

Child Information Sheet

Study Title	A digital health education program promoting physical activity for childhood cancer survivors: A hybrid effectiveness-implementation trial of 'Making Moves'
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This information sheet has been put together to help you choose if you would like to take part in our research study about an online physical activity program.

1. What is this study about?

We are researchers at the University of New South Wales, Sydney Children's Hospital, University of Technology Sydney, and Sydney University. We are trying to find out if our online program, called 'Making Moves' can help you with your physical activity. Finding out these things will help us see if this program can be used for future children with cancer.

2. Do I have to be in this study?

No, you don't. If you say no, that is ok. You and your parents/carers will decide if being in this study is the right thing for you.

Even if you take part at the beginning and change your mind later and don't want to be a part of the study anymore; that is okay as well. All you need to do is tell the researcher or your parents/carers that you don't want to take part anymore. We will still look after you in the best way we can.

3. What will happen to me in this study?



If you join this study, you will learn about being active and eating healthy using our online program called '**Making Moves**'. You can use Making Moves on a phone, tablet/iPad, or computer. You will also be given a **Fitbit tracker** to see how active you are. You can keep the Fitbit, even after the study.



Making Moves has **8 modules** with physical activity information, fun facts, tips to get active, and exercise videos to follow along to at home. You will do 1 module each week for 8 weeks. Each module will take around 10-20 minutes to complete.

The Making Moves module topics are:

Module number	Topic
1	Welcome
2	Living a physically active lifestyle
3	Sedentary behaviour: don't just sit and sit and sit!
4	How much exercise do I need to do?
5	Staying fit and motivated
6	Let's get stronger!
7	Flexibility, balance, and coordination
8	Healthy eating

There will be lots of exercise videos for you to choose from. You can watch as many as you like. You can complete the exercises alone or with your family or friends.

Examples of exercise videos are:



Strength exercises (like learning how to do a push up)



Stretching and flexibility



Balance exercises (like yoga or balancing on one leg)



Sports skills (like soccer or basketball)



Exercises that get your heart pumping (like jumping and running)

You can also **talk to an Exercise Professional**. They will be online and there will be up to **5 sessions**. During these sessions, you will:



- Talk about your physical activity levels.
- Set some goals.
- Ask any questions about your exercise.
- Do a short walking test (only done in 3 sessions).
- Do a short strength test (only done in 3 sessions).

We will also ask you to **complete a survey** and wear a **research activity tracker** (different to the Fitbit) 3 times:

1. Before your start **Making Moves**
2. After you finish **Making Moves**, and
3. 6-months later.



This research activity tracker records your physical activity levels. We ask you to wear this tracker for 5 days in a row, including the weekend. You will need to mail back this activity tracker after you have worn it. Researchers will see if your physical activity levels changed after using our program. All information will be private.

After you finish the Making Moves program, we would like you and your parent/carer to tell your Exercise Physiologist if you liked doing the program. You can also give us suggestions.

4. How do I use the Fitbit? What information is collected?



To use the Fitbit, you wear it on your wrist and you can see how active you have been each day. You do not need to download the app, but you can if you want to. If you choose to download the app, you will need a phone or tablet/iPad. You can ask your parent/carer to help you. The Fitbit is for you to keep so that you can see how active you are, even after the study has finished. Researchers will not collect information from your Fitbit, but the Fitbit company may collect your personal information when you use it.

5. What website company does Making Moves use? What information is collected?

The Making Moves program is used on Wix, a website company. When you use Making Moves on your phone, tablet/iPad or computer, Wix will collect information like how long you are on each page or how many pages you click on. We will create a private user account for you so that Wix does not collect any private information about you. After the study is finished, we will delete all user accounts.

6. Is there anything that could make me upset if I take part in the research?

Doing this research study should not make you upset. You might do more exercise. There are very small risks of exercising, but it is like playing sport. We will ask your doctor if it is safe for you to join this study.

If anything you talk about during the research does make you upset, you can stop the research. Your parents/carers will be told and you will be given the names of people you can talk to about what is making you upset, if that is what you want to do. The researchers can help you do that. You can also call the Kids Helpline at any time on 1800 55 1800.

7. What will happen to my information?

Your information will only be used by the researchers. You can tell them whatever you want and no-one will know that it came from you. The only time the researchers would have to tell someone is if anyone hurt you or upset you in any way. The researchers would also have to tell someone if you said you might hurt yourself or someone else.

8. Who can answer my questions?

If you have any questions, you can talk to Dr Lauren Ha on (02) 9065 0406 or email lauren.ha@unsw.edu.au. You can also ask your parents/carers to talk to us.

This study has been approved by the Sydney Children's Hospitals Network (SCHN) HREC (approval number: 2023/ETH01614).