



Snacktivity™ to help people increase their physical activity

We are inviting you to take part in an exciting new study that is testing a new approach to helping people become more physically active called **Snacktivity™**. This approach encourages people to do short 'snacks' of physical activity throughout the day to improve their health and well-being.





Before you decide if you would like to take part, please read this information sheet—it explains why the research is being done and what it means for you if you take part. If you have any questions, please contact the study team (details below). We have also created a short video to help explain the study which you can watch here birmingham.ac.uk/snacktivity or by scanning the QR code above.

What is the **Snacktivity™** study about?

People have become less physically active and spend a lot of time sitting. Being physically active reduces your risk of developing illnesses such as heart disease, cancer, type 2 diabetes and can even improve your mood. This study aims to explore whether the **Snacktivity™** approach helps people to become more active and is aimed at everyone regardless of their age, fitness, ability or disability.

Snacktivity™ focuses on encouraging people to do short 'snacks' of physical activity throughout the day. An 'activity snack' lasts between 2-5 minutes and can easily be fitted into daily life e.g., using the stairs instead of a lift, taking an extra short walk and leg raises while watching the television.



What will happen if I agree to take part?

At the start of the study

- You will be asked to complete two questions about your physical activity to check if you are eligible to take part.
- If you are eligible, you will be asked to sign an online form to check that you understand and consent to take part. All participants will be posted a wrist monitor to wear for nine days, which will record your movements. You will then be asked to return this in a free postage envelope.
- You will be asked to complete a short online questionnaire (10 mins) which asks questions such as your age and gender, general health, and any contacts you have had with health services recently. You will also be asked to upload a picture of your weight with you standing on home weighing scales so that we can see if the study changes your weight.
- We will then allocate you to one of two groups at random (like tossing a coin):
Snacktivity group: This group will be asked to incorporate their choice of activity snacks into the day, given access to a new **Snacktivity™** mobile phone app and wear a Fitbit watch for twelve months to help track your physical activity and support you with **Snacktivity™**.
Comparison group: This group will receive some educational information about how to increase your physical activity.

The study will recruit participants from two different settings; the NHS and the wider community (e.g. social media and community events)

If you are recruited via an NHS Trust/setting and have an appointment e.g. GP practice

- At your next appointment, the health professional will allocate extra time to discuss the **Snacktivity™** study and ways you could increase your physical activity. With your consent, the health professional may audio record your conversation about physical activity (optional).

If you are recruited via a non-NHS setting e.g. social media, a community support group

- A researcher will call you to discuss how you could increase your physical activity. With your permission, the researcher may audio record your conversation.

After three months

After three months, everyone will be sent a wrist monitor in the post to wear for nine days to record your physical activity movements again. You will be asked to complete the short online questionnaire again. This includes uploading a picture of your current weight on home scales.

After twelve months (end of the study)

After twelve months, everyone will be sent a wrist monitor in the post to wear for nine days which will record your physical activity movements for the final time. You will also be asked to complete a short questionnaire for the final time. This includes uploading a picture of your current weight on home scales.

How long will the study take?

You will be involved in the study for around 12 months.

What are the possible benefits of taking part?

We hope the study will help you to be more physically active and it may improve your health. You will receive 2 x £20 shopping vouchers in total (£20 when you complete the three month follow-up and £20 when you complete the twelve month follow-up).

If you are in the **Snackivity™** group you will be given to keep a Fitbit watch and access to a **Snackivity™** mobile phone app that helps you monitor your **Snackivity™**/physical activity.

By agreeing to participate you will provide researchers with important information that may help others to become more physically active to improve their health. We will also be checking to see whether participation in the study helps to reduce costs for the NHS.

What are the possible disadvantages and risks of taking part?

We do not expect any risks or disadvantages from taking part in this study.

How do I take part?

If you are interested in taking part in the study you can complete the eligibility screening form online redcap.link/snackivity_wp4_screening or complete and return the paper form included (if applicable) to the Birmingham Clinical Trials Unit using the freepost envelope provided or contact the research team on:
E: snackivity@trials.bham.ac.uk or
T: 0121 414 6046.

What if I do not want to take part?

It is entirely up to you to decide if you want to take part. However, if you do take part, you are free to withdraw at any time, without giving a reason and it will not affect your medical care in any way.



Who is organising and funding the research?

The study was developed by Loughborough University (LU), with the Universities of Birmingham (UoB), Leicester (UoL), Edinburgh and East Anglia. The study is sponsored by Birmingham Community Healthcare NHS Foundation Trust and coordinated by the Birmingham Clinical Trials Unit. The research is funded by the National Institute for Health and Social Care Research (Department of Health and Social Care).

Who has reviewed the study?

