-tailored physical activity intervention in a large national randomised controlled trial of 330 breast cancer survivors. She has experience with research projects focusing on population health approaches to physical activity promotion, with emphasis on IT based strategies; application and testing of behaviour change theories; and the promotion of physical activity.

**2.3.1... Please declare any general competing interests**  
none

**2.3.1... Description of the role of the associate researcher / investigator in this project.**

Dr. Short will help direct the scientific rigor of the project, assist in data management and analyses, and help oversee data collection.

**2.3.1... Name the site at which the associate researcher / investigator has responsibility.**  
Rockhampton

**2.3.1... Is this associate researcher / investigator a student?** No

**2.3.1...Associate Researchers / Investigators 2**

### 2.3.1...Name and contact details

**Name:** Dr Brenda Happell

**Address:** IHSSR  
Building 18  
Central Queensland University  
Bruce Highway  
Rockhampton QLD 4702  
Australia

**Organisation:** Central Queensland University

**Area:** Institute of Health and Social Science Research

**Position:** Director

**Contact** (Bus) 49306971 (AH) -  
(Mob) - (Fax) +61 7 4930 6402

**Email:** b.happell@cqu.edu.au

### 2.3.1... Summary of qualifications and relevant expertise [NS 4.8.7](#) [NS 4.8.15](#)

Brenda Happell is Professor of Contemporary Nursing and Director of the Institute for Health and Social Science Research at CQUniversity. Brenda's clinical background is in mental health nursing and she has been an academic for over 20 years. Brenda has a strong research track record in achieving competitive grants, in conducting the research and disseminating the results through publications and conference presentations. She has worked with the research team to advise previous projects.

### 2.3.1... Please declare any general competing interests

none

### 2.3.1... Description of the role of the associate researcher / investigator in this project.

Dr. Happell will help direct the scientific rigor of the project and the dissemination of the project results.

### 2.3.1... Name the site at which the associate researcher / investigator has responsibility.

Rockhampton

### 2.3.1... Is this associate researcher / investigator a student?

No

## 2.4. Contact

Provide the following information for the person making this application to the HREC.

### 2.4.1. Name and contact details

**Name:** Dr Amanda Rebar

**Address:** IHSSR  
Building 18 1-33  
Central Queensland University  
Bruce Highway  
Rockhampton QLD 4702

**Organisation:** Central Queensland University

**Area:** Centre for Physical Activity Studies

**Position:** Post Docotral Research Fellow

**Contact** (Bus) +61 7 4923 2182 (AH) -  
(Mob) 0405691485 (Fax)-

**Email:** a.rebar@cqu.edu.au

## 2.5. Other personnel relevant to the research project

### 2.5.1 How many known other people will play a specified role in the conduct of this research project? 2

#### 2.5.1... Describe the role, and expertise where relevant (e.g. counsellor), of these other personnel.

The company HeadJam will be creating the advertising and designing the websites. The research team has

a good history with working with this company. The Population Research Laboratory will be conducting the web-based surveys and be implementing the randomization of participants to websites.

**2.5.2 Is it intended that other people, not yet known, will play a specified role in the conduct of this research project?** Yes

## **2.6. Certification of researchers / investigators**

**2.6.1 Are there any relevant certification, accreditation or credentialing requirements relevant to the conduct of this research?** No

## **2.7. Training of researchers / investigators**

**2.7.1 Do the researchers / investigators or others involved in any aspect of this research project require any additional training in order to undertake this research?** No

### 3. RESOURCES

#### 3.1. Project Funding / Support

##### 3.1.1. Indicate how the project will be funded

###### 3.1.1... Type of funding.

[Please note that all fields in any selected funding detail column (with the exception of the code) will need to be completed.]

	<b>Internal Competitive Grant</b>
Name of Grant / Sponsor	CRN Merit Grant
Amount of funding	14790.00
Confirmed / Sought	Confirmed
Detail in kind support	We received the CRN Merit grant to cover costs of advertising, conducting the web-based surveys and participant incentives.

Indicate the extent to which the scope of this The CRN Merit funds will cover the project in its entirety. HREC application and grant are aligned

###### 3.1.1... How will you manage a funding shortfall (if any)?

The Health CRN funds will cover the costs of advertising, web-based surveys, and participant incentives. If additional unexpected costs accrue, funding is available from Dr. Rebar's and Dr. Vandelanotte's research accounts.

**3.1.2 Will the project be supported in other ways eg. in-kind support/equipment by an external party eg. sponsor** No

#### 3.2. Duality of Interest

**3.2.1 Describe any commercialisation or intellectual property implications of the funding/support arrangement.**

none

**3.2.2 Does the funding/support provider(s) have a financial interest in the outcome of the research?** No

**3.2.3 Does any member of the research team have any affiliation with the provider(s) of funding/support, or a financial interest in the outcome of the research?** No

**3.2.4 Does any other individual or organisation have an interest in the outcome of this research** No

**3.2.5 Are there any restrictions on the publication of results from this research?** No

## 4. PRIOR REVIEWS

### 4.1. Ethical review

#### 4.1.0. Duration and location

4.1.0... In how many Australian sites, or site types, will the research be conducted? 1

4.1.0... In how many overseas sites, or site types, will the research be conducted? 0

Provide the following information for each site or site type (Australian and overseas, if applicable) at which the research is to be conducted

#### 4.1.0...Site / Site Type 1

##### 4.1.0... Site / Site Type Name

Central Queensland University, Rockhampton

##### 4.1.0... Site / Site Type Location

web-based and computer-based

#### 4.1.0...Provide the start and finish dates for the whole of the study including data analysis

Anticipated start date 01/10/2013

Anticipated finish date 01/10/2014

4.1.0... Are there any time-critical aspects of the research project of which an HREC should be aware? Yes

#### 4.1.0... Describe the time-critical aspects.

We are using this study as pilot data for the NHMRC Project Grant which is due March 5, 2014. The strength of the grant proposal (and chances of getting external research funds for the University) is dependent on getting this project done in a timely manner so that the results of this research project can be incorporated into the external grant proposal. This is a 3 month project. Due to the nature of the funding and the upcoming deadline for NHMRC Project Grant proposal, we need to conduct the study as soon as possible.

4.1.1 To how many Australian HRECs (representing site organisations or the researcher's / investigator's organisation) is it intended that this research proposal be submitted? 1

#### 4.1.1...HREC 1

4.1.1... Name of HREC CQUniversity's Human Research Ethics Committee (EC00158)

#### 4.1.1...Provide the start and finish dates for the research for which this HREC is providing ethical review.

Anticipated start date or date range 01/10/2013

Anticipated finish date or date range 01/10/2014

4.1.1... For how many sites at which the research is to be conducted will this HREC provide ethical review? 1

#### 4.1.1...Site 1

4.1.1... Name of site Central Queensland University, Rockhampton

4.1.1... Which of the researchers / investigators involved in this project will conduct the research at this site?

##### Principal Researcher(s)

Dr Amanda Rebar

Dr Corneel Vandelanotte

Dr Mitch Duncan

##### Associate Researcher(s)

4.1.2 Have you previously submitted an application, whether in NEAF or otherwise, for ethical review of this research project to any other HRECs? Yes

4.1.2... To how many other HRECs have you submitted a proposal relating to this research project. 1

#### 4.1.2...HREC 1

4.1.2... Name of HREC CQUniversity's Human Research Ethics Committee (EC00158)

**4.1.2... Please explain why this proposal was rejected.**

a) "The committee is concerned that the project is targeting people with a mental health issue, specifically depression, yet the research team does not appear to include a clinician, able to address the needs of this vulnerable group, should adverse events occur."

A registered psychologist with clinical endorsement (Dr. Nicola Burton) has been added to the project (NEAF application section 2.2). Dr Burton has experience with physical activity research projects with people with mental health problems. Dr Burton is also an investigator on the Health CRN Merit grant, and as such, she will have active involvement with all phases of the project.

b) "It is acknowledged that the survey being utilised is freely available, however it is a diagnostic tool, where the individual is able to see his or her level of depression. This raises the issue of duty of care, both for the researchers and for the university. For example, what steps would be taken if a potential participant took the survey, and found that they were suffering a high level of depression, resulting in a self-harm incident."

The NEAF application has been revised so that it is clear that participants will not be able to see their 'depression scores' at any point of the study and that no exclusion criteria are based on level of depression. Everybody who clicks on the link for the online survey is welcome to participate in the study, provided they are over 18 years of age and can safely increase activity levels. Information about accessing counselling services (e.g., Lifeline, BeyondBlue) will be made available on the website and on the web-based survey. We included the proposed risk, and our efforts to minimize it, in the revised NEAF application (NEAF application section 5.3.5).

c) "Please advise whether the screening for exclusion occurs before or after the participants have assessed their level of depression. Participants, who were genuinely excited at the prospect of participating in a program to assist them, may experience severe disappointment if they are excluded. How will this be managed?"

Thank you for bringing this to our attention. We have revised the NEAF application to clarify that exclusion screening (must be 18 years old and not have been told by a medical professional that they have a health condition which prevents them from increasing their physical activity) will be conducted prior to assessment of depression. To minimize the risks that may result from disappointment of study exclusion, we will make the inclusion criteria clear to participants upfront in the recruitment advertisement and include information about accessing counselling services when informing participants that they are not eligible for the study. We have included this risk, and our effort to minimize it, in the revised NEAF proposal (NEAF application sections 5.3.5, 6.3.1, 6.5.2, 6.6.1).

d) "The committee acknowledged that the 'arms length' nature of recruitment via facebook or other targeted websites was done in order to preserve anonymity, however with this particular group, it also meant that there may be individuals who needed support which was not able to be easily offered"

The research team acknowledges that this is an issue when using mass reach approaches (e.g., web-based) compared with more traditional face-to-face approaches for treatment and prevention. In attempts to minimise this risk, the informed consent form, web-based survey, and website home pages will saliently provide information about counselling services for depression (e.g., Lifeline, BeyondBlue). These study procedures changes have been noted in the revised NEAF application (NEAF application section 5.3.5).

e) "Another risk was in sharing access to a computer where other people (eg family members of the participant) might become aware of the fact that the participant had undertaken this research, and was suffering from some level of depression."

