



Plain Language Statement

Faculty of Medicine, Dentistry and Health Sciences

Project: Exploring and understanding the impact of kinesiology (complementary therapy) interventions

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Introduction

Thank you for your interest in participating in this research project. The following few pages will provide you with further information about the project, so that you can decide if you would like to take part in this research.

Please take the time to read this information carefully. You may ask the researchers questions about anything you don't understand or want to know more about. The researchers' contact details are listed above.

Your participation is voluntary. If you don't wish to take part, you don't have to. If you begin participating, you can also stop at any time.

What is this research about?

The aim of this research is to explore the views of those who attend kinesiology and the outcomes they see as important in their lives.

What will I be asked to do?

Should you agree to participate, you will need to contact the student researcher to express your interest. The student researcher will explain the project and be able to answer any further questions you may have. We hope to have a variety of participants for two focus groups and will ask you some simple questions about yourself and your kinesiology attendance over the last year. We will contact you as soon as possible to let you know whether you have been selected.

If selected, a link to the consent form and a 15-minute online questionnaire will be sent to you. This will also include instructions for taking a photo if you wish, either on your mobile phone or camera, symbolising the impact of kinesiology on your life.

In taking the photo, you will be asked to ensure no individuals or organisations are identifiable. You will have the option of discussing the photo if you wish, in the focus group. Please do not share your photo or download someone else's photo. If no photo is taken, you will be given the opportunity to describe content you might have wished to photograph.

You will be asked to travel to the University of Melbourne to participate in an audio recorded focus group with approximately 8-12 people discussing the effects and impact of kinesiology consultations.

What are the possible benefits?

This research is expected to provide understanding of client experiences following kinesiology interventions. This will help with future research on kinesiology.

What are the possible risks?

There may be some discomfort in talking about experiences in a group setting and sharing any past issues from kinesiology sessions.

Do I have to take part?

No. Participation is completely voluntary. You can withdraw at any time and ask for any unprocessed data to also be withdrawn.

Will I hear about the results of this project?

Participants will be given an opportunity to receive a final summary report via email. Our plan is to also share this with professionals at conferences and submit it to a journal for potential publication.

What will happen to information about me?

Any information you provide will be treated as strictly confidential within the limits of the law. You will not be identified in any reports or publications of our project findings. To minimise your risk of being identified, the information you provide will be referred to by codes or pseudonyms in any publication arising from the research. All raw data will be held securely on University premises in accordance with University of Melbourne guidelines.

The information you provide will be retained for 5 years after the completion of this project.

Is there any potential conflict of interest?

Ingrid Maine is a practising kinesiologist and a Faculty member of The International College of Professional Kinesiology Practice (ICPKP)

Who is funding this project?

Funding has been provided by the Australian Institute of Kinesiologists Ltd for a \$20 gift card to be given to each participant who attends a focus group.

Where can I get further information?

If you would like more information about the project, please contact the researchers. Contact details are listed above.

Who can I contact if I have any concerns about the project?

This research project has been approved by the Human Research Ethics Committee of The University of Melbourne. If you have any concerns or complaints about the conduct of this research project, which you do not wish to discuss with the research team, you should contact the Manager, Human Research Ethics, Research Ethics and Integrity, University of Melbourne, VIC 3010. Tel: +61 3 8344 2073 or Email: HumanEthics-complaints@unimelb.edu.au. All complaints will be treated confidentially. In any correspondence please provide the name of the research team or the name or ethics ID number of the research project.