

Participant Information Sheet

Acceptability of Web-based Physiotherapy for People Undergoing Stroke Rehabilitation and Their Carers

This is an invitation to take part in a research study. The study is being carried out by a PhD candidate and academic staff in the School of Medicine, Dentistry and Nursing at the University of Glasgow.

Before you decide whether or not to take part it is important for you to understand why the research is being undertaken and what it will involve. Please take time to read the following information carefully and discuss it with others if you wish. Ask us if there is anything that is not clear or if you would like more information.

Thank you in advance for taking the time to read this and to decide whether or not you wish to take part.

Why have I been chosen?

We have developed and evaluated a website (www.webbasedphysio.com) for the remote delivery and monitoring of physiotherapy exercise programmes. To date we have not evaluated its effectiveness in people who have had a stroke. The first step in doing so is to get the views of people who have had stroke and/or their carer/significant other so we can develop the current site to ensure it is appropriate for people after stroke. You have been chosen to take part as you have had a stroke and/or live/care for a person who has had a stroke and who are happy to share their opinions about our website.

What is the aim of the study?

The aim of this study is to adapt the web-based physiotherapy website for use by people with stroke and their family/carers, based on their opinions about the website.

Do I have to take part?

Being a part of the study is entirely voluntary, so it is your decision. The research team will demonstrate the website to you, after that, they will ask you questions related to the website. Remember that you will be able to withdraw from the study at any time, without giving any reason.

What will happen to me if I take part?

If you decide to take part in the study, the chief investigator will contact you by telephone or email to arrange for you to participate in three different focus groups. The researcher will ask you to give your written consent to take part before the start of the first focus group, and you will be asked to give details about your age, gender, time since stroke (stroke survivors only), relationship to stroke survivor (carers only), occupation, ethnicity, education level, level of familiarity with using the internet, and general health status

The focus group will include up to six people with stroke and their carers to discuss the acceptability of our web-based physiotherapy website, <https://www.webbasedphysio.com/>. The research team will show you the website and how to use it. These focus groups will be informal and will last approximately 60 minutes for each. The focus groups will be held at an accessible room in the University of Glasgow.

In each focus group the researcher will start by introducing themselves and will explain the topic for discussion. A second person from the research team will be present to take some notes and the focus group will be audio-recorded. The researcher will ask some questions to encourage discussion about the web-based physiotherapy website. In the first focus group meeting, a full demonstration of the website and how to use it will be given. You will then be given log-in information so you can access some exercises on the website over the following one week.

One week after the first focus group, the second focus group will be arranged. In the second focus group, we will ask about your views and opinions on the website and what changes we should make to the website to make it better.

We will then aim to make those changes which might take up to two months, after that the third focus group will be arranged. In the third meeting, the modified website will be demonstrated to get your feedback and to check whether this revised version is acceptable for people with stroke.

What are the possible risks of taking part?

There are no foreseeable risks in taking part in this study. However, the study will take up some of your time.

What are the possible benefits of taking part?

There are no direct benefits from taking part, however some people enjoy meeting and talking to others who have had similar experiences. The study may benefit other stroke survivors who use the web-based physiotherapy website in the future.

Expenses and payment

A £30 M&S gift voucher will be provided to you at the end of the third focus group. In addition, we will cover reasonable local travel expenses. Refreshments will be provided in each focus group.

Will my taking part in this study be kept confidential?

Yes, all data collected throughout the study will be kept strictly confidential. You will be given a unique identification number, so data will be anonymised for storage and only the research team will be able to access your information. In addition, all the audio-recordings from focus groups will be destroyed.

What will happen if I don't want to continue in the study?

You are free to withdraw at any time, without giving any reason, without your legal rights or your care being affected.

What if there is a problem?

We do not expect problems to be caused by this study. But, if you have any concern about any aspect of this study, you can contact any member of the research team (see contact details below).

What happens to the results of the research study?

The study findings may be published in an academic journal or presented at scientific meetings. The findings will also be presented as part of a PhD thesis. Moreover, a summary of findings will be sent to all participants who wish to see them.

Who has reviewed this study?

The study has been approved by the University of Glasgow, College of Medicine, Veterinary and Life Science Research Ethics Committee.

Contact details

If you are interested in participating, please contact:

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If you have questions or concerns about the study, please contact:

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Thank you for your time