We have added this risk to the revised NEAF application and clarified that the websites and surveys will be password protected so that this risk is minimized. We apologise for this lack of clarity originally. Additionally, in case someone forgets to log out of the survey and/or website after they had finished, the survey and websites have been designed so that there is minimal information presented identifying the study as targeted toward people with depressive symptoms (NEAF application section 5.3.5).

**4.1.2... Explain why an application for ethical review was submitted to the HREC/s identified in answer to question 4.1.2.1, eg. it may be for another phase of the research project which has very different characteristics. Describe the wider project context, where appropriate.**

We are resubmitting the same research project with changes made in accordance with the panel's concerns.

**4.3. Peer review**

**4.3.1 Has the research proposal, including design, methodology and evaluation undergone, or will it undergo, a peer review process?** [NS 1.2](#) No

**4.3.1... Explain why the research proposal will not undergo a peer review process.**

The study builds upon previous web-based physical activity intervention research that the team has successfully completed and published (sample references provided below). Additionally, this study will be used to inform future intervention studies and grant applications.

Vandelanotte & Mummery, 2011. Qualitative and quantitative research into the development and feasibility of a video-tailored physical activity intervention. *Int J Behav Nutr Phys Act*.

Vandelanotte et al., 2013. What Kinds of Website and Mobile Phone–Delivered Physical Activity and Nutrition Interventions Do Middle-Aged Men Want? *Journal of Health Communication: International Perspectives*

# **Ethical Review Section**

## **Summary**

### **Applicant / Principal Researcher(s)**

#### **Dr Amanda Rebar**

*I (Dr. Rebar) just completed my PhD in Penn State (USA) and started RAAS Post Doc position here in May. I've been involved in 6 research projects (1 external competitive grant, 0 internal funded grants and 5 unfunded projects). I was a principal researcher for one of these projects. The topics of these projects have ranged from sport psychology to physical activity motivation. My publications include 12 journal articles, 4 book sections, 2 articles currently submitted for publication, and 29 conference presentations.*

#### **Potential conflicts of interest**

*I have no competing interests with this study.*

#### **Dr Corneel Vandelanotte**

*Dr. Vandelanotte has a PhD in Physical Education from Ghent University in Belgium. He has conducted and overseen many physical activity studies, including NHMRC-funded projects on computer-tailored and website-delivered approaches for intervention delivery.*

#### **Potential conflicts of interest**

*None*

#### **Dr Mitch Duncan**

*Dr. Duncan has a PhD from Central Queensland University. He has overseen and conducted several relevant projects including multiple web-based physical activity promotion projects.*

#### **Potential conflicts of interest**

*None*

#### **Dr Nicola Burton**

*Nicola is a psychologist with endorsements in clinical and health psychology, and has worked as a clinician, lecturer, and researcher. She has collaborated on over \$4 million of funded research and more than 60 research publications/reports. She has experience working with people with depression and encouraging them to be physically active.*

#### **Potential conflicts of interest**

*none*

### **Associate Researcher(s) / Investigator(s)**

#### **Dr Camille Short**

*Dr Camille Short commenced work as a post-doctoral research fellow with CPAS in November 2012. She completed a Bachelor of Psychology (Honours) in 2007 at the University of Newcastle and completed her PHD in 2013, which was funded by a Cancer Institute NSW Research Scholars Award. Her PhD involved the development and evaluation of a computer-tailored physical activity intervention in a large national randomised controlled trial of 330 breast cancer survivors. She has experience with research projects focusing on population health approaches to physical activity promotion, with emphasis on IT based strategies; application and testing of behaviour change theories; and the promotion of physical activity.*

#### **Potential conflicts of interest**

*none*

#### **Dr Brenda Happell**

*Brenda Happell is Professor of Contemporary Nursing and Director of the Institute for Health and Social Science Research at CQUniversity. Brenda's clinical background is in mental health nursing and she has been an academic for over 20 years. Brenda has a strong research track record in achieving competitive grants, in conducting the research and disseminating the results through publications and conference presentations. She has worked with the research team to advise previous projects.*

**Potential conflicts of interest**

*none*

## 5. PROJECT

### 5.1. Type of Research

**5.1.1 Tick as many of the following 'types of research' as apply to this project. Your answers will assist HRECs in considering your proposal. A tick in some of these boxes will generate additional questions relevant to your proposal (mainly because the National Statement requires additional ethical matters to be considered), which will appear in Section 9 of NEAF.**

**This project involves:**

Research using qualitative methods [NS 3.1](#)

Research using quantitative methods, population level data or databanks, e.g survey research, epidemiological research [NS 3.2](#)

**5.1.2 Does the research involve limited disclosure to participants?** [NS 2.3](#) No

**5.1.3 Are the applicants asking the HREC / review body to waive the requirement of consent?** [NS 2.3.5](#) No

### 5.2. Research plan

**5.2.1 Describe the theoretical, empirical and/or conceptual basis, and background evidence, for the research proposal, eg. previous studies, anecdotal evidence, review of literature, prior observation, laboratory or animal studies (4000 character limit).** [NS 1.1](#)

The combined burden of disease and health care costs of physical inactivity and poor psychological health are enormous to society. Each year, physical inactivity is costing \$1.6 billion (Mathers, Vos, Stevenson, & Begg, 2001) and depression is costing over \$1.8 billion (Hu, 2004) in healthcare. At least 1.4 million Australians (7% of women and 5% of men) are suffering from depression (ABS, 2009), and people with depressive symptoms have a higher risk for developing chronic disease (Physical Activity Guidelines Advisory Committee, 2008).

Conventional treatments for depressive symptoms (e.g., face-to-face, drug therapy) are limited in reach and accessibility, and prevalence of depressive symptoms is especially high in rural or remote areas of Australia (10%) compared to urban areas (6%) (Kilkkinen et al., 2007). Physical activity is as effective at reducing depressive symptoms as conventional therapies ( $d = 1.1$  SD) (Daley, 2008). The majority of Australians (79%) have access to broadband internet for personal use (Australian Bureau of Statistics (ABS), 2012). Web-based physical activity interventions might significantly help to ease the individual and societal burden of depressive symptoms, regardless of geographical location. Web-based interventions are shame-free, non-stigmatizing opportunities for people with depressive symptoms to start engaging in regular physical activity. Web-based physical activity interventions have shown to be successful, especially if they provide computer-tailoring (automatically-generated personalised feedback) or interactivity (e.g., self-monitoring, goal setting tools, blogs, forums). No previous web-based physical activity intervention has targeted people with depressive symptoms, even though that population could especially benefit from these types of interventions.

Previous research has shown that people with depressive symptoms are willing and able to utilize web-based cognitive-behavioural therapy interventions (Griffiths, Farrer, & Christensen, 2010). A web-based physical activity intervention has the potential to help reduce the societal burdens of depressive symptoms and physical inactivity because it could have a wide reach and has the potential to translate into a long-lasting, cost-effective Australian-wide intervention program.

To develop effective intervention studies, the needs of the targeted populations need to be assessed and feasibility of the study design needs to be tested (Bartholomeuw, 1998). The planned studies will be used to inform the development of and evaluate the feasibility of the intervention approach to assist in the development of planned external grant applications targeting this population group.

**5.2.2 State the aims of the research and the research question and/or hypotheses, where appropriate.**

The aim of the research is to determine the needs of the populations we will be targeting in future physical activity interventions and to test the feasibility of the intervention study. The research questions are: (1) What are current physical activity levels of people with depressive symptoms, (2) What population-specific needs are there for physical activity interventions in this population, (3) What specific physical activity intervention features are wanted from people with depressive symptoms?, (4) Do the web-based interventions improve physical and psychological health and/or increase physical activity?, and (3) What are the participants' opinions about the websites?

**5.2.3 Has this project been undertaken previously?** No

### 5.3. Benefits/Risks

**5.3.0 Does the research involve a practice or intervention which is an alternative to a standard practice or intervention?** No

**5.3.2 What expected benefits (if any) will this research have for the wider community?**

The information obtained in this study will inform the development of subsequent physical activity intervention studies. These studies will ensure that the intervention studies suites the targeted population. Additionally, the data collected will inform the scientific literature about physical activity motivation for people with depressive symptoms. This has the potential to benefit the wider community by leading to more effective physical activity interventions and promotion efforts. Increasing physical activity participation in people with depressive symptoms will help reduce health costs and loss of productivity associated with depressive symptoms.

**5.3.3 What expected benefits (if any) will this research have for participants?** NS 2.1

The research will benefit people with depressive symptoms by informing the development of future physical activity intervention studies. Such studies have the potential to inform future community programs or policies. Increases in physical activity participation will be of benefit to these people's physical and psychological health. Additionally, small incentives will be provided for participation in the study.

**5.3.4 Are there any risks to participants as a result of participation in this research project?** NS 2.1 Yes

**5.3.5 Explain how the likely benefit of the research justifies the risks of harm or discomfort to participants.** NS 1.6

Some questions (e.g., concerning depressive symptoms or treatment) may cause discomfort. Participants will be informed that they can opt out of answering any questions that they feel uncomfortable with. Additionally, to minimize the risk that participants may experience increased depressive symptoms or self-harm as a result of discomfort of answering questions, disappointment from not meeting study inclusion criteria, or a realization that they have depressive symptoms, information about accessing counseling services (e.g., Lifeline, BeyondBlue) will be made salient on the informed consent form, on the screen for people excluded from the study, throughout the surveys, and on the home page of the websites. Additionally, participants will never be presented with their score on the depression measure. For those participants that report their email addresses, there is a small risk of loss of confidentiality. This risk is minimized because all data will be stored on password protected servers and the data (i.e., answers to questions) will never be paired with the email addresses. There is also a small risk that, by promoting physical activity, we are increasing people's chances of activity-related injury. To minimize this risk, we are screening participants from participating in the study with a nationally-recognized pre-exercise safety screening measure. There is a small risk that people that have access to participants' computers may happen upon study websites that may identify the participant as being part of a study targeting people with depressive symptoms. To minimize this risk, the websites and surveys will be password protected and the survey and websites have been designed so that there is minimal presented information identifying the study as targeted toward people with depressive symptoms.

