

PARTICIPANT INFORMATION SHEET

GLA:D IRELAND EXERCISE & EDUCATION PROGRAMME REGISTRY FOR HIP AND KNEE OSTEOARTHRITIS

Dear Participant,

The following information will tell you more about what participation in the GLA:D Ireland registry for people with hip and knee osteoarthritis (OA) will involve.

What is the study about?

GLA:D[®] (or Good Living with osteoArthritis from Denmark) is a non-profit initiative that developed an exercise and education programme for people with chronic hip and knee pain. The programme has been delivered to over 80,000 patients globally across eight countries to date. After finishing the programme, people have reported up to 30% less pain and symptoms, improved quality of life and reduced medication use and sick leave. Taking part in this study will allow us to understand if this programme can have similar benefits for people living in Ireland.

What will I have to do?

Participation in the study will involve completing some questionnaires before and after you have taken part in the GLA:D[®] programme in your physiotherapy clinic/hospital (or online programme where available). The programme will include 12 group exercise sessions (two 60-minute classes per week) and two education sessions. The online questionnaires can be accessed via computers, tablets or smartphones. These questionnaires are also available in paper form if needed. You will be asked some questions about your general health and the health of your joints. The questions will be asked before the programme begins, after the programme ends and 12 months after the programme. Your physiotherapist will also carry out some practical movement tests. Reminders will be sent to complete the questionnaires when you need to do so. Each set of surveys takes about 15 minutes to complete.

What are the benefits?

By taking part in the questionnaires, researchers will be able to see if people with osteoarthritis in Ireland benefit from evidence-based management programmes that include exercise and education. During participation in this programme, you will learn techniques and gain confidence to exercise safely under the supervision of a physiotherapist. You will also learn strategies to self-manage pain and flare-ups and increase your function and desired level of physical activity, exercise or sport. Results of this research will help to inform practice, improve outcomes for people with osteoarthritis and advise healthcare policy in Ireland.

What are the risks?

Completion of the questionnaires poses no risk of harm for participants. Some questions will be asked about your health, and you are free to skip questions that you do not want to answer or feel uncomfortable answering.

What if I do not want to take part?

Participation in this study is completely voluntary and you can choose not to take part with no adverse consequences.

Who else is taking part?

Everyone who takes part in the GLA:D Ireland programme for hip and knee osteoarthritis in their clinic/hospital or online are being asked to take part.

What happens to the information at the end of the study?

Please be assured that the information you provide is confidential. Names and contact information is used only for the purpose of sending you the questionnaires. No names or personal identifiers will be shared or published; instead, codes will be assigned, and the results will present a general picture. All personal data gathered from the research will be stored securely and safely by the primary investigator (Dr. Clodagh Toomey) on a password-protected computer. Anonymous research data will be stored indefinitely and cannot be traced back to individuals. See further information below under Research Privacy Notice.

What if I have more questions or do not understand something?

If you have any questions about the study, you may contact members of the research team through the below email or phone number or your physiotherapist. It is important that you feel that all your questions have been answered.

What happens if I change my mind during the study?

At any stage should you feel that you want to stop taking part in the study, you are free to stop and take no further part. You can still take part in the GLA:D programme and opt out of the data collection. There are no consequences for changing your mind about being in the study. Please contact your physiotherapist or research team below in this case.

Principal Investigator

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PARTICIPANT CONSENT

Please check the box if you consent to receiving further communication from GLA:D Ireland after the study is over. This includes the publication of the GLA:D Ireland Annual Report with combined results from sites around Ireland. You can choose to unsubscribe at any time.

Yes No

Should you agree to participate in this study please read the statements below:

- I have read and understood the participant information sheet.
- I understand what the project is about, and what the results will be used for.
- I understand that what the researchers find out in this study may be shared with others but that my name will not be given to anyone in any written material developed.
- I am fully aware of what I will have to do, and of any risks and benefits of the study.
- I know that I am choosing to take part in the study and that I can stop taking part in the study at any stage without giving any reason to the researchers.

Please sign the form if you have read and understand the project information and wish to give your consent to take part in this study.

Participant Name

Participant Signature

Date

Investigator Name

Investigator Signature

Date
