

The Movement Program: Movement Program Participant 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. You will participate in a group 12 week exercise program, run weekly, and complete evaluation questionnaires and a fitness assessment before and after the program.

2 . Why are we doing the study?

Research shows that trans young people face more mental and physical health challenges. Currently, there is no exercise service for you within the Gender Diversity Service at Perth Children's Hospital. Since exercise is known to improve overall health, adding it to the care for trans adolescents could boost your 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.

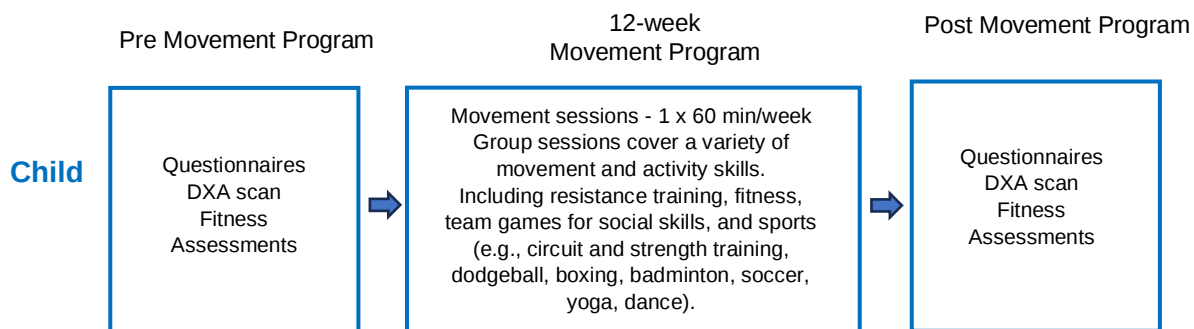
3. What is required for you?

We are inviting all GDS clients aged 12-17 years who are part of the GENTLE Cohort to participate in a 12-week Movement Program. You must try to attend all sessions of the Movement Program (60-minute duration for 12 weeks) and complete the evaluation questionnaires and fitness assessments before and after the program (1 – 1.5 hours in duration).

We will also invite your parent/carer to complete an evaluation survey and/or participate in face-to-face or online interviews after completion of the Movement Program to understand what they thought of the program as your carer. If they don't want to be involved, you can still participate, as long as they consent to you being a part of the Movement Program.

The Movement Program

The Movement Program looks like this Figure.



You will need to attend weekly sessions, lasting 60 minutes for 12 weeks. A maximum of 10 participants (i.e., 12 – 17 year olds) will attend each session and it will be run by two exercise instructors from Thriving in Motion. Sessions will run from: 4.30pm – 5.30pm on a Thursday. The 12-week Movement Program, and pre and post fitness measures will take place at Thriving in Motion which is at the School of Exercise and Sport Science at the University of Western Australia in Crawley.

We will ask you to do some questionnaires before the Movement Program starts and when it is finished. These should take you about 30 minutes. You can complete the questionnaires either online or in paper format. There will also be a fitness assessment at the beginning and the end of the Movement Program. This is shown in the Table below. It takes about 60 minutes. You will be given all the results from the questionnaires and fitness assessments in a report to keep. The report could be used to help you with any exercise or movement programs you may do in the future.

During the Movement Program, we will ask you to answer three brief questions at the end of each weekly session. You can respond online or on paper. These questions will help the research team gauge your enjoyment of each session, your motivation for the next week, and your perceived effort during the session. You will have the option to participate in a home exercise program made specifically for you and complete a weekly physical activity diary if you would like to.

We will also invite you to participate in an interview at the end of the Movement Program. This is a way for you to share your experiences of participating in the Movement Program. For example, what did you find helpful or what could be improved. The face-to-face or online interviews will be audio recorded, and last approximately 30 minutes.

Pre and post intervention physical assessment = We will ask you to complete a 'Fitness Assessment' to evaluate strength, fitness, balance, power, and flexibility. If any assessment reveals a potential health concern, we will provide detailed reports and refer you to an appropriate health professional if necessary. Each assessment session will take 1-1.5 hours in duration.

This table below shows what you will do during the fitness assessment. We know it is difficult to understand so please ask the researcher more questions.

Outcome	Details of Assessment
Body Measurements (Height, Mass)	We will use body measurements to complete the DXA scan. Measurements that are not self-reported will be taken with scales and a stadiometer.
Body Composition (DXA)	A whole-body DXA scan will measure your body composition (lean mass, fat mass, and bone mineral content). The scan takes 7-12 minutes, during which you will lie still on a scanning bed.
Physical Measures	a. Resting blood pressure b. Resting heart rate
Strength	Muscle strength will be measured by a. Grip strength b. Plank hold (0.1sec) c. Squats in 60 seconds d. Push ups in 60 seconds
Fitness: 3-minute step test	The 3 minute step test is designed to measure aerobic fitness, based on how quickly your heart rate recovers after the exercise. The test will be performed until you have reached the desired timeframe or can no longer continue with the test.
Balance: Star Excursion Balance Test	The star excursion balance test will check how well you can balance on one leg while reaching in eight different directions.
Power: Standing Vertical Jump / Standing Broad Jump	The standing vertical jump and standing broad jump both measure explosive power. The vertical jump tests how high you can jump from a standing position, while the broad jump tests how far you can jump forward from a standing position.
Flexibility: Sit and Reach	The sit and reach test will be used to measure baseline flexibility of the hamstrings and back.