A further limitation of this study is that, as with all treatment options for people with depressive symptoms, this study is not capable of reaching everyone that it could help; however this study has a wider reach than most conventional treatment options and has the potential to translate into a program that can offer physical activity as a way to reduce depressive symptoms for people that may not otherwise seek treatment (e.g., people living in remote locations, the 52% of people with clinical levels of depression that do not actively seek treatment).

There is minimal risk for participants and efforts have been made to maximally reduce these risks. The benefits of the research (that the intervention will be better suited for the targeted population) largely outweigh these potential risks.

**5.3.8 Are there any other risks involved in this research? eg. to the research team, the organisation, others** No

**5.3.9 Is it anticipated that the research will lead to commercial benefit for the investigator(s) and or the research sponsor(s)?** No

**5.3.11 Is there a risk that the dissemination of results could cause harm of any kind to individual participants - whether their physical, psychological, spiritual, emotional, social or financial well-being, or to their employability or professional relationships - or to their communities?** No

### 5.4. Monitoring

Refer to NS 3.3.19 - 3.3.25

**5.4.1 What mechanisms do the researchers / investigators intend to implement to monitor the conduct and**

**progress of the research project? NS 5.5**

Dr. Rebar will be monitoring recruitment effectiveness, data collection, and data management. The research project will be monitored on the computer, taking advantage of the quick data collection format of the web-based surveys. The physical activity websites utilized in the feasibility study have already been developed as part of previous research projects. There are few obstacles of completing the studies and the research team has sufficient experience and abilities to conduct the studies.

## 6. PARTICIPANTS

### 6.1. Research participants

6.1.1 The National Statement identifies the need to pay additional attention to ethical issues associated with research involving certain specific populations.

This question aims to assist you and the HREC to identify and address ethical issues that are likely to arise in your research, if its design will include one or more of these populations. Further, the National Statement recognizes the cultural diversity of Australia's population and the importance of respect for that diversity in the recruitment and involvement of participants. Your answer to this question will guide you to additional questions (if any) relevant to the participants in your study.

**6.1.1 Tick as many of the following 'types of research participants' who will be included because of the project design, or their inclusion is probable, given the diversity of Australia's population. If none apply, please indicate this below.**

	a) Primary intent of research	b) Probable coincidental recruitment	c) Design specifically excludes
People whose primary language is other than English (LOTE)	[ ]	[X]	[ ]
Women who are pregnant and the human foetus <a href="#">NS 4.1</a>	[ ]	[X]	[ ]
Children and/or young people (ie. <18 years) <a href="#">NS 4.2</a>	[ ]	[ ]	[X]
People in existing dependent or unequal relationships <a href="#">NS 4.3</a>	[ ]	[X]	[ ]
People highly dependent on medical care <a href="#">NS 4.4</a>	[ ]	[X]	[ ]
People with a cognitive impairment, an intellectual disability or a mental illness <a href="#">NS 4.5</a>	[X]	[ ]	[ ]
Aboriginal and/or Torres Strait Islander peoples <a href="#">NS 4.7</a>	[ ]	[X]	[ ]
People who may be involved in illegal activity	[ ]	[X]	[ ]

You have indicated that it is probable that

- People whose primary language is other than English (LOTE)
- Women who are pregnant and the human foetus
- People in existing dependent or unequal relationships
- People highly dependent on medical care
- Aboriginal and/or Torres Strait Islander peoples
- People who may be involved in illegal activity

may be coincidentally recruited into this project. The National Statement identifies specific ethical considerations for these groups(s).

**6.1.3... Please explain how you will address these considerations in your proposed research.**

The study research questions will not be impacted by these characteristics, so the study will neither target, nor exclude these groups.

### 6.2. Participant description

**6.2.1 How many participant groups are involved in this research project?**

3

**6.2.2 What is the expected total number of participants in this project at all sites?**

1600

#### 6.2.3. Group 1

**6.2.3... Group name for participants in this group**

People that are randomly allocated to the WALK 2.0 website

**6.2.3... Expected number of participants in this group**

800

**6.2.3... Age range**

18 years or older

**6.2.3... Other relevant characteristics of this participant group**

These will be people that respond to the website advertisement and, through random allocation, are allocated to have access to the WALK 2.0 website, which has many interactive features (e.g., blogs, discussion forums, goal-setting and activity tracking tools).

**6.2.3... Why are these characteristics relevant to the aims of the project?**

This group is not based on any characteristic other than the random allocation to the WALK 2.0 website.

**6.2.3. Group 2**

**6.2.3... Group name for participants in this group**

People that are randomly allocated to the MyPAA website

**6.2.3... Expected number of participants in this group**

800

**6.2.3... Age range**

18 years or older

**6.2.3... Other relevant characteristics of this participant group**

These will be people that respond to the website advertisement and, through random allocation, are allocated to have access to the MyPAA website.

**6.2.3... Why are these characteristics relevant to the aims of the project?**

This group is not based on any characteristic other than the random allocation to the MyPAA website which has computer-tailored elements (i.e., provides information specific to that person's current physical activity behaviour, motivation, and mental health).

**6.2.3. Group 3**

**6.2.3... Group name for participants in this group**

Invitees for e-mail based interview

**6.2.3... Expected number of participants in this group**

50

**6.2.3... Age range**

18 years or older

**6.2.3... Other relevant characteristics of this participant group**

These will be the people that have at least moderate levels of depressive symptoms (as per their responses on the clinically diagnostic questionnaire) that will be invited to participate in the e-mail based survey and the feasibility study.

**6.2.3... Why are these characteristics relevant to the aims of the project?**

This is the population that is being targeted for the upcoming intervention and we want to make sure that the intervention study is suitable for this population, in particular.

**6.2.4. Your response to questions at Section 6.1 - Research Participants indicates that the following participant groups are excluded from your research. If this is not correct please return to section 6.1 to amend your answer.**

Children and/or young people (ie. <18 years)

**6.2.4... Have any particular potential participants or groups of participants been excluded from this research? In answering this question you need to consider if it would be unjust to exclude these potential participants. [NS 1.4](#)**

The survey and study materials will be in English; therefore those that primarily speak a different language will have to be excluded from the study. The interventions that these studies will inform will be targeting adults; therefore children and young people will have to be excluded from the study.

**6.3. Participation experience**

**6.3.1 Provide a concise detailed description, in not more than 200 words, in terms which are easily understood by the lay reader of what the participation will involve.**

After clicking on the web-based advertisement, participants will be directed to a web-based survey. The web-based advertisement will make it clear that eligibility for the study requires being 18 years or older and being able to safely increase physical activity levels. Participants will provide informed consent (Appendix A)

and respond to questions of age and ability to safely engage in physical activity. If they answer that they are younger than 18 years or not able to perform physical activity due to a safety concern than they will be sent to a screen explaining that they are not eligible for the study and provided with information for accessing counseling services. If they are older than 18 years and are able to safely increase their physical activity they will be sent to the survey to voluntarily respond to a series of questions concerning their psychological wellbeing, physical activity motivation and behaviour, internet use, and their needs/wants for web-based physical activity interventions (Appendix B). At the end of the survey, a link will direct them to one of two physical activity websites.

The websites are the Walk 2.0 and MyPAA (My Physical Activity Advice) websites developed from previous research projects. Both websites consist of physical activity-related content (e.g., information about goal-setting, the benefits of physical activity). The homepages of both websites will include information about accessing counseling services for depression. The WALK2.0 website is more focused on delivering the material in an interactive manner (providing discussion forums, feedback on goal accomplishment, self-monitoring, etc.) whereas the MyPAA website is more focused on delivering the material with computer-tailoring features (e.g., provides information relevant for that specific person based on that person's behaviour, motivation, etc.). Neither website contains any explicit or inappropriate material. Reminders about visiting the website will be emailed weekly to participants. After one and three months, participants will be emailed another link to a short series of follow-up questions about their psychological wellbeing, physical activity, physical health, and their opinions about the website they had access to (Appendix B).

Fifty participants that report moderate depression or higher (as per the CESD-r, a self-report measure of symptoms defined by the American Psychiatric Association' Diagnostic and Statistical Manual (DSM-IV) for a major depressive episode) will also be invited (via email) to participate in the e-mail based survey after completion of their 3-month follow-up questionnaire. Participants will be emailed a short set of open-ended questions about depression, physical activity, internet-use, and thoughts about using web-based physical activity interventions (Appendix C). Participants will respond to the questions in their own time and send the email back to the research team. Up to three reminders (sent weekly) will be sent to participants to complete the survey.

## **6.4. Relationship of researchers / investigators to participants**

### **6.4.1 Specify the nature of any existing relationship or one likely to rise during the research, between the potential participants and any member of the research team or an organisation involved in the research.**

The specific nature of existing relationships is unknown at this time as it is unknown who will participate in the study. The research staff will have access to identifying information for who won the incentive drawings (so that the prizes can be mailed), but this information will never be connected to the data. So, while research staff may be aware of the identity of a few participants, it will have no influence on their voluntary participation in the study.

### **6.4.2 Describe what steps, if any, will be taken to ensure that the relationship does not impair participants' free and voluntary consent and participation in the project.**

If recruited participants do happen to have an existing relationship with the researchers this is unlikely to impact participation in the study as participants are free to withdraw from the study at any time, for any reason without prejudice. Furthermore, there will not be direct contact between participant and the research team as surveys and reminders will be sent to participants by a third party and automated software from within the website platform.

### **6.4.3 Describe what steps, if any, will be taken to ensure that decisions about participation in the research do not impair any existing or foreseeable future relationship between participants and researcher / investigator or organisations.**

Participants will be informed that their participation and comments or opinions given while participating will not influence any existing or future relationship between participants and the researchers. A professional standard will be maintained by the research team at all times. Participation/non-participation and any comments will not be taken personally by the research team.

