Steps for Healthy Ageing
Participant Information Sheet

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The Steps for Healthy Ageing programme is a new approach to weight management tailored for those aged 60 years and above. This programme involves 12 weekly two-hour sessions focussing on health and ageing, which are tailored to older adults. This programme moves away from a focus on weight loss and instead explores 'health gains' – or, in other words, how we can improve our overall health without the pressure to meet unrealistic weight-loss goals.

We invite you to take part in this research study, which evaluates the Steps for Healthy Ageing intervention. Before you decide, it is important that you understand why the research is being conducted and what it would involve. Please take time to read this information and discuss it with others if you wish. Please ask us if anything is unclear or if you would like more information.

What is the purpose of the study?

This study looks to evaluate a new 12-week programme designed to support older adults who would like help with a healthy lifestyle and weight management. The study aims to understand what kinds of activities and support feel most helpful and achievable for people in later life. During the programme, we will collect information about your health, progress on the intervention, and your views and experiences of the programme. Your involvement will help us shape a programme that promotes healthy ageing and positive changes in later life.

Why have you asked me to take part?

You have been asked to participate in this study because you are an older adult (60 years of age and over) and have indicated that you would be interested in taking part in weight management with a focus on healthier ageing.

Do I have to take part?
Participation is entirely voluntary, and it is up to you to decide if you want to participate. This information sheet will describe what the study involves; it is your copy to keep for reference. You are free to withdraw from the study without giving a reason. You are free to withdraw from the study up to 14 days after completion of the final interview (at 24 weeks), after which the data will be anonymised and analysed. Withdrawal will not affect any future participation in research studies. If you decide to participate, you will

be asked to read and sign a consent form. By providing consent to take part in this study, you are telling us that you:

- ✓ Understand the information you have read in this document.
- ✓ Agree to take part in the research study as outlined below.
- ✓ Agree to the use of your personal information as described.

If this is not the case, please discuss your participation with us before signing the consent form.

When can I discuss my participation?

You can ask any questions about the study at any point before agreeing to take part or during the study. You will also receive a full debrief about the study once you have finished. If you have any questions or want to discuss participation, please contact **Sam Greenstreet** (**s.greenstreet@shu.ac.uk**).

What will I be required to do if I decide to take part?

Before the study, you must complete a short online screening questionnaire. This questionnaire can be found at the following link:
https://shusls.eu.qualtrics.com/jfe/form/SV_cJg50k0iWVpO3Km

If eligible, you will be asked to:

1. **Complete a short pre-programme interview** (around 30 minutes) where we will talk about your goals, experiences of weight management and what you would like from the programme.
2. **Attend weekly 2-hour group sessions** at Sheffield Hallam University – these will focus on 12 different topics around health and ageing, with discussions in a safe and friendly environment.
3. **Take part in health measurements** at the start, middle and end of the 12 weeks. This will include measuring your weight, height, waist and hip circumference, blood pressure, handgrip strength, eating habits, physical activity, and wider health and quality of life.
4. **Complete an end-of-programme interview** (around 30 minutes) where we will talk about your experience of the programme and progress
5. **Complete a follow-up interview** (around 30 minutes) 12 weeks after completing the programme, plus **health measurements**.

What will I be expected to do outside the group sessions?

- Participants will be encouraged to reflect on and apply the topics discussed during the weekly sessions in ways that are meaningful and appropriate to them.
- The programme supports individualised goal setting, which will be established with you at the first interview.

- Participation in activities between sessions is voluntary, and individuals will be encouraged to progress at a pace that feels comfortable for them.
- Participants will be given the option to complete a weekly journal to assist with reflection and progress through the programme

What are the possible benefits of taking part?

Many participants enjoy participating in research that is meaningful and beneficial to their community. While participating in this research, you will help us understand further how to support older adults with healthy ageing and weight management. Capturing this data is important for informing research, policy and healthcare. At the end of the study, you may request a summary of the overall study findings. This will be provided in an accessible Plain English format

Participants will receive an individual health report summarising their own assessment results, including the health measures collected during the study, following completion of their participation.

As a thank you for participating in this research, you will receive complementary access to the 12-week programme and a £25 shopping voucher (provided on completion of steps 1 to 3 above). You will also receive an addition £10 voucher for each of the end of programme and follow-up interviews (£20 total). If you would like a copy of the health measurements, we are happy to also supply a tailored progress report.

Tea, coffee, water and light refreshments will be available during each session. Participants are welcome to help themselves throughout the sessions.

Are there any possible risks or disadvantages in taking part?

