

The research is being carried out by the following researchers:		
Role	Name	Organisation
Principal investigator	Dr Jayden Hunter	La Trobe Rural Health School, La Trobe University.
Co-investigator	Dr Brett Gordon	La Trobe Rural Health School, La Trobe University.
Co-investigator	Dr Ashley Cripps	School of Health Sciences, University of Notre Dame Australia.
Co-investigator	Dr Hareesh Suppiah	School of Allied Health, Human Services and Sport, La Trobe University.
Co-investigator	Dr Rebecca Meiring	Department of Exercise Sciences, University of Auckland
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1. What is the study about?

You are invited to participate in an online survey study involving Australian and New Zealand employees and employers. We hope to learn about the physical activity levels, barriers and preferences to physical activities, sleep quality and quantity, and recent self-rated productivity at work of employees during and after COVID-19. This information will help to inform the optimal delivery mode of exercise interventions for employees.

2. Do I have to participate?

Being part of this study is voluntary. If you want to be part of the study, we ask that you read the information below carefully.

You can read the information below and decide at the end if you do not want to participate. If you decide not to participate this won't affect your relationship with La Trobe University or any other listed organisation.

3. Who is being asked to participate?

You have been asked to participate because:

- you are a current employee or employer residing in Australia or New Zealand.

4. What will I be asked to do?

If you want to take part in this study, we will ask you to fill out an anonymous online survey containing 58 items during and after the COVID-19 alert period. It will take approximately 20 minutes of your time to complete the survey, which will ask you some basic demographic questions followed by questions about your physical activity habits, barriers and facilitators to exercise participation, sleep habits, and work productivity.

5. What are the benefits?

Whilst you may not directly benefit from completing the survey, you will be given the opportunity to reflect on your current physical activity and exercise habits which may facilitate steps toward greater physical activity engagement. The expected benefits to society in general are a greater understanding of how physical activity and exercise may relate to employee absenteeism and presenteeism which could benefit employers, employees and organisations by informing their decisions around employee wellbeing strategies, including workplace exercise program design.

6. What are the risks?

With any study there are (1) risks we know about, (2) risks we don't know about, and (3) risks we don't expect. If you experience something that you aren't sure about, please contact us immediately so we can discuss the best way to manage your concerns.

Name/Organisation	Position	Telephone	Email
Dr Jayden Hunter, La Trobe University, Australia.	Lecturer	+613 5444 7473	j.hunter@latrobe.edu.au

Dr Rebecca Meiring, University of Auckland, New Zealand.	Lecturer	+64 9 923 4815	rebecca.meiring@auckland.ac.nz
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We have listed the risks we know about below. This will help you decide if you want to be part of the study.

- There is a small risk of the survey causing distress in some participants. However, the survey has been reviewed extensively by members of the research team to ensure information about the purpose and content of the survey is clear. Participation is voluntary and participants can withdraw from completing the survey at any time. If participants are unduly concerned about responses to any of the questionnaire items or if they find participation in the project distressing, they will be encouraged to either:
 - Speak with a friend or family member about their concerns;
 - Contact their local GP or health professional and make an appointment;
 - Call an online support service, such as Lifeline Australia (13 11 14) or Lifeline New Zealand (0800 543 354) which are available 24 hours, 7 days a week.

7. What will happen to information about me?

By clicking on the 'I agree, start questionnaire' button, this tells us you want to take part in the study.

We will **collect** information about you in ways that will not reveal who you are.

We will **store** information about you in ways that will not reveal who you are.

We will **publish** information about you in ways that will not be identified in any type of publication from this study.

We will **keep** your information for 5 years after the project is completed. After this time we will destroy all of your data.

The storage, transfer and destruction of your data will be undertaken in accordance with the [Research Data Management Policy](https://policies.latrobe.edu.au/document/view.php?id=106/) <https://policies.latrobe.edu.au/document/view.php?id=106/>.

The personal information you provide will be handled in accordance with applicable privacy laws, any health information collected will be handled in accordance with the Health Records Act 2001 (Vic). Subject to any exceptions in relevant laws, you have the right to access and correct your personal information by contacting the research team.

8. Will I hear about the results of the study?

We will let you know about the results of the study by providing you with project outcomes if you request them. Additionally, La Trobe University Health and Wellbeing might publish the findings of the project via the intranet and/or staff newsletters. Please note that no individually identifying data will be published or presented so that no participant will be able to be identified through the results.

9. What if I change my mind?

If you no longer want to complete the questionnaire, simply close the web browser. If you change your mind after clicking on the 'Submit' button, we can withdraw your responses because we can link who you are with your questionnaire responses via your email address.

Your decision to withdraw at any point will **not** affect your relationship with La Trobe University or any other organisation listed.

10. Who can I contact for questions or want more information?

If you would like to speak to us, please use the contact details below:

Name/Organisation	Position	Telephone	Email
Dr Jayden Hunter, La Trobe University, Australia.	Lecturer	+613 5444 7473	j.hunter@latrobe.edu.au
Dr Rebecca Meiring, University of Auckland, New Zealand.	Lecturer	+64 9 923 4815	rebecca.meiring@auckland.ac.nz

11. What if I have a complaint?

If you have a complaint about any part of this study, please contact:

Ethics Reference Number	Position	Telephone	Email
HEC20100	Senior Research Ethics Officer	+61 3 9479 1443	humanethics@latrobe.edu.au