

The Movement Program – Exercise Instructor Information Sheet & Consent Form

Title	The Movement Program: trans-specific exercise program for clients at gender diversity services.
Short Title	The Movement Program
Coordinating Principal Investigator/ Principal Investigator	Professor Ashleigh Lin, A/Prof Bonnie Furzer, Prof Ben Jackson, Dr Kemi Wright, Felicity Austin (PhD Candidate)
Location	Thriving in Motion (Exercise and Sport Science, The University of Western Australia, Crawley)

The Movement Program: A trans-specific exercise program for clients at gender diversity services.

1. What is the purpose of this research?

This study aims to trial a trans-specific exercise program to improve the health and well-being of adolescents within Gender Diversity Services.

2. Why are we doing the study?

We know from previous research that trans young people are at a higher risk of mental and physical health challenges. There is no dedicated exercise service within the Gender Diversity Service at Perth Children's Hospital. Recognising the proven benefits of exercise for overall health, integrating exercise into the care of trans adolescents may offer a new way to improve physical health, quality of life and general well-being.

The study will help us to understand the impact exercise can have on the health and wellbeing of trans adolescents. It will also help us to understand whether this service can complement the current health services of the GDS and lead the way for other Australian gender services.

3. What is the Movement Program?

We are inviting all GDS clients aged 10-17 years who are part of the GENTLE Cohort to participate in a 12-week Movement Program. The young people will participate in a group 12 week exercise program, run weekly, and complete evaluation questionnaires and a fitness assessment before and after the program. We will also invite stakeholders (e.g., parents/carers of the movement program participant and exercise instructors) to complete an evaluation survey and/or participate in face-to-face or online interviews after completion of the Movement Program to provide feedback about the effectiveness of the program.

4. What is required for the Exercise Instructor to participate in the study?

The researchers are evaluating the feasibility and effectiveness of the Movement Program. We would like to invite all exercise instructors to participate in this research and provide further feedback evaluating the Movement Program.

You will have the option to complete an evaluation survey and to participate in face-to-face or online interviews following the 12-week Movement Program to share your experiences of the

Movement Program, such as what was helpful and what could be improved. The interviews will be audio recorded, and later transcribed, in order to allow the research team to study your responses and look for themes in the answers provided. Interviews will last approximately 30 minutes. Whether or not you choose to participate in this study will not affect your involvement in the Movement Program.

5. Is there likely to be a benefit to you?

Your participation in this research will provide valuable insight into the health outcomes and most effective operation of the Movement Program. Being a part of this study will help the researchers to understand what works best for trans young people in staying active. The results will guide how we support them in exercising safely and help us plan future research.

6. What are the possible risks and disadvantages of taking part?

We do not anticipate any risks to you from being involved in this project. If you agree to take part in the evaluation surveys and interviews after the program, you don't have to answer every question if you don't want to.

7. Who is organising and funding the research?

This study is being conducted by Professor Ashleigh Lin from UWA who is part of the GENTLE team and works closely with GDS team at PCH. The Movement Program is a partnership between the GDS, UWA, Telethon Kids Institute, and Thriving in Motion. Associate Professor Bonnie Furzer, Accredited Exercise Physiologist from UWA, will be co-facilitating the research project, alongside Felicity Austin, Accredited Exercise Physiologist and PhD student. This project will form a part of Felicity Austin's degree.

8. Does you have to take part in this study and what happens if you change their mind?

No, participation in this research project is voluntary. Whether you decide to participate or not, your choice will be respected. If you choose to take part and later change your mind, that is ok too. If you do want to take part in this study, you will need to sign the consent form attached and you will be given a copy to keep. If you do choose to participate and later decides to withdraw we will delete your data if you ask us to.

10. Reimbursement

You will not be reimbursed for participating in this study.

11. Where will the collected information be kept?

All information collected as part of this research will be de-identified, treated as private and kept in a locked filing cabinet or stored securely on site at UWA in the School of Human Sciences. The only people who have access to this database are the research team at UWA. We will give your information a special code, and all information will be stored using this code, not your name. All your information will be kept confidential, and only the research team will be able to see it. Audio recordings of the interviews will be transcribed (typed out) and then stored on the computer. These will also be stored using the special code and not your name.

12. What about your privacy?

In addition to the information in paragraph 11, in most situations, we will treat what you tell us as being private and confidential. The only circumstance we will reveal any information in is if the law requires us to do so. Any data that is published and/or presented will be provided in such a way that individuals cannot be identified.

13. What happens with the collected information?

We will publish the findings from the Movement Program in academic journals. We may also present the findings at conferences, training and workshops. We will never publish or present information in a way that could identify you.

14. Who has approved the study?

All research in Australia involving humans is reviewed by an independent group of people called a Human Research Ethics Committee (HREC). The ethical aspects of this research project have been approved by the Child and Adolescent Human Research Ethics Committees of the Perth Children's Hospital. This project will be carried out according to the *National Statement on Ethical Conduct in Human Research (2007)* produced by the National Health and Medical Research Council of Australia. This statement has been developed to protect the interests of people who agree to participate in human research studies.

If you have any complaints about any aspect of the project, the way it is being conducted or any questions about being a research participant in general, then you may contact:

Executive Director Medical Services, Perth Children's Hospital - 08 6456 2222

15. Who do you contact for more information about this study?

If you have any questions or concerns about this study, please do not hesitate to contact Professor Ashleigh Lin, Co-ordinating Principal Investigator, at The University of Western Australia, on ashleigh.lin@uwa.edu.au. She will be happy to answer your questions.

You may keep a copy of the Participant Information Form and/or Participant Consent Form related to this project.

16. What do you do next if you would like to take part in this research?

If you would like to take part in this research study, please contact Felicity Austin on felicity.austin@research.uwa.edu.au or 0403 600 960.

Thank you for taking the time to read this Information Sheet.

The Movement Program: Exercise Instructor Consent Form

Title The Movement Program: trans-specific exercise program for clients at gender diversity services.
- a GENTLE sub-study

Short Title The Movement Program

**Principal Investigator,
Coordinating Investigators** Professor Ashleigh Lin, A/Prof Bonnie Furzer, Prof Ben Jackson, Dr Kemi Wright, Felicity Austin (PhD Candidate)

Location Thriving in Motion (Exercise and Sport Science, The University of Western Australia, Crawley)

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Declaration by Exercise Instructor in the Movement Program:

I have read the Exercise Instructor Participant Information Sheet. I have been given a copy of the information sheet to keep also. I have had an opportunity to ask questions and I am satisfied with the answers I have received.

I understand the purposes, procedures and risks of the research described in the project.

I agree that research data from the results of the study and quotes may be published provided my name or any identifying data is not used. The only exception to this principle of confidentiality is if this information is required by law to be released.

I have been advised as to what data is being collected, the purpose for collecting the data, and what will be done with the data upon completion of the research.

I agree to participate in the evaluation survey as part of this research: Yes ☐ No ☐

I agree to be interviewed as part of this research, and as such I agree to have my conversation audio recorded: Yes ☐ No ☐

Participant's name: _____

Signature of Participant: _____ Date:/...../.....

Declaration by Researcher[†]

I have given a verbal explanation of the research project, its procedures and risks and I believe that the exercise instructor participant has understood that explanation.

Name of Study Researcher [†] (please print)	
Signature	Date

† A member of the research team must provide the explanation of, and information concerning, the research project.

Note: All parties signing the consent section must date their own signature.