

The Movement Program: Parent/Carer 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. Your child will participate in a group 12 week exercise program, run weekly, and complete 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 them 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 their 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.

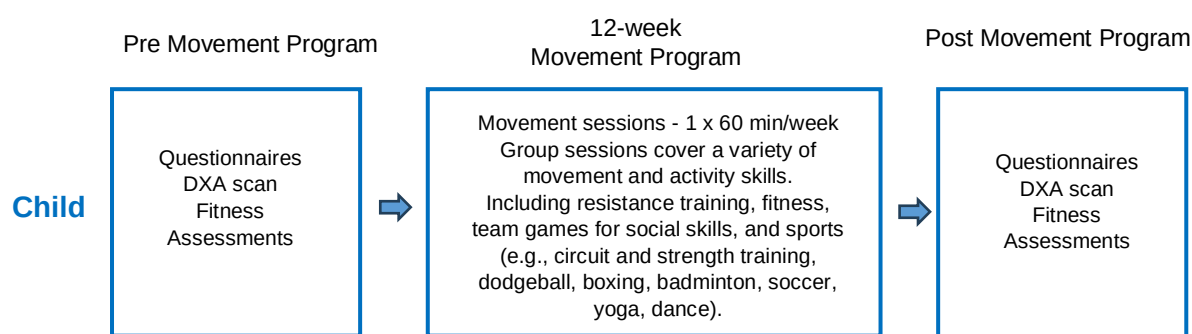
3. What is required for your child?

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. Your child 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 a parent/carer to complete an evaluation survey and/or participate in face-to-face or online interviews after completion of the Movement Program. This will help researchers to understand the perceptions of the program for their child. If you don't want to be involved, your child can still participate as long as you consent to them being a part of the Movement Program.

The Movement Program

The Movement Program looks like this Figure.



Your child 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.

Your child will be asked to do some questionnaires before the Movement Program starts and when it is finished. These should take them about 30 minutes. They 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 your child with any exercise or movement programs they may do in the future.

During the Movement Program, we will ask your child to complete three very short questions each week at the end of each session. They can complete the questions either online or in paper format. These questions are to help the research team to understand how much they enjoyed each exercise session, their motivation to come to the next week's exercise session, and how hard they think they worked during the session. Your child will have the option to participate in a home exercise program made specifically for them and complete a weekly physical activity diary if they would like to.

We will also invite your child to participate in an interview at the end of the Movement Program. This is a way for them to share their experiences of the Movement Program. For example, what was 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 = Your child will complete a 'Fitness Assessment' of 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 we will do during the fitness assessment. If you have any further questions 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 body composition (lean mass, fat mass, and bone mineral content). The scan takes 7-12 minutes, during which your child 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 fitness, based on how quickly your heart rate recovers after the exercise. The test will be performed until your child has 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 your child 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 your child can jump from a standing position, while the broad jump tests how far they can jump forward from a standing position.
Flexibility – Sit and Reach	The sit and reach test will be used to measure flexibility of the hamstrings and back.

What is required if you do the evaluation survey and interview?

You will also have the option to complete an evaluation survey and participate in face-to-face or online interviews following the 12-week Movement Program to share your experiences of your child's participation in 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 child's involvement in the Movement Program.

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

We believe your child might feel more confident and motivated to be active after participating in the Movement Program. They might also find support from other participants, form friendships and see improvements in their overall health and well-being. The information from the assessments will also tell you about their physical health, which could help your child with any exercise or movement programs they 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 for your child from taking part in this study, however your child may experience some possible discomfort during the physical tests before and after the program. They might feel tired legs, faster heartbeats, or quicker breathing during these tests. It's normal for these reactions to happen during physical activities but may feel strange or uncomfortable for them. They can stop any test if it feels too uncomfortable.

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

Before your child joins, they 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, your child may need to get approval from a doctor before participating.

If your child feels upset or uncomfortable during any part of the study, the researchers will support them in seeking further assistance. They will give you and your child contact details for support services before the study begins. Before the first exercise session, the facilitators will ensure everyone agrees to keep things private and respectful.

If you and/or your child agree to be interviewed after the program, you don't have to answer every question. This project was created by researchers, including trans people. They want to ensure the study respects your child 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. Does your child have to take part in this study and what happens if they change their mind?

No, participation in this research project is voluntary. Whether your child decides to participate or not, their choice will be respected. If they choose to take part and later change their mind, that is ok too. If your child does 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. Whether your child participates, withdraws, or changes their mind, it will not impact your child's routine treatment or relationship with those treating them at the GDS, UWA, or Telethon Kids Institute. If they do decide to withdraw from project, any information collected about them up to that point can be deleted if you and your child so choose.

9. Reimbursement

Attendance will not cost you or your child anything. 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 and your child 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: Parent/Carer Participant Consent Form

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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 Parent/Carer for your child to participate in the Movement Program:

I have read the Parent/Carer Participant Information Sheet. I have been given a copy of the information sheet to keep also.

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

I have had an opportunity to ask questions and I am satisfied with the answers I have received.

I freely agree for my child to participate in this research project as described and understand that I am free to withdraw them at any time during the project without any adverse impact on my relationship with the Gender Diversity Service, Perth Children's Hospital or Telethon Kids' Institute. I understand withdrawal is not possible once data is submitted.

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 for my child to participate in the Movement Program: Yes ☐ No ☐

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

Parent/Carer name: _____

Signature of Parent/Carer: _____ Date:/...../.....

Please indicate any special requirements or needs for your child in attending the program:

PARENT/CARER PARTICIPATION IN THE INTERVIEWS

We will contact a number of willing parents/carers to discuss their own experiences of the Movement Program, by attending face to face or online interviews after the 12-week program. If you are a parent/carer and do not wish to participate in this part of the study it will in no way affect your child's opportunity to attend the Movement Program.

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

I understand that I do not have to answer particular questions if I do not want to and that I can withdraw at any time without needing to give a reason and without consequences to myself.

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

Parent/Carer's name: _____

Signature of Parent/Carer: _____ Date:/...../.....

Declaration by Researcher[†]

I have given a verbal explanation of the research project, its procedures and risks and I believe that the parent/guardian of the movement program 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.