We do not expect any significant risks from taking part in this study. However, some sessions may include optional, low-intensity seated movement activities. As with any form of physical activity, you may experience mild tiredness, muscle aches, or temporary discomfort. All activities are entirely optional, and you are encouraged to take part only at a level that feels comfortable for you. You can choose not to take part in any activity, take a break, or stop at any time without giving a reason.

Additionally, part of the research might include discussing your eating behaviour or history of obesity and weight management; this may be distressing. If you are worried about your health, we recommend contacting your GP. There are some self-help resources to follow.

Self-help resources:

Obesity UK Support Groups
Obesity UK is the leading charity dedicated to supporting people living with obesity.
https://www.obesityuk.org.uk/support-groups

European Coalition for People Living with Obesity (ECPO)
The ECPO is a non-profit collaborative and the leading organisation paving the way to improve the lives of those affected by and living with obesity across Europe.
https://eurobesity.org/

NHS Live Well
Free advice, tips and tools around health and wellbeing.
https://www.nhs.uk/live-well/

NHS Mental Health and Wellbeing
Free mental health advice and support.
https://www.nhs.uk/conditions/stress-anxiety-depression

Mind
Free mental health advice and support.
https://www.mind.org.uk

Samaritans
Free confidential listening and support service.
https://www.samaritans.org
Phone: 116 123 (free 24 hour helpline)
Email: jo@samaritans.org

BEAT
National eating disorder charity

www.beateatingdisorders.org.uk
Phone: 0808 801 0677
Email: help@beateatingdirsorder.org.uk

REDCAN
REDCAN will help you find eating disorder support in your area, as well as signposting to appropriate services which have the resources to support you.

https://redcan.org.uk/charities

Age UK
The UK's largest charity for older adults, providing support and advice.

https://www.ageuk.org.uk/
Phone: 0800 678 1602

Will taking part in this study be kept confidential?

Yes. All information will be kept strictly confidential and anonymous.

Information will be recorded onto specially designed data collection forms and a study computer database. In these databases, you will be identified by a number-based code as an identifier rather than your name. It will not be possible for anyone to identify you from the computer database, as all the data will be coded. All information will only be used for the purposes outlined in this participant information sheet unless you consent otherwise. Only the study team will be able to link you to the data in the study database. The research team will store any information that could identify you personally in a locked cabinet within a locked office at Sheffield Hallam University or in a secure password-protected file on a university-managed computer. This data will be under the custody of the named project team. The research team will store all data securely for up to 10 years after completing the study.

All people looking at your records and the procedures for handling, processing, storing and destroying your data comply with the General Data Protection Regulations (GDPR) 2018. In line with our institutional policy and to support research transparency and future scientific research, anonymised data from this study may be shared via the Sheffield Hallam University Research Data Archive (SHURDA) and the Open Science Framework (OSF). Any data shared in this way will be fully anonymised, meaning that information that could identify you will be removed. It will not be possible for anyone accessing these data to identify you as a participant.

What will happen to my data?

Results will be analysed, and anonymised data will be used for publication and presentations. The data may also be retained for any future research. If you wish to find out about the study, you may contact a researcher who will be able to provide a summary when the study is complete.

What will happen if I do not want to continue the study?

You have the right to withdraw from the study and do not need to provide a reason. You are free to withdraw from the study up to 14 days after completion of the final interview (at 24 weeks), after which the data will be anonymised and analysed. Your decision to

withdraw will not affect the standard of any future care or affect your participation in future research studies. If you withdraw from the study, unless you state otherwise, any data collected while in the study will be used for research as detailed in this information sheet. If you want to withdraw, contact Sam Greenstreet (s.greenstreet@shu.ac.uk).

The legal basis for research for studies at Sheffield Hallam University

The University undertakes research as part of its function for the community under its legal status. Data protection allows us to use personal data for research with appropriate safeguards in place under the legal basis of public tasks that are in the public interest. A full statement of your rights can be found at: www.shu.ac.uk/about-this-website/privacy-policy/privacy-notices/privacy-notice-for-research. However, all University research is reviewed to ensure that participants are treated appropriately and their rights respected. This study was approved by an institutional ethics committee (ethics ID: ER99758538). Further information at: www.shu.ac.uk/research/excellence/ethics-and-integrity.

You should contact the Data Protection Officer if:

- You have a query about how your data is used by the University.
- You would like to report a data security breach (e.g. if you think your personal data has been lost or disclosed inappropriately).
- You would like to complain about how the University has used your personal data.

Email: DPO@shu.ac.uk

You should contact the Head of Research Ethics (Dr Mayur Ranchordas) if you have concerns with how the research was undertaken or how you were treated

Email: ethicssupport@shu.ac.uk

Sheffield Hallam University, Howard Street, Sheffield S1 1WBT
Telephone: 0114 225 5555

Thank you for reading this information sheet and considering participating in our study.