**6.4.4 Will the research impact upon, or change, an existing relationship between participants and researcher / investigator or organisations.?** No

**6.4.5 Is it intended that the interview transcript will be shown or made available to participants?** [3.1.15](#) No

## **6.5. Recruitment**

### **6.5.1 What processes will be used to identify potential participants?**

Links to the surveys will be advertised on social media websites such as Facebook and websites targeting depressed populations, such as BeyondBlue. The advertisements will be created by a marketing agency. Advertisements will target people with depressive symptoms.

**6.5.2 Is it proposed to 'screen' or assess the suitability of the potential participants for the study?** Yes

**6.5.2... How will this be done?**

Participants that respond that they are younger than 18 years or are not capable of safely engaging in regular physical activity during the first survey will be informed that they are not be eligible for the study and will not be allowed access to further study materials. On the screen informing them that they are not eligible for the study, information on accessing counseling services will be provided.

**6.5.3 Describe how initial contact will be made with potential participants.**

Participants will be initiating their involvement in the study by clicking the link on the advertisements.

**6.5.3... Do you intend to include both males and females in this study?** Yes

**6.5.3... What is the expected ratio of males to females that will be recruited into this study and does this ratio accurately reflect the distribution of the disease, issue or condition within the general community?**

The ratio is unknown. It may be that more females will be in the study than males because females are more likely to volunteer for research and are more likely to have depressive symptoms than males.

**6.5.4 Is an advertisement, e-mail, website, letter or telephone call proposed as the form of initial contact with potential participants?** Yes

**6.5.4... Provide details and a copy of text/script.**

The advertisement will be created by a marketing company to ensure effective recruitment. Generally speaking, it will be something like, "Feeling down or depressed? The Centre for Physical Activity Studies is testing a web-based physical activity program to help you feel better again! Click here to participate for free!"

**6.5.5 If it became known that a person was recruited to, participated in, or was excluded from the research, would that knowledge expose the person to any disadvantage or risk?** No

## **6.6. Consent process**

**6.6.1 Will consent for participation in this research be sought from all participants?** Yes

**6.6.1... Will there be participants who have capacity to give consent for themselves?** Yes

**6.6.1... What mechanisms/assessments/tools are to be used, if any, to determine each of these participant's capacity to decide whether or not to participate?**

After clicking on the advertisement, individuals will be provided with a link to the informed consent document, and asked to select a check box to indicate that they wish to participate in the study, that they are 18 years or older, and that they have read and understood the requirements of the study. Individuals who do not select the check box will not be able to participate in the study and will be provided with information about accessing counseling services.

**6.6.1... Are any of the participants children or young people?** No

**6.6.1... Will there be participants who do not have capacity to give consent for themselves?** No

**6.6.1... Describe the consent process, ie how participants or those deciding for them will be informed about, and choose whether or not to participate in, the project.**

After potential participants click on the link in the recruitment advertisements, they will be taken to a survey which will include a check box for participants to provide informed consent (Appendix A).

**6.6.1... If a participant or person on behalf of a participant chooses not to participate, are there specific consequences of which they should be made aware, prior to making this decision? 4.6.6 - 4.6.7**

No, there are no adverse consequences for choosing not to participate in the study.

**6.6.1... Might individual participants be identifiable by other members of their group, and if so could this identification expose them to risks?**

The Walk2.0 website displays the user name of participants. However as this site has over 500 users involved in other interventions it is unlikely that participants will be able to identify others in their group unless they disclose this information themselves.

**6.6.1... If a participant or person on behalf of a participant chooses to withdraw from the research, are there specific consequences of which they should be made aware, prior to giving consent?**

A participant is free to withdraw from the study at any time without penalty or disapproval and there are no adverse consequences to withdrawing from the study.

**6.6.1... Specify the nature and value of any proposed incentive/payment (eg. movie tickets, food vouchers) or reimbursement (eg travel expenses) to participants.**

Random drawings will be used as incentive for the email survey and the feasibility study for people that complete the study. The prizes for the study will be \$25 (4 winners) and \$75 (1 winner). The participants that complete the email interview will be enrolled into a second drawing. The prizes for the email survey will be

\$20 (2 winners) and \$50 (1 winner). The winners will be notified via email and asked to provide their postal address so the prizes can be sent. The postal addresses will only be used for delivering the prizes. It will never be connected to the data.

**6.6.1... Explain why this offer will not impair the voluntary nature of the consent, whether by participants' or persons deciding for their behalf. [NS 2.2.10 - 2.2.11](#)**

These rewards are not disproportionate to the time/efforts involved in being a part of the study, so will not be impair voluntary consent.

**6.6.3 Do you propose to obtain consent from individual participants for your use of their stored data/samples for this research project? Yes**

## 7. PARTICIPANTS SPECIFIC

### 7.3. People with a cognitive impairment, an intellectual disability or a mental illness

You have indicated that the project involves people with an intellectual or mental impairment.

#### 7.3.1 Describe the nature of the intellectual or mental impairment eg. permanent, temporary or fluctuating?

[NS 4.5.1 - 4.5.2](#)

People with depressive symptoms will be targeted for the email survey.

#### 7.3.2 Describe how the consent process will take into account the nature of the impairment.

If participants are uncomfortable with any component of the study, they have the option to opt out of that component or withdraw from the study. Additionally, we have made information about counselling services salient throughout participants' involvement in the study. We also have a clinician on the research team that will help to ensure that the needs of this potentially vulnerable population are well looked after.

## 8. CONFIDENTIALITY/PRIVACY

### 8.1. Do privacy guidelines need to be applied in the ethical review of this proposal?

8.1.1 Indicate whether the source of the information about participants which will be used in this research project will involve:

collection directly from the participant

#### 8.1.1... Information which will be collected for this research project directly from the participant

8.1.1... Describe the information that will be collected directly from participants. Be specific where appropriate.

Participants will be self-reporting their physical activity, psychological and physical health, and internet-use (Appendix B). For the email survey, participants will be responding to open-ended questions about physical activity, psychological wellbeing, internet-use, and web-based physical activity interventions (Appendix C).

8.1.1... The information collected by the research team about participants will be in the following form(s).

Tick more than one box if applicable.

individually identifiable

non-identifiable

8.1.1... Give reasons why it is necessary to collect information in individually identifiable or re-identifiable form.

Information collected for the study will be individually identifiable (with email addresses) so that responses of participants can be compared across the time points.

### 8.2. Using information from participants

8.2.1 Describe how information collected about participants will be used in this project.

Data from participants will be used to inform how we develop our intervention studies. Additionally, the data will be presented descriptively in grant applications, papers, and presentations. All data will be presented in deidentified form at the group level.

8.2.2 Will any of the information used by the research team be in identified or re-identifiable (coded) form? Yes

8.2.2... Indicate whichever of the following applies to this project:

Information collected for, used in, or generated by, this project will not be used for any other purpose.

8.2.4 List ALL research personnel and others who, for the purposes of this research, will have authority to use or have access to the information and describe the nature of the use or access. Examples of others are: student supervisors, research monitors, pharmaceutical company monitors .

Only the research team (and their research students) listed within this application will have access to this information in any identifiable form. This is necessary for the analysis and interpretation of the data and to develop reports or publications arising from the research.

### 8.3. Storage of information about participants during and after completion of the project

8.3.1 In what formats will the information be stored during and after the research project? (eg. paper copy, computer file on floppy disk or CD, audio tape, videotape, film)

The data will be stored in electronic files on a password protected server which can only be accessed by a limited number of IHSSR staff.

8.3.2 Specify the measures to be taken to ensure the security of information from misuse, loss, or unauthorised access while stored during and after the research project? (eg. will identifiers be removed and at what stage? Will the information be physically stored in a locked cabinet?)

All data will be stored electronically on a password protected server.

8.3.5 The information which will be stored at the completion of this project is of the following type(s). Tick more than one box if applicable.

individually identifiable

non-identifiable

8.3.5... Give reasons why it is necessary to store information in identifiable or potentially identifiable (coded) form.

It is necessary for the data to be kept in identifiable forms so that responses and measures can be compared across the pre/post time points.

8.3.6 For how long will the information be stored after the completion of the project and why has this period been chosen?

Data will be stored for a minimum period of 5 years. This is in accordance with CQUniversity's Code of Conduct for Research.

**8.3.7 What arrangements are in place with regard to the storage of the information collected for, used in, or generated by this project in the event that the principal researcher / investigator ceases to be engaged at the current organisation?**

If the Primary Researcher leaves CQUniversity within the specified storage period, paper and electronic data will be transferred to the care of another Primary Researcher at CQUniversity. Data will be stored under the same conditions as if it were in custody of the Primary Researcher. Electronic files are clearly labelled and stored on the dedicated IHSSR server. Access to this server can be arranged for appropriate staff members should the principal researcher cease to be engaged at PRL/CQUniversity.

**8.4. Ownership of the information collected during the research project and resulting from the research project**

**8.4.2 Who is understood to own the information resulting from the research, eg. the final report or published form of the results?**

The principal researchers at CQUniversity owns the information collected as part of this research project.

**8.4.3 Does the owner of the information or any other party have any right to impose limitations or conditions on the publication of the results of this project?** No

**8.5. Disposal of the information**

**8.5.1 Will the information collected for, used in, or generated by this project be disposed of at some stage?** Yes

**8.5.1... At what stage will the information be disposed?**

If no longer required, the information will be disposed after the minimum storage period of 5 years

**8.5.1... How will information, in all forms, be disposed?**

Data will be deleted from the electronic servers.

**8.6. Reporting individual results to participants and others**

**8.6.1 Is it intended that results of the research that relate to a specific participant be reported to that participant?** No

**8.6.1... Explain/justify why results will not be reported to participants.**

It is beyond the scope of the research team to individually communicate results to participants.

