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## INFORMATION SHEET

(for 'Students')

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**Title:** 'Physical activity during a pandemic: an exploratory study of university students' physical activity during COVID-19'

### Researcher(s)

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### Description of the study

This study is part of the project titled "Physical activity during a pandemic: an exploratory study of university students' physical activity during COVID-19". The study aims to use Photovoice, where participants photograph and reflect on their experiences, to explore students' experiences of physical activity during the various stages of the pandemic. This project is supported by Flinders University, College of Medicine and Public Health.

### Purpose of the study

This study aims to find out about students' experiences of physical activity during the COVID-19 pandemic.

### What will I be asked to do?

Your involvement will include **taking daily photographs** (using a mobile phone or other digital camera) over a two-week period that represent your experiences of physical activity. You will then be asked to **upload your three photographs** that best represent your experiences, providing a

commentary on why you chose these photographs, to a dedicated FLO site. You will also be invited to complete an anonymous questionnaire exploring psychological wellbeing. The questionnaire can be completed online and will take around 10 minutes. Please note that photographs depicting other people can only be included if they are not identifiable (e.g., their face is blurred, or they can only be seen from behind). Photographs depicting illegal material or activities will not be accepted on the FLO site.

We will be hosting an online exhibition of photographs sharing students' experiences. You can elect to take part in the exhibition, anonymously if you choose. In addition, 20 students will be randomly selected to participate in focus group interviews (conducted online) to discuss their photos and experiences. Focus group participants will be provided with a \$20.00 Coles voucher in recognition of their participation time.

### **What benefit will I gain from being involved in this study?**

By participating in this study, you will have the opportunity to share your experiences of COVID-19 with the Flinders University community.

### **Will I be identifiable by being involved in this study?**

You will be identifiable to other project participants on the dedicated project FLO site, and if you choose, in the online photographic exhibition (your name will be linked only to your photographs, not your comments).

Any identifying information will be removed from the analysis of the photographs and commentary, and your comments will not be linked directly to you. All information and results obtained in this study will be stored in a secure way, with access restricted to relevant researchers.

### **Are there any risks or discomforts if I am involved?**

The researcher anticipates few risks from your involvement in this study, however, given the nature of the project, some participants could experience emotional discomfort when commenting on their experiences of COVID-19. If any emotional discomfort is experienced please contact Flinders Counselling Service (08) 82012118, email: [counselling@flinders.edu.au](mailto:counselling@flinders.edu.au) for support / counselling that may be accessed free of charge. You can also access free mental health services through Lifeline by calling them on 13 11 14 or chatting online via [www.lifelineadelaide.org](http://www.lifelineadelaide.org), or through beyondblue Support Service by calling them on 1300 22 4636 or chatting online via [www.beyondblue.org.au](http://www.beyondblue.org.au). If you have any concerns regarding anticipated or actual risks or discomforts, please raise them with the researcher.

### **How do I agree to participate?**

Participation is voluntary. You may refuse to answer any questions, and you are free to withdraw the project at any time without penalty.

Two consent forms accompany this information sheet:

- Consent to participate in the submission of photographs and your commentary to the FLO site
- Participant Photograph release form

If you agree to participate please read and sign the forms and send them back to me at [Candice.oster@flinders.edu.au](mailto:Candice.oster@flinders.edu.au).

### **Recognition of Contribution**

If you would like to participate, in recognition of your contribution, you will be entered into a draw to win one of ten \$50 Coles gift vouchers.

### **How will I receive feedback?**

On project completion, outcomes of the project will be given to all participants via the exhibition website. If you would like to be emailed about project outcomes, please inform Dr Oster when you send your consent form.

Thank you for taking the time to read this information sheet, and we hope that you will accept our invitation to be involved.

*This research project has been approved by the Flinders University Social and Behavioural Research Ethics Committee in South Australia (Project number 8655). For queries regarding the ethics approval of this project please contact the Executive Officer of the Committee via telephone on +61 8 8201 3116 or email [human.researchethics@flinders.edu.au](mailto:human.researchethics@flinders.edu.au)*