

Information Letter and Consent Form

Principal Investigator

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Interventions, Research and Action in Cities Team (INTERACT) Study: Impact of an All Ages and Abilities (AAA) Cycling Network – Victoria, BC

Invitation and study purpose

We are doing a study to learn how changes to urban form, specifically the implementation of an All Ages and Abilities Cycling Network in Victoria, BC, impacts physical health, social participation, and well-being.

Who is conducting this study?

This study is part of a larger program of research (INTERACT) led by Yan Kestens (Université de Montréal) aiming to better understand how changes in urban environments impact health and health inequities in Canadian cities. The Victoria portion is being led by Dr. Meghan Winters (Simon Fraser University). The entire study is funded by the Canadian Institute of Health Research. Moreno Zanotto and Cindy Marven are research staff on this project.

No products or services will be promoted to participants in this study. The investigators will not receive direct benefits from this research, although some do hold shares in the companies that created the tools (online surveys, sensors) used in this study. You are entitled to request any details concerning this potential conflict of interest from the Principal Investigator.

Who can participate in this study?

You are eligible to participate if:

1. You are age 18 years or older;
2. Live in the Capital Regional District (CRD) with no plans to move in the next two years;
3. Cycle at least once a month in the City of Victoria; and
4. Understand English well enough to complete a 20-minute survey.

What will your participation involve?

Participation to this study involves answering surveys and providing sensor data. After completing a short online eligibility questionnaire, you will be presented with three participation components.

1. **We will ask you to complete two online surveys:** a computer-assisted web-interview that will take approximately 20 minutes; and an online interactive map-based questionnaire that will take approximately 30 minutes. This will be used to understand physical activity, social connections, health, and well-being. It will also provide information on where you go and who you go with in a typical month.
2. **We will ask you to download an app if you own a smartphone (iOS or Android) and activate it.** The app will passively collect data on your location and activity information for 30 days using the Global Positioning System (GPS), wifi, Bluetooth, gyroscope and accelerometer sensors in your phone.
3. **We will ask you to wear an accelerometer sensor to record your daily mobility and physical activity for 10 days.** This is a small device that is worn on your waist that also gathers GPS locations and measures body movement through an accelerometer. We will contact you by phone or email to arrange delivery of the sensor, as well as to return it at the end of data collection. The device comes with a belt, and we ask that you wear this for 10 days. Only remove it during water-based activities (i.e., swimming, showering) and while you are sleeping. We will also ask that you charge the device each night with the charger provided.

Completing all three components will provide us with the best data to conduct our study. However, once you have completed your first survey, there is no obligation to complete the map-based survey, use the app, or wear the accelerometer sensor.

Will you be paid for participating?

By participating, you will automatically be entered in this year's prize draw for a chance to win 1 of 5 \$100 gift cards, or the grand prize, a \$500 gift card, both to a retailer of your choosing. You will receive bonus prize draw entries for being a returning participant or by completing optional study components. You can also earn \$10 gift cards (maximum \$20) by referring friends or family to participate in the study. A copy of the prize draw and referral bonus programme Terms and Conditions are available anytime by contacting the study coordinator at Vancouver@teaminteract.ca

What are the benefits and risks of participation?

There are no direct benefits to you as an individual. However, the study results will be shared with partners and stakeholders and we expect they will inform city design and decision-making in the future.

We do not think there are any major risks to you by participating in this study. In this study, we do want to gather location data through a smartphone app and a sensor. This is similar to apps many people use in their day to day lives (e.g., FitBit, Strava). Within our study, we have protocols to protect your privacy, and data will be de-identified and aggregated in analyses. No private company will have access to the data, and the data will be destroyed after the study period. Your confidentiality will be protected within the limits of the law.

How will we protect your identity?

The study investigators will do several things to protect your privacy:

- We will ask for your name, and phone number after you complete the consent form to the study. This information will be kept separately from your survey answers or sensor/app data.
- Your survey answers or sensor/app data will only be identified by your study ID (email address) and will only be accessible to Dr. Winters and research staff.
- The only place where your name and phone number are linked to survey answers or sensor/app data are in secure password-protected electronic files. Only Dr. Winters, Dr. Daniel Fuller and research staff will have the password to those files.
- Any paper-based study materials will be kept in a locked filing cabinet in the Faculty of Health Sciences at Simon Fraser University. Any electronic data will be stored on a secure password-protected files. All data will be destroyed 10 years following study completion.

Your data will be included with results from the larger INTERACT Study and reported in scientific meetings, journal articles, and graduate theses. The information collected from you will be aggregated with other study participants' in all reports. Your name will never be revealed in any reporting of results.

Please note that posting to comments sections on social media or other forums about this study may identify you as a participant. We therefore suggest that if this study was made available to you via a social media site or other online forums, you refrain from posting comments to protect your anonymity. In addition, to receive a referral bonus prize draw entry your friend or family member will need to enter your name in their eligibility survey, which identifies you as a current participant.

You can participate or not. You can stop at any time.

You may choose to pull out of the study at any time without giving reason. You will still receive compensation for activities that you have completed.

By consenting, you have not waived any rights to legal recourse in the event of research-related harm.

Who to contact if you have questions or complaints about the study?

If you have any questions about the study, or if you would like to receive copies of the final results and/or published articles of the study, you may contact Dr. Meghan Winters by phone at 604-315-0484, or the Vancouver Coordinator (Moreno Zanotto) by email victoria@teaminteract.ca

If you have any concerns about your rights as a research participant and/or your experiences while participating in this study, please contact the Director, SFU Office of Research Ethics, at dore@sfu.ca or 778-782-6593.

If you are willing to participate, please select “Yes, I agree to participate in the study” in your eligibility survey. We will then assess your eligibility, and willingness to participate in the different study activities. This consent form will serve for the entire study period, but please be reminded that you may leave the study at any time. Please keep a copy of this consent form for your records.