

Key Information for Tele Tai Chi for People Aging With Long-Term Mobility Disabilities

What Am I Being Asked To Do?

You are being asked to be a volunteer in a research study. This form will give you key information to help you decide if you would like to participate. Your participation is voluntary. Please feel free to ask any questions you may have about the research study.

What Is This Study About and What Procedures Will You be Asked to Follow?

The purpose of this study is to explore the possible benefits of an online Seated Tai Chi for Arthritis exercise program for older adults with long-term mobility disabilities. The study consists of four parts:

- 1) pre-study questionnaires (1 hour)
- 2) 8-week Seated Tele Tai Chi program (1-hour, twice weekly)
- 3) post-study questionnaire and interview (~45 minutes)
- 4) follow-up questionnaire (10-15 minutes)

Are There Any Risks or Discomforts you Might Experience by Being in this Study?

Seated Tai Chi for Arthritis is a gentle exercise program that has been found to be safe and effective for older adults with a wide range of disabilities. The pre-recorded lessons being used in this study offer movement options for individuals with a range of upper and lower body abilities. However, as with any physical exercise program, there are potential risks of injury involved in participating in this exercise study.

What Are the Reasons You Might Want to Volunteer For This Study?

Seated Tai Chi for Arthritis is an evidence-based program with a number of scientific studies showing benefits. These include falls prevention, pain relief, balance, and quality of life. There is no direct benefit to participation in the study, although participants may experience some of these benefits. Participation in this study will help our team better understand how to use video conferencing to deliver group exercise classes which may benefit other older adults.

Do You Have to Take Part in the Study?

Your participation in this study is voluntary. You do not have to be in this study if you do not want to be and you have the right to change your mind and leave the study at any time without giving any reason and without penalty.



Waiver of Documentation of Consent

Tele Tai Chi for People Aging With Long-Term Mobility Disabilities

Principle Investigator: Tracy Mitzner, Ph.D.

Georgia Institute of Technology

Dear Participant,

You are being asked to be a volunteer in a research study. If you complete the study questionnaires and/or participate in the interview, it means that you have read (or have had read to you) the information contained in this letter, and would like to be a volunteer in this research study. If you enroll in this study, you may stop at any time and for any reason.

Purpose: Group exercise classes, such as yoga and Tai Chi, can offer both physical and social health benefits. However, people aging with mobility disabilities are likely to have challenges participating in group exercise due to lack of transportation, accessible buildings, and appropriate modifications. Tele-technology, such as video conferencing programs (e.g., Zoom, Skype), can help people attend group exercise classes remotely.

The purpose of this study is to explore the possible benefits of our ‘Tele Tai Chi’ program. It is an 8-week online, small group exercise class that features a seated Tai Chi program and interactive video chats. Using a computer or tablet, participants can join the “tele” (or virtual) Tai Chi class remotely. Classes are held twice weekly for 8 weeks and include pre-recorded lessons from the Seated Tai Chi for Arthritis program. This is an evidence-based, exercise program that uses gentle movements and controlled breathing. This program has been found to be safe and effective for older adults with a wide range of disabilities. It has proven benefits for pain relief and falls prevention. Each class starts and ends with a small group video chat where participants can see and talk to one another in a guided discussion.

We are interested in exploring if the Tele Tai Chi program can improve social connectedness