**8.6.2 Is the research likely to produce information of personal significance to individual participants?** No

**8.6.3 Will individual participant's results be recorded with their personal records?** No

**8.6.4 Is it intended that results that relate to a specific participant be reported to anyone other than that participant?** No

**8.6.5 Is the research likely to reveal a significant risk to the health or well being of persons other than the participant, eg family members, colleagues** No

**8.6.6 Is there a risk that the dissemination of results could cause harm of any kind to individual participants - whether their physical, psychological, spiritual, emotional, social or financial well-being, or to their employability or professional relationships - or to their communities?** No

**8.6.7 How is it intended to disseminate the results of the research? eg report, publication, thesis**

Grant applications, journal articles, conference presentations

**8.6.8 Will the confidentiality of participants and their data be protected in the dissemination of research results?** Yes

**8.6.8... Explain how confidentiality of participants and their data will be protected in the dissemination of research results**

Results from the study will not be presented in a way that adversely affects the confidentiality of participants. Findings will only include generalised themes acquired from the responses of all participants. The description of participants will not allow identification of individual participants, and no individual results or individual names will be revealed. Final reports and publications will only consist of aggregated results. All email addresses will be stored separately from participants' other data.

## 9. DECLARATIONS AND SIGNATURES

### 9.1 Project Title

Feasibility of web-based physical activity intervention for people with depressive symptoms

### 9.2 Human Research Ethics Committee to which this application is made

CQUniversity's Human Research Ethics Committee (EC00158)

### 9.3 Signatures and undertakings

#### Applicant / Principal Researchers (including students where permitted)

I/we certify that:

- All information is truthful and as complete as possible.
- I/we have had access to and read the National Statement on Ethical Conduct in Research Involving Humans.
- the research will be conducted in accordance with the National Statement.
- the research will be conducted in accordance with the ethical and research arrangements of the organisations involved.
- I/we have consulted any relevant legislation and regulations, and the research will be conducted in accordance with these.
- I/we will immediately report to the HREC anything which might warrant review of the ethical approval of the proposal NS 5.5.3 including:
  - serious or unexpected adverse effects on participants;
  - proposed changes in the protocol; and
  - unforeseen events that might affect continued ethical acceptability of the project.
- I/we will inform the HREC, giving reasons, if the research project is discontinued before the expected date of completion NS 5.5.6 see NS 5.5.8(b);
- I/we will adhere to the conditions of approval stipulated by the HREC and will cooperate with HREC monitoring requirements. At a minimum annual progress reports and a final report will be provided to the HREC.

#### Applicant / Chief Researcher(s) / Principal Researcher(s)

Dr Amanda Rebar  
Central Queensland University

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Signature Date

Dr Corneel Vandelanotte  
Central Queensland University

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Signature Date

Dr Mitch Duncan  
Central Queensland University

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Signature Date

Dr Nicola Burton  
The University of Queensland

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Signature Date

#### Associate Researchers

Dr Camille Short

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Signature Date

Dr Brenda Happell

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Signature Date

#### Heads of departments/schools/research organisation

I/we certify that:

- I/we are familiar with this project and endorse its undertaking;
- the resources required to undertake this project are available;
- the researchers have the skill and expertise to undertake this project appropriately or will undergo appropriate training as specified in this application.

\_\_\_\_\_  
Title

\_\_\_\_\_  
First name

\_\_\_\_\_  
Surname

\_\_\_\_\_  
Position

\_\_\_\_\_  
Organisation name

\_\_\_\_/\_\_\_\_/\_\_\_\_  
Date

\_\_\_\_\_  
Signature

## 10. ATTACHMENTS

This page and all pages that follow don't need to be submitted to your HREC.

### 10.1 List of Attachments

<b>Core Attachments</b>	<b>Attachments which may be required/appropriate.</b>
Recruitment/invitation	Copy of advertisement, letter of invitation etc
Participant Information	Copy or script for participant Copy or script for parent, legal guardian or person responsible as appropriate
Consent Form	Copy for participant For parent, legal guardian or person responsible as appropriate For, optional components of the project eg. genetic sub study
Peer review	Copy of peer review report or grant submission outcome
HREC approvals	Copy of outcome of other HREC reviews

<b>Attachments specific to project or participant group</b>	<b>Attachments which may be required/appropriate.</b>
Research conducted in the workplace or possibly impacting on workplace relationships	Evidence of support/permission from workplace where research will be conducted
Epidemiological research	Evidence of support/permission from database custodian for proposed access / use of data
People whose primary language is other than English (LOTE)	English translation of participant information/consent forms
Children and/or young people (ie. <18 years)	Information/consent form for parent, legal guardian or person responsible
People with an intellectual or mental impairment	Information/consent form for legal guardian or person responsible
People highly dependent on medical care	Information/consent form for legal guardian or person responsible
Aboriginal and/or Torres Strait Islander peoples	Evidence of support / permission of elders and/or other appropriate bodies

## 10.2 Participant information elements

### Core Elements

Provision of information to participants about the following topics should be considered for all research projects.

Core Elements	Issues to consider in participant information
About the project	Full title and / or short title of the project Plain language description of the project Purpose / aim of the project and research methods as appropriate Demands, risks, inconveniences, discomforts of participation in the project Outcomes and benefits of the project Project start, finish, duration
About the investigators / organisation	Researchers conducting the project (including whether student researchers are involved) Organisations which are involved / responsible Organisations which have given approvals Relationship between researchers and participants and organisations
Participant description	How and why participants are chosen How participants are recruited How many participants are to be recruited
Participant experience	What will happen to the participant, what will they have to do, what will they experience? Benefits to individual, community, and contribution to knowledge Risks to individual, community Consequences of participation
Participant options	Alternatives to participation Whether participation may be for part of project or only for whole of project Whether any of the following will be provided: counselling, post research follow-up, or post research access to services, equipment or goods
Participants rights and responsibilities	That participation is voluntary That participants can withdraw, how to withdraw and what consequences may follow Expectations on participants, consequences of non-compliance with the protocol How to seek more information How to raise a concern or make a complaint
Handling of information	How information will be accessed, collected, used, stored, and to whom data will be disclosed Can participants withdraw their information, how, when Confidentiality of information Ownership of information Subsequent use of information Storage and disposal of information
Unlawful conduct	Whether researcher has any obligations to report unlawful conduct of participant
Financial issues	How the project is funded Declaration of any duality of interests Compensation entitlements Costs to participants Payments, reimbursements to participants Commercial application of results
Results	What will participants be told, when and by whom Will individual results be provided What are the consequences of being told or not being told the results of

<b>Core Elements</b>	<b>Issues to consider in participant information</b>
	research How will results be reported / published Ownership of intellectual property and commercial benefits
Cessation	Circumstances under which the participation of an individual might cease Circumstances under which the project might be terminated

**Research Specific Elements**

Provision of information to participants about the following topics should be considered as may be relevant to the research project.

<b>Specific to project or participant group</b>	<b>Additional issues to consider in participant information</b>
Aboriginal and/or Torres Strait Islander peoples	describe consultation process to date and involvement of leaders whether ATSI status will be recorded

**(This will be included on the first screen that appears after agreeing to do the survey)**

Physical activity can help you feel better, but sometimes it is hard to get motivated to be physically active. We are offering you access to one of two web-based physical activity programs and, in return for this free service, we are asking that you help us by telling us a bit about yourself and your physical and psychological health by answering some questions now and again 1 and 3 months from now. Additionally, we want to make these web-based programs enjoyable and useful, so we would also like to ask your opinions about the website after you use it for 1 month.

If you choose to participate in the study, you will be entered into a random drawing in which you could win \$25 (4 winners) or \$75 (1 winner). The winners will be notified via email and asked to provide their postal address so the prizes can be sent. The postal addresses will only be used for delivering the prizes.

Your participation in the study will involve:

- 1) **Having access to a website that promotes physical activity:** You will be randomly allocated to have access to one of two websites. Both websites contain similar content but have different display styles and include different features. To use the website, you will need to register by providing your email address and make a password. You can access the website as little or as often as you like, but we will be measuring how often you use the website for research purposes.
- 2) **Completing a web-based survey at 3 different time points (now, in one month and in three months):** Each survey will take approximately 15-20 minutes to complete. You will be asked about general characteristics (e.g., age, living situation, employment), physical and psychological health, physical activity, internet-use, and your thoughts about a web-based physical activity program.

**Some people will also be asked to answer some questions via e-mail:** We will be emailing some people and asking them to respond to some open-ended questions about their thoughts on physical activity, ways to manage emotional wellbeing and depressive symptoms, and websites promoting physical activity. If you are involved with this aspect of the study, you will be entered into a second random drawing to win \$20 (2 winners) or \$50 (1 winner).

Your participation in this study is voluntary, and you are entirely free to decline to take part. You are free to opt out of answering any question that makes you uncomfortable and you have the right to withdraw from the study at any stage. If you choose to participate, your confidentiality will be preserved.

You are not required to provide any identifying information; however you will be asked to provide your email address if you are interested in participating in further research. Your email addresses will not be provided to any third parties and will only be used to contact you about the research project that you expressed interest in.

Research findings from this study may include scientific journal article publications or conference presentations. Findings will never be presented with identifying information. All data will be securely stored in password protected servers at the CQUniversity. They will be destroyed after a minimum of five years after the completion of the research.

If you would like more information about the study or if there is any matter about it that concerns you, either now or in the future, do not hesitate to contact Amanda Rebar on (07) 49232182 or e-mail:

a.rebar@cqu.edu.au. Should you have any concerns about the conduct of the project, you are welcome to contact the Executive Officer, Human Research Ethics, The CQUniversity, on ph: (07) 4923 2607.

Thank you!

## **RESEARCHERS:**

Dr. Amanda Rebar, Post Doctoral Research Fellow,  
Central Queensland University, School of Human, Health, & Social Sciences  
Dr. Corneel Vandelanotte, Research Fellow,  
Central Queensland University, School of Human, Health, & Social Sciences  
Dr. Nicola Burton, Senior Research Fellow, Research Manager  
The University of Queensland, School of Human Movement Studies  
Dr. Mitch Duncan, Research Fellow,  
Central Queensland University, School of Human, Health, & Social Sciences  
Dr. Camille Short, Post Doctoral Research Fellow,  
Central Queensland University, School of Human, Health, & Social Sciences  
Dr. Brenda Happell, Post Doctoral Research Fellow,  
Professor, School of Nursing and Midwifery

## **By checking this box, I consent to participation in this research project and agree that:**

1. A description of the study information has been provided to me that I have read and understood;
2. I understand that I have the right to withdraw from the project at any time without penalty;
3. I agree that I am 18 years or older and I am providing informed consent to participate in this project.