4. Is there likely to be a benefit to participation in this study?

We believe you might feel more confident and motivated to be active after participating in the Movement Program. You might also find support, form friendships from other participants and see improvements in your overall health and well-being. The information from the assessments will also tell you about your physical health, which could help you with any exercise or movement programs you may do in the future.

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.

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

There are minimal risks from taking part in this study, however you may experience some possible discomfort during the physical tests before and after the program. You might feel tired legs, faster heartbeats, or quicker breathing during these tests. It's normal for these reactions to happen during physical activities, but they might feel strange or uncomfortable - you can stop any test if it feels too uncomfortable.

You will also have to get a low-dose X-ray called a DXA total body scan to measure your body composition. It's like getting a very small amount of radiation, about one thousandth of what you'd get in a year from living in Perth.

Before you join, you will need to fill out a form called the Exercise and Sports Science Australia Pre-Exercise Screening System for Young People. If this form shows that there could be risks exercising, you may need to get approval from your doctor before participating.

If you feel upset or uncomfortable during any part of the study, the researchers will support you in seeking further help. They will give you contact details for support services before the study begins. Before we start the first exercise session, the facilitators will make sure everyone agrees to keep things private and respectful.

If you agree to take part in the interviews after the program, you don't have to answer every question if you don't want to. This project was created by researchers, including trans people. They want to ensure the study respects you and meets the needs of the trans community, and they have measures in place to make you feel comfortable during the study.

6. 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.

7. Do you have to take part in this study and what happens if you change your 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. Your parent or guardian will also need to consent. Whether you participate, withdraw, or change your mind, it will not impact your routine treatment or relationship with those treating you at the GDS, UWA, or Telethon Kids Institute. If you do decide to withdraw from the project, any information collected about you up to that point can be deleted if you so choose.

9. Reimbursement

Attendance will not cost you anything, and you will not receive any reimbursement. The 12-week exercise program and the pre- and post-fitness assessments will take place at the School of Exercise and Sport Science at the University of Western Australia in Crawley. Paid parking is available right outside the facility, and there is free 2-hour parking on nearby side streets.

10. 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. Any hard copies will be kept in locked filing cabinets at UWA's School of Human Sciences for 7 years after publication or until the youngest participant turns 25, whichever is longer. 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.

After the required retention period, the University's Records, Archives & Digitisation Services (RADS) team will check for any outstanding actions before destroying the records, according to UWA standard practice.

11. What about your privacy?

In addition to paragraph 10, we will treat what you share with us as private and confidential. The only exception would be if we are legally required to disclose information. Any data published or presented will be anonymized to protect identities. While we will ask participants to keep information confidential, since it's a group program, we cannot guarantee their compliance.

12. What happens with the collected information?

You will receive a summary of the results of the study by email approximately three months after the project is completed. 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.

13. 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 (2023)* 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:

Reviewing HREC approving this research: Dr Natalie Giles, Child and Adolescent Human Research Ethics Committee, HREC Chair, (08) 6456 8639, CAHS.Ethics@health.wa.gov.au

14. 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.

15. 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: Movement Program Participant 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)

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

Declaration by Movement Program Participant for participation in the Movement Program:

I, _____ (researchers name) have read the study information as per the script below to the Movement Program Participant and answered any questions.

Study information:

The Movement Program aims to create a specific evidence informed physical activity program to improve the health and well-being of trans adolescents accessing servicing within the Western Australian Gender Diversity Services. The findings from this study will inform current and future services around a) the role of exercise in the wellbeing of young trans and gender diverse adolescents b) how to support trans and gender diverse adolescents to safely engage in exercise, and c) highlight future research opportunities and interventions for positive long term health outcomes. You will need to attend 12 weekly movement sessions, lasting 60 minutes, involving strength, fitness and team games and/or sporting activities. You will also participate in an assessment of physical fitness, complete a full body composition scan, and questionnaires related to physical activity participation, quality of life and wellbeing both before and after the movement program. If you take part in the interview part at the end of the Movement Program, your interview will be audio-recorded.

I agree to participate in the Movement Program: Yes ☐ No ☐

I agree to participate in the interview and to have my conversation audio recorded:
Yes ☐ No ☐

Signature of researcher providing information _____ Date _____

Participant Name _____

Participant Signature _____ Date _____