Living Well After Stroke: Promoting adherence to stroke secondary prevention behaviours by imparting behaviour change skills

(GU ref no: 2022/308)

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Why is the research being conducted?

The purpose of this study is to test the effectiveness of Living Well After Stroke. Living Well After Stroke is a health promotion program which aims to support people with lived experience of stroke or transient ischemic attack (TIA) to self-manage secondary prevention behaviours (e.g., diet, exercise, medication-adherence) by equipping participants with a toolkit of theory- and evidence-based behaviour change strategies and techniques that can be transferred to other behavioural contexts.

What you will be asked to do

A member of the research team will call you to discuss the details of the study with you and confirm your eligibility, obtain your verbal consent (see form at end of information sheet), schedule a time for your first session, and mail you the Living Well After Stroke workbook containing the intervention activities, which you will bring with you to each session.

Your participation in this project will involve attending 5 behaviour-change sessions with a trained facilitator over an 8-week period. The sessions will run for up to 2-hours each and will involve a mix of individual- and group-based assessments and interventions delivered online or in-person at a Brisbane location. You will be offered the choice to attend the group sessions in-person or via Zoom.

The following intervention content will be covered over the 5 sessions:

***Session 1:* "Behaviours you can change" [1-on-1 with facilitator]**

- Health information and the changes you can make to reduce your chance of another stroke

We will enrol you in a group session timeslot for the remainder of the program

***Session 2:* "Getting motivated and forming goals" [in small group, led by facilitator]**

- Choosing one behaviour you want to change
- Forming your goal for change
- Visualising the benefits of making this change
- Reflecting on your past successes

1 week

***Session 3:* "Creating action plans and overcoming obstacles" [in small group, led by facilitator]**

- Forming an action plan and planning how you will get started
- Anticipating obstacles and planning ahead to overcome them

1 week

***Session 4:* "Monitoring behaviour and tracking progress" [in small group, led by facilitator]**

- Using self-monitoring strategies to track your behaviour and monitor progress
- Reviewing your goal and revising your plans to suit your life

4 weeks

***Session 5:* "Using your toolkit to make further changes" [in small group, led by facilitator]**

- Making new goals
- Using your toolkit to make other health changes

You will be asked to complete a brief survey measuring the key study variables (approx. 5-minutes) on three occasions throughout the program. We will also ask you to complete the same survey 8-weeks after the final session. Your responses to the surveys will be used to evaluate the program. You will also be asked to provide some background demographic details. This information is not used to identify you in any way but rather it will tell us about the representation of the individuals participating in the study.

Participant selection and/or screening
We welcome your participation if you:

- are aged 18+ years
- live in Queensland
- have had a stroke or TIA **AND** you were discharged home from hospital (i.e., you were not referred to inpatient rehabilitation after your stroke)

The expected benefits of the research
We cannot provide assurance that this research will directly benefit you. However, your involvement will provide valuable information on self-management of stroke secondary prevention behaviours. As such, this project may benefit the community and others through a greater understanding of behaviour change interventions targeting secondary prevention of stroke.

Risks to you
There are no foreseeable risks associated with participation in this research. However, should you experience any discomfort due to undertaking this study, Lifeline (13 11 14) offers a free 24-hour telephone counselling service, and StrokeLine (1800 787 653) is a free service that provides information and advice on stroke prevention, treatment and recovery.

Your participation is voluntary
Your participation in this project is completely voluntary and you may cease participation at any time. If you agree to participate, you can withdraw from participation at any time during the project without

comment or penalty. However, once your responses have been submitted and we have de-identified them, you will be unable to withdraw. Your decision to participate will in no way impact upon your current or future relationship with Griffith University or Stroke Foundation.

Your confidentiality

The conduct of this research involves the collection, access, storage and/or use of your identified personal information. The information collected is confidential and will not be disclosed to third parties without your consent, except to meet government, legal or other regulatory authority requirements. A de-identified copy of this data may be used for other research purposes, including publishing openly (e.g. in an open access repository). However, your anonymity will at all times be safeguarded. Your responses to the questionnaires will form part of a larger data response set, which will initially be stored on an online survey platform. Any contact information you provide, which may include your name, phone number, email address, and postal address, will be treated confidentially, and will be stored securely by the research team on a password-protected platform. As required by Griffith University, all research data (e.g., survey responses and analysis) will be retained in an electronic file for a minimum period of five years. Participants' data will not be identifiable in any publication or reporting. For further information consult the University's Privacy Plan at http://www.griffith.edu.au/about-griffith/plans-publications/griffith-university-privacy-plan or telephone (07) 3735 4375. In the interest of researcher transparency, a strictly de-identified version of the quantitative research data will be prepared and made available on the online open data repository Open Science Framework (https://osf.io/).

Questions / further information about the project

Please contact the research team members at any time if you have questions or require further information about the project.

Feedback to you

No automatic feedback will be given to you about the results of this

study. However, if you participate and wish to receive a summary of the research results once the study has been completed, you can email the research team members. The results of the research may be disseminated via journal articles and / or conference presentations.

The ethical conduct of project

Griffith University conducts research in accordance with the National Statement on Ethical Conduct in Human Research. If you do have any concerns or complaints about the ethical conduct of the project you may contact the Manager, Research Ethics on (07) 3735 4375 or research-ethics@griffith.edu.au. This project has received ethical approval from the Griffith University Human Research Ethics Committee (GU ref no: 2022/308).

Verbal Consent Form

I confirm that I have read and understood the information package and in particular:

- I have had any questions answered to my satisfaction;
- I understand that if I have any additional questions, I can contact the research team;
- I understand the risks involved;
- I understand that my participation in this research is voluntary and that there will be no direct benefit/compensation to me for my participation in this research;
- I understand that I am free to withdraw at any time, without explanation or penalty;
- I understand that my name and other personal information that could identify me will be removed or de-identified in publications or presentations resulting from this research;
- I understand that I can contact the Manager, Research Ethics, at Griffith University Human Research Ethics Committee on (07) 3735 4375 (or research-ethics@griffith.edu.au) if I have any concerns about the ethical conduct of the project; and
- I agree to participate in the project.

Participant name	
Recorded by	
Date	

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