If you would like to discuss your emotional wellbeing, including depressive symptoms, or you know someone who may be experiencing depression, you can contact a General Practitioner or counsellor for advice. You can also contact the following services for more information or assistance...

### **Lifeline**

Free telephone counseling and support, available 24 hours a day, 7 days a week  
Phone: 13 11 14 or on online at [www.lifeline.org.au](http://www.lifeline.org.au)

### **Beyondblue**

Free counseling by phone or online chat  
Phone: 1300 22 46 36 (free call available 24 hours a day, 7 days a week)  
Online at [www.beyondblue.org.au](http://www.beyondblue.org.au) (chat online 4-10pm, 7 days a week)  
<https://online.beyondblue.org.au/WebModules/Chat/InitialInformation.aspx>

### **The Black Dog Institute**

Online at [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

### **The Mood Gym**

Online at [www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)

**MensLine**

Australia-wide counseling service for men, available 24 hours a day, 7 days a week

Phone: 1300 789 978

Online at [www.mensline.org.au](http://www.mensline.org.au)

**Community Action for the Prevention of Suicide**

Not-for-profit association that aims to provide a practical non-clinical support service to coordinate care, attention and support for people at risk of suicide, those who are concerned for someone at risk, and the children of someone at risk

Phone: 3870 8359

Online at [www.caps.org.au](http://www.caps.org.au)

**Suicide Call Back Service**

Australia-wide service available 24 hours a day, 7 days a week for people 18 years and over

Phone: 1300 659 467

Online at <http://www.suicidecallbackservice.org.au>

**Queensland Transcultural Mental Health Service**

Provides mental health assistance and information to people from culturally diverse backgrounds

Phone (07) 3167 8333 during business hours

**Frontier Services**

Community support services specifically for outback Australia

Online at <http://www.frontierservices.org>

## BASELINE ONLY

Construct:	Physical activity screening
Measure:	Sports Medicine Australia
Reference:	<a href="http://www.fitness.org.au/visageimages/adult_pre_exercise_screening_tool_1.pdf">http://www.fitness.org.au/visageimages/adult_pre_exercise_screening_tool_1.pdf</a>
Notes:	From N. Burton

Directions:		
<b>Variable</b>	<b>Question</b>	<b>Responses</b>
noPA01	Has your doctor ever told you that you have a heart condition or have you ever suffered a stroke?	0 = No, 1 = Yes
noPA02	Do you ever experience unexplained pains in your chest at rest or during physical activity/exercise?	(same)
noPA03	Do you ever feel faint or have spells of dizziness during physical activity/exercise that causes you to lose balance?	(same)
noPA04	Have you had an asthma attack requiring immediate medical attention at any time over the last 12 months?	(same)
noPA05	If you have diabetes (type I or type II) have you had trouble controlling your blood glucose in the last 3 months?	(same)
noPA06	Do you have any diagnosed muscle, bone or joint problems that you have been told could be made worse by participating in physical activity/exercise?	(same)
noPA07	Do you have any other medical condition(s) that may make it dangerous for you to participate in physical activity/exercise?	(same)

Construct:	Demographics
Measure:	N/A
Reference:	N/A
Notes:	N/A

Directions:		
Variable	Question	Responses
gender	What is your gender?	0 = Male, 1 = Female
age	What is your current age, in years?	Open-ended (only accept integers < 100)
marital	What is your current marital status?	1 = Single, 2 = Widowed, 3 = Divorced, 4 = Separated not divorced. 5 = Married, 6 = De facto, 7 = Other
house	What type of household do you live in?	1 = Single person household (live alone), 2 = One parent family, 3 = Couple family with children, 4 = Couple only (live with partner/spouse), 5 = Live with other family members, 6 = Live with other non-family members, 7 = Other
country	In which country were you born?	1 = Australia, 2 = Other English speaking country, 3 = other non-English speaking country
abor	Do you identify as any of the following?	1 = Aboriginal, 2 = Torres Strait Islander, 3 = Both Aboriginal and Torres Strait Islander, 4 = None of the above
ethnic	Which ethnicity do you identify with?	1 = Oceanian (Australian, New Zealand, Melanesian, Papuan, Micronesian, or Polynesian), 2 = North-West European (British, Irish, Western European, or Northern European), 3 = Southern and Eastern European (Southern, South-Eastern, or Eastern European), 4 = North African or Middle Eastern (Arab, Jewish, or other North African, Middle-Eastern), 5 = South-East Asian (Mainland or Maritime South-East Asian), 6 = North-East Asian (Chinese Asian or other North-East Asian), 7 = Southern and Central Asian (Southern or Central Asian), 8 = People of the Americas (North, South, Central American or Caribbean Islander), 9 = Sub-Saharan African (Central, West

		Southern, or East African)
educ	What is your highest level of education (This includes complete or incomplete)?	1 = No schooling, 2 = Year 8/equivalent or below, 3 = Year 9/equivalent or below, 4 = Year 10/equivalent or below, 5 = Year 11/equivalent or below, 6 = Year 12/equivalent or below, 7 = Technical studies, Trade Certificate, etc, 8 = Tertiary studies, Diploma, Advanced Diploma, 9 = Tertiary studies, Bachelor degree, 10 = Tertiary studies, Graduate Diploma, Diploma, 11 = Tertiary studies, Postgraduate including Masters, PhD
employ01	How would you describe your current employment status?	1 = employed full-time, 2 = employed part-time, 3 = employed casual, 4 = self-employed (full-time equivalent), 5 = self-employed (part-time equivalent), 6 = self-employed (casual equivalent), 7 = home duties, 8 = retired, 9 = pensioner, 10 = student, 11 = unemployed
employ02	Please indicate your type of occupation.	0 = Unemployed, 1 = Manager & administrator, 2 = Professional, 3 = Associate/para professional, 4 = Tradesperson, 5 = Clerk, 6 = Salespersons & personal service worker, 7 = Plant & machine operator & driver, 8 = Advanced clerical & service worker, 9 = Intermediate clerical & service worker, 10 = Intermediate production & transport worker, 11 = Elementary clerical, sales & service worker, 12 = Labourer & related worker, 13 = Other
income	What is your approximate combined household gross income (before tax) per week (annually)?	0 = Negative/Nil income, 1 = \$1-\$199 (\$1-\$10,399), 2 = \$200-\$299 (\$10,400-\$15,599), 3 = \$300-\$399 (\$15,600-\$20,799), 4 = \$400-\$599 (\$20,800-\$31,199), 5 = \$600-\$799 (\$31,200-\$41,599), 6 = \$800-\$999 (\$41,600-\$51,999), 7 = \$1,000-\$1,249 (\$52,000-\$64,999), 8 = \$1,250-\$1,499 (\$65,000-\$77,999), 9 = \$1,500-\$1,999 (\$78,000-\$103,999), 10 = \$2,000-\$2,499 (\$104,000-\$129,999), 11 = \$2,500-\$2,999 (\$130,000-\$155,999), 12 = \$3,000-\$3,499 (\$156,000-\$181,999), 13 = \$3,500-\$3,999

		(\$182,000-\$207,999), 14 = \$4,000-\$4,999 (\$208,000-\$259,999), 15 = \$5,000 or more (\$260,000 or more), 16 = prefer not to answer
height	What is your height in centimetres (cm)?	___ cm
Weight	What is your weight in kilograms?	___ kg
post	What is your postcode?	Open response
penv	In what kind of environment do you live?	0 = urban, 1 = regional town or city, 2 = rural

Construct:	Need for Intervention
Measure:	custom
Reference:	
Notes:	

<b>Directions:</b>		
<b>Variable</b>	<b>Question</b>	<b>Responses</b>
need01	Do you need help getting motivated to be more physically active?	0 = no, 1 = not really, 2 = a little, 3 = some, 4 = a lot, 5 = very much
need02	If given the opportunity, would you be willing to participate in a program to help you be more physically active?	0 (no), 1 (yes)
<b>Directions: Check the box by the following types of physical activity programs that you would be interested in:</b>		
need03a	Website	Checkbox
need03b	Email	Checkbox
need03c	Postal mail	Checkbox
need03d	Person-to-person	Checkbox
need03e	Group classes	Checkbox
need03o	Other	Open Answer
<b>Directions: Check the box by the following features of a physical activity program that you would find helpful:</b>		
need04a	Information about the physical and psychological health benefits of physical activity	Checkbox
need04b	Ideas for fitting physical activity into your daily schedule	Checkbox
need04c	Descriptions of different ways to make physical activity more interesting and fun	Checkbox
need04d	Help setting effective plans/goals to be physically active	Checkbox
need04e	Information about how people like you are being physically active	Checkbox
need04f	Information and feedback specific to my needs	Checkbox
need04g	Options so that I can freely express my opinions and ideas about my experience with the program	Checkbox
need04o	Other	Open Answer
need05a	How much would you want to use a	0 = no, 1 = not really, 2 = a little, 3 =

	web-based program that provides me with personally relevant information that I can use to become more physically active:	some, 4 = a lot, 5 = very much
need05b	How much would you want to use a web-based program that provides me with lots of interactive tools (e.g., blogs, social networking, activity tracker, goal setting tool)	(same)

Construct:	Internet Use and Self-Efficacy
Measure:	The SE item is from Eastin's scale
Reference:	(Eastin, M. S. and LaRose, R. (2000), Internet Self-Efficacy and the Psychology of the Digital Divide. Journal of Computer-Mediated Communication, 6(1):0.
Notes:	