All research in the NHS is looked at by an independent group of people, called a Research Ethics Committee to protect your interests. This study has been reviewed and given a favourable opinion by Surrey Research Ethics Committee - 24/LO/0186

Will my taking part in this study be kept confidential?

If you decide to take part in this study, all information collected about you will be kept strictly confidential. It will be securely handled and stored at the UoB, LU and UoL in accordance with your consent and the provisions of the General Data Protection Regulation (GDPR). With your permission, and where relevant to your involvement in the study, your data may be looked at by University researchers., the study Sponsor or the regulatory authorities. Your GP/ health professional will be informed of your participation in the study.

If you would like further information please contact:

E: snacktivity@trials.bham.ac.uk or
T: 0121 414 6046.

Chief Investigator is Professor Amanda Daley, Loughborough University, Leicestershire,

E: a.daley@lboro.ac.uk



Additional Information and Data Privacy Notice

What happens if I have a complaint about the study?

If you have a concern about any aspect of this study, you should ask to speak to the study team at the University of Birmingham Clinical Trials Unit who will do their best to answer your questions. The contact details for the study team are at the bottom of page 5 of this information sheet. If you remain unhappy and wish to complain formally, you can do this by contacting National Health Service complaints mechanisms, this is usually the Patient Advisory and Liaison Service (PALS). NHS PALS Service at Birmingham Community Healthcare Foundation NHS Trust:

E: complaints.bchc@nhs.net or
T: 0121 466 7038.

What if something goes wrong during my participation in the study?

In the event that something does go wrong and you are harmed during the study, and this is due to someone's negligence then you may have grounds for legal action for compensation against Birmingham Community Healthcare NHS Foundation Trust but you may have to pay your legal costs. The normal National Health Service complaints mechanisms will still be available to you (if appropriate).

What will happen to the results of the research study?

Once the study has finished, we may publish the findings in a journal.

The study team will be using information/ data collected from you to undertake this study. The University of Birmingham are responsible for looking after your information and using it properly. The Birmingham Clinical Trials Unit, Loughborough University and University of Leicester will process personal data. From time-to-time SMS text messages will be sent to you using the phone number you provide us with. If you are randomised to Snacktivity, your daily physical activity data will be collected from the app and stored to help us understand your physical activity patterns. The data collected will be stored using Fitbit software that is not end to end encrypted and located on servers based in the United States (US).



What personal information will be collected from me and how will it be used?

Your name, DOB, gender, home address, ethnicity, marital status, employment status, household income and your healthcare professional's contact details e.g. your GP surgery (if applicable) will be collected during your participation and will only be used in relation to the study and for no other purpose. If you are randomised to the Snacktivity group, your first name, last name, DOB, height and weight details will be preloaded onto the app by the research team. This information and details about how you use the app will be stored by the phone and sent wirelessly to a dedicated encrypted server managed by Cuttlefish Multimedia. All data will be stored centrally in a secure database. A copy of your completed consent form will be sent to your GP to inform them of your participation in the study. SMS text messages will be sent to you via FireText, an Online SMS platform which will be programmed into our trial database. In order for us to use the service we will need to provide your name and mobile phone number to FireText to allow them to send the message to you, your data is held in line with GDPR.

What is the legal basis for processing my personal information?

As defined by General Data Protection Regulation (GDPR), some of the personal data which will be collected from you is categorised as "sensitive data" (e.g. your name and contact details). The processing of these data is necessary for scientific research in accordance with safeguards. This means that the study has been through an ethical committee to ensure that the appropriate safeguards are put in place with respect to the use of your personal data. Personal data will be processed on the public task basis. Individuals' rights to erasure and data portability do not apply if you are processing on the basis of public task. However, individuals do have a right to object.

How will I be informed of the timeframe for withdrawing my data before this has been aggregated in the study or published?

If you wish for your data to be withdrawn from the study you must let the researchers know within seven days of completing the study. After this time, it will not be possible to withdraw your data as it will have been combined with other people's data and so it will not be possible to remove it.

How long will identifiable personal information be retained?

Your contact details will be retained by the study team until after the end of the study. This is so we can maintain contact with you during the study and to send you the results once the study has finished.

Personal data including date of birth, ethnicity and employment status will be anonymised and stored with research data for at least 10 years in line with the UoB policy.

How long will anonymised data/results be retained?

Your anonymised data will be retained by the study team and Loughborough University for at least 10 years after the completion of the research in line with the study office and Loughborough University's Policy. The research team will seek approval from the Birmingham Community Healthcare NHS Foundation Trust as the sponsor of the study before the deletion of data. Your anonymised data may be used in other health studies.



Further information

If you require any further information regarding the General Data Protection Regulations, please see:

www.birmingham.ac.uk/research/bctu/data-protection.aspx.

If you have any further questions about the research or how we use your information, please contact the Data Protection Officer

dataprotection@contacts.bham.ac.uk

or the study team using the contact information above.