Directions:		
<b>How many days per week do you usually use the internet (total per week)?</b>		
<b>Variable</b>	<b>Question</b>	<b>Responses</b>
int01	At home	1 – 7 days per week
int02	At work	(same)
On average, how long do you use the internet <u>each day</u> you use it (total per day)?		
int03a	At home on work days	__ hours and __ minutes
int03b	At home on non-work days	__ hours and __ minutes
int04	At work	(same)
int05	How confident are you with using the internet for general purposes such as email or searching for information?	1 = very confident, 2 = confident, 3 = neither confident nor not confident, 4 = not confident, 5 = not confident at all
int06	How many years have you used the internet?	Drop down list 0 – 20 +

## FOR ALL ASSESSMENTS:

Construct:	Physical Activity
Measure:	Active Australia Survey
Reference:	(Australian Institute of Health and Welfare (AIHW), 2003)
Notes:	

Directions:	<b>The first few questions in the survey are about any physical activities that you may have done in the last week:</b>	
<b>Variable</b>	<b>Question</b>	<b>Responses</b>
aaq01	In the last week, how many times have you walked continuously, for at least 10 minutes, for recreation, exercise or to get to or from places?	Drop down menu: <u>0-50+</u> times
aaq02	What do you estimate was the total time that you spent walking in this way in the last week?  <b>Please answer in hours and minutes</b> (e.g., 6 hours and 15 minutes):	Drop down menus: <u>0-15+</u> hours and <u>0-45</u> minutes
aaq03	In the last week, how many times did you do any vigorous gardening or heavy work around the yard, which made you breathe harder or puff and pant?  The types of activities which may be included in this section could include heavy digging, tree lopping, landscaping (e.g. pushing a wheelbarrow or moving large rocks), pushing a lawn mower and using a hand saw.	Drop down menu: <u>0-50+</u> times
aaq04	What do you estimate was the total time that you spent doing vigorous gardening or heavy work around the yard in the last week?	Drop down menus: <u>0-15+</u> hours and <u>0-45</u> minutes
Directions	<b>The next questions exclude household chores, gardening or yardwork:</b>	
aaq05	In the last week, how many times did you do any vigorous physical activity which made you breathe harder or puff and pant? (e.g. jogging, cycling, aerobics, competitive tennis)  The types of activities which might be	Drop down menu: <u>0-50+</u> times

	<p>reported here, in addition to the above examples, include football (of all types), hockey, squash, cross-country skiing, cross-country hiking (i.e. rough or steep terrain), weight lifting, boxing, rock climbing, basketball, netball, gymnastics, using a rowing machine, martial arts, high-impact and step aerobics.</p>	
aaq06	<p>What do you estimate was the total time that you spent doing this vigorous physical activity in the last week?</p>	<p>Drop down menus: <u>0-15+</u> hours and <u>0-45</u> minutes</p>
aaq07	<p>In the last week, how many times did you do any other more moderate physical activities that you have not already mentioned? (e.g. gentle swimming, social tennis, golf)</p> <p>The types of activities which might be expected, in addition to the above examples, include dancing, badminton, table tennis, horseback riding, canoeing, kayaking, volleyball, cricket, baseball or softball, downhill skiing, cross-training, surfing and windsurfing.</p>	<p>Drop down menu: <u>0-50+</u> times</p>
aaq08	<p>What do you estimate was the total time that you spent doing these activities in the last week?</p>	<p>Drop down menus: <u>0-15+</u> hours and <u>0-45</u> minutes</p>

Construct:	Depression
Measure:	Center for Epidemiologic Studies Depression Scale (CES-D), NIMH
Reference:	Eaton, W. W., Smith, C., Ybarra, M., Muntaner, C., Tien, A. (2004). Center for Epidemiologic Studies Depression Scale: review and revision (CESD and CESD-R). In ME Maruish (Ed.). <i>The Use of Psychological Testing for Treatment Planning and Outcomes Assessment</i> (3rd Ed.), Volume 3: Instruments for Adults, pp. 363-377. Mahwah, NJ: Lawrence Erlbaum.  Van Dam, N. T. & Earleywine, M. (2011). Validation of the Center for Epidemiologic Studies Depression Scale - Revised (CESD-R): Pragmatic depression assessment in the general population. <i>Psychiatry Research</i> , 182, 128-132. ,
Notes:	

<b>Directions:</b>	Below is a list of the ways you might have felt or behaved. Please select how often you have felt this way during the past two weeks.	
<b>Variable</b>	<b>Question</b>	<b>Responses</b>
cesdr01	My appetite was poor.	0 = Not at all or less than 1 day, 1 = 1-2 days, 2 = 3-4 days, 3 = 5-7 days, 5 = Nearly every day for 2 weeks
cesdr02	I could not shake off the blues.	0 = Not at all or less than 1 day, 1 = 1-2 days, 2 = 3-4 days, 3 = 5-7 days, 5 = Nearly every day for 2 weeks
cesdr03	I had trouble keeping my mind on what I was doing.	0 = Not at all or less than 1 day, 1 = 1-2 days, 2 = 3-4 days, 3 = 5-7 days, 5 = Nearly every day for 2 weeks
cesdr04	I felt depressed.	0 = Not at all or less than 1 day, 1 = 1-2 days, 2 = 3-4 days, 3 = 5-7 days, 5 = Nearly every day for 2 weeks
cessdr05	My sleep was restless.	0 = Not at all or less than 1 day, 1 = 1-2 days, 2 = 3-4 days, 3 = 5-7 days, 5 = Nearly every day for 2 weeks
cesdr06	I felt sad.	0 = Not at all or less than 1 day, 1 = 1-2 days, 2 = 3-4 days, 3 = 5-7 days, 5 = Nearly every day for 2 weeks
cesdr07	I could not get going.	0 = Not at all or less than 1 day, 1 = 1-2 days, 2 = 3-4 days, 3 = 5-7 days, 5 = Nearly every day for 2 weeks
cesdr08	Nothing made me happy.	0 = Not at all or less than 1 day, 1 = 1-2 days, 2 = 3-4 days, 3 = 5-7 days, 5 = Nearly every day for 2 weeks
cesdr09	I felt like a bad person.	0 = Not at all or less than 1 day, 1 = 1-2 days, 2 = 3-4 days, 3 = 5-7 days, 5 =

		Nearly every day for 2 weeks
cesdr10	I lost interest in my usual activities.	0 = Not at all or less than 1 day, 1 = 1-2 days, 2 = 3-4 days, 3 = 5-7 days, 5 = Nearly every day for 2 weeks
cesdr11	I slept much more than usual	0 = Not at all or less than 1 day, 1 = 1-2 days, 2 = 3-4 days, 3 = 5-7 days, 5 = Nearly every day for 2 weeks
cesdr12	I felt like I was moving too slowly.	0 = Not at all or less than 1 day, 1 = 1-2 days, 2 = 3-4 days, 3 = 5-7 days, 5 = Nearly every day for 2 weeks
cesdr13	I felt fidgety.	0 = Not at all or less than 1 day, 1 = 1-2 days, 2 = 3-4 days, 3 = 5-7 days, 5 = Nearly every day for 2 weeks
cesdr14	I wished I were dead.	0 = Not at all or less than 1 day, 1 = 1-2 days, 2 = 3-4 days, 3 = 5-7 days, 5 = Nearly every day for 2 weeks
cesdr15	I wanted to hurt myself.	0 = Not at all or less than 1 day, 1 = 1-2 days, 2 = 3-4 days, 3 = 5-7 days, 5 = Nearly every day for 2 weeks
cesdr16	I was tired all the time.	0 = Not at all or less than 1 day, 1 = 1-2 days, 2 = 3-4 days, 3 = 5-7 days, 5 = Nearly every day for 2 weeks
cesdr17	I did not like myself.	0 = Not at all or less than 1 day, 1 = 1-2 days, 2 = 3-4 days, 3 = 5-7 days, 5 = Nearly every day for 2 weeks
cesdr18	I lost a lot of weight without trying to.	0 = Not at all or less than 1 day, 1 = 1-2 days, 2 = 3-4 days, 3 = 5-7 days, 5 = Nearly every day for 2 weeks
cesdr19	I had a lot of trouble getting to sleep.	0 = Not at all or less than 1 day, 1 = 1-2 days, 2 = 3-4 days, 3 = 5-7 days, 5 = Nearly every day for 2 weeks
cesdr20	I could not focus on important things.	0 = Not at all or less than 1 day, 1 = 1-2 days, 2 = 3-4 days, 3 = 5-7 days, 5 = Nearly every day for 2 weeks

Construct:	Health-Related Quality of Life
Measure:	Veterans Rand 12-item Health Survey (VR-12)
References:	(Kazis et al., 2004; Selim et al., 2009)
Notes:	

<b>Directions:</b>	This questionnaire asks for your views about your health. This information will help keep track of how you feel and how well you are able to do your usual activities. If you are unsure how to answer a question, please give the best answer you can.	
<b>Variable</b>	<b>Question</b>	<b>Responses</b>
vr01	In general, would you say your health is:	1 = Excellent, 2 = Very Good, 3 = Good, 4 = Fair, 5 = Poor
The following questions are about activities you might do during a typical day. Does <b>your health now limit you</b> in these activities? If so, how much?		
vr02a	<b>Moderate activities</b> , such as moving a table, pushing a vacuum cleaner, bowling, or playing golf?	1 = Yes, limited a lot, 2 = Yes, limited a little, 3 = No, not limited at all
vr02b	Climbing <b>several</b> flights of stairs?	1 = Yes, limited a lot, 2 = Yes, limited a little, 3 = No, not limited at all
<u>During the past 4 weeks</u> , have you had any of the following problems with your work or other regular daily activities <b>as a result of your physical health?</b>		
vr03a	<b>Accomplished less</b> than you would like.	1 = No, none of the time, 2 = Yes, a little of the time, 3 = Yes, some of the time, 4 = Yes, most of the time, 5 = Yes, all of the time
vr03b	Were limited in the <b>kind</b> of work or other activities.	1 = No, none of the time, 2 = Yes, a little of the time, 3 = Yes, some of the time, 4 = Yes, most of the time, 5 = Yes, all of the time
<u>During the past 4 weeks</u> , have you had any of the following problems with your work or other regular daily activities <b>as a result of any emotional problems</b> (such as feeling depressed or anxious)?		
vr04a	<b>Accomplished less</b> than you would like.	1 = No, none of the time, 2 = Yes, a little of the time, 3 = Yes, some of the time, 4 = Yes, most of the time, 5 = Yes, all of the time
vr04b	Didn't do work or other activities as <b>carefully</b> as usual.	1 = No, none of the time, 2 = Yes, a little of the time, 3 = Yes, some of the time, 4 = Yes, most of the time, 5 = Yes, all of the time
vr05	<u>During the past 4 weeks</u> , how much did <b>pain</b> interfere with your normal work (including both work outside the home and house work)?	1 = Not at all, 2 = A little bit, 3 = Moderately, 4 = Quite a bit, 5 = Extremely
These questions are about how you feel and how things have been with you <u>during the past 4</u>		

weeks. For each question, please give the one answer that comes closest to the way you have been feeling.

vr06a	Have you felt <b>calm and peaceful</b> ?	1 = All of the time, 2 = Most of the time, 3 = Some of the time, 4 = A little of the time, 5 = None of the time
vr06b	Did you have <b>a lot of energy</b> ?	1 = All of the time, 2 = Most of the time, 3 = Some of the time, 4 = A little of the time, 5 = None of the time
vr06c	Have you felt <b>downhearted and blue</b> ?	1 = All of the time, 2 = Most of the time, 3 = Some of the time, 4 = A little of the time, 5 = None of the time
vr07	<u>During the past 4 weeks</u> , how much of the time has your <b>physical health or emotional problems</b> interfered with your social activities (like visiting with friends, relatives, etc.)?	1 = All of the time, 2 = Most of the time, 3 = Some of the time, 4 = A little of the time, 5 = None of the time
Now we would like to ask you some questions about how your health may have changed.		
vr08	<u>Compared to one year ago</u> , how would you rate your <b>physical health</b> in general now?	1 = Much better, 2 = Slightly better, 3 = About the same, 4 = Slightly worse, 5 = Much worse
vr09	<u>Compared to one year ago</u> , how would you rate your <b>emotional problems</b> (such as feeling anxious, depressed, or irritable) <b>now</b> ?	1 = Much better, 2 = Slightly better, 3 = About the same, 4 = Slightly worse, 5 = Much worse

Construct:	Physical Activity Intentions
Measure:	
Reference:	(Courneya et al., 1999; Courneya, 1994; Rhodes & Courneya, 2003)
Notes:	

<b>Directions:</b>		
<b>Variable</b>	<b>Question</b>	<b>Responses</b>
int01	In the next three months, my goal is to be physically active	1 = not at all – 7 = every day
int02	Over the next three months, I intend to engage in physical activity ___ times per week	open response
int03	I intent to engage in physical activity at least every other day over the next three months	1 = strongly disagree – 7 = strongly agree

Construct:	Instrumental and Affective Attitudes and Perceived Behavioural Control toward Physical Activity
Measure:	
Reference:	(Courneya, Bobick, & Schinke, 1999; Rhodes & Courneya, 2003) Ajzen, I. (2000). Construction of a standard questionnaire for the theory of planned behavior. <a href="http://www-unix.oit.umass.edu/~aizen/">http://www-unix.oit.umass.edu/~aizen/</a> [Retrieved 20 November 2000].
Notes:	

<b>Directions:</b> To what extent do you agree with the following statements:		
<b>Variable</b>	<b>Question</b>	<b>Responses</b>
atti01	For me, engaging in physical activity for at least 30 minutes, five times per week for the next three months would be:	0 = harmful – 7 = beneficial
atti02	For me, engaging in physical activity for at least 30 minutes, five times per week for the next three months would be:	0 = useless – 7 = useful
atta01	For me, engaging in physical activity for at least 30 minutes, five times per week for the next three months would be:	0 = unenjoyable – 7 = enjoyable
atta02	For me, engaging in physical activity for at least 30 minutes, five times per week for the next three months would be:	0 = unpleasant – 7 = pleasant
pbc01	I am confident I could engage in regular physical activity in the next 3 months if I wanted to do so.	1 = strongly disagree, 2 = moderately disagree, 3 = slightly disagree, 4 = neutral, 5 = slightly agree, 6 = moderately agree, 7 = strongly agree
pbc02	Engaging in regular physical activity over the next 3 months, if I wanted to do so, would be easy.	(same)

Construct:	Psychological Distress
Measure:	Kessler Psychological Distress Scale (2001 version)
Reference :	Andrews, G. & Slade, T. (2001) 'Interpreting scores on the Kessler Psychological Distress Scale (K10)', Australian and New Zealand Journal of Public Health, Vol 25(6), 494-7.  Coombs, T. (2005) 'Australian Mental Health Outcomes and Classification Network; Kessler -10 Training Manual', NSW Institute of Psychiatry.
Notes:	<a href="http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/F1BE59C26A4DE38FCA2579D50015D6FE?opendocument">http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/F1BE59C26A4DE38FCA2579D50015D6FE?opendocument</a>  <a href="http://www.psychsupport.com.au/bundles/gppsui/assets/Kessler_10_Training_Manual.pdf">http://www.psychsupport.com.au/bundles/gppsui/assets/Kessler_10_Training_Manual.pdf</a>

<b>Directions: During the past 30 days:</b>		
<b>Variable</b>	<b>Question</b>	<b>Responses</b>
k01	about how often did you feel tired out for no good reason?	1 = None of the time, 2 = A little of the time, 3 = Some of the time, 4 = Most of the time, 5 = All of the time
k02	about how often did you feel nervous?	(same)
k03	<b>(If not None of the Above on k02)</b> how often did you feel so nervous that nothing could calm you down?	(same)
k04	about how often did you feel hopeless?	(same)
k05	about how often did you feel restless or fidgety?	(same)
k06	<b>(If not None of the Above on k05)</b> how often did you feel so restless that you could not sit still?	(same)
k07	about how often did you feel depressed?	(same)
k08	about how often did you feel that everything was an effort?	(same)
k09	<b>(If not None of the Above on k08)</b> how often did you feel so depressed nothing could cheer you up?	(same)
k10	about how often did you feel worthless?	(same)

Construct:	Physical activity outcome expectancies
Measure:	From NB
Reference:	
Notes:	

<b>Directions:</b> To what extent do you agree or disagree with the following statements?		
<b>Variable</b>	<b>Question</b>	<b>Responses</b>
nb01	Physical activity can be beneficial for managing/preventing cardiovascular disease	1 = strongly disagree, 2 = disagree, 3 = unsure, 4 = agree, 5 = strongly agree
nb02	Physical activity can be beneficial for managing/preventing diabetes	(same)
nb03	Physical activity can be beneficial for managing/preventing some types of cancer	(same)
nb04	Physical activity can be beneficial for managing arthritis and musculoskeletal health	(same)
nb05	Physical activity can be beneficial for managing asthma	(same)
nb06	Physical activity can be beneficial for managing chronic pain	(same)
nb07	Physical activity can enhance quality of life	(same)
nb08	Physical activity can enhance resilience	(same)
nb09	Physical activity can enhance psychological well being	(same)
nb10	Physical activity can enhance life balance	(same)
nb11	Physical activity can enhance coping	(same)
nb12	Physical activity can be beneficial for managing/preventing psychological difficulties	(same)
nb13	Physical activity can be beneficial for	(same)

	managing stress	
nb14	Physical activity can be beneficial for managing/preventing depression	(same)
nb15	Physical activity can be beneficial for managing/preventing anxiety	(same)
nb16	Physical activity can be beneficial for managing substance use disorders	(same)
nb17	Physical activity can be beneficial for managing chronic fatigue syndrome	(same)
nb18	Physical activity can be beneficial for managing mood disorders	(same)
nb19	Physical activity can be beneficial for managing schizophrenia	(same)

Construct:	Sleep
Measure:	Pittsburgh Sleep Quality Index
Reference:	
Notes:	<a href="http://www.sleep.pitt.edu/content.asp?id=1484&amp;subid=2316">http://www.sleep.pitt.edu/content.asp?id=1484&amp;subid=2316</a> (not full scale)

<b>Directions:</b>	<b>The following questions relate to your usual sleep habits during the past month only. Your answers should indicate the most accurate reply for the majority of days and nights in the past month. Please answer all questions.</b>	
<b>Variable</b>	<b>Question</b>	<b>Responses</b>
pitt01	During the past month, what time have you usually gone to bed at night?	Drop down time options
piit02	During the past month, how long (in minutes) has it usually taken you to fall asleep each night?	Number of minutes open option
pitt03	During the past month, what time have you usually gotten up in the morning?	Drop down time options
pitt04	During the past month, how many hours of actual sleep did you get at night? (This may be different than the number of hours you spent in bed.)	Hours open options
pitt05	During the past month, how would you rate your sleep quality overall?	1 = very good, 2 = fairly good, 3 = fairly bad, 4 = very bad

## 1 MONTH FOLLOW-UP ONLY

Construct:	Website Usability
Measure:	From CV
Reference:	
Notes:	

<b>Directions:</b>		
<b>Variable</b>	<b>Question</b>	<b>Responses</b>
use01	How many times did you visit the website since the start of the study?	Drop down list 0-30 +
use02	On average, how much time did you spend using the website each time you logged on?	Drop down list 0 – 60+ minutes
web01	To what extent would you like to continue to use this website?	0 = none, 1 = not much, 2 = a little, 3 = some, 4 = a lot, 5 = very much
web02	To what extent did you find the website unnecessarily complex?	(same)
web03	To what extent did you find the website easy to use?	(same)
web04	To what extent did you think that most people could learn to use this website very quickly?	(same)
web05	To what extent were you confident using this website?	(same)
web06	To what extent were you able to easily find your way around the website?	(same)
web07	To what extent did you like the presentation and layout of the website?	(same)
web08	To what extent did the website help motivate you to be more physically active.	(same)
web09	What did you like about the website?	Open response
web10	What did you not like about the website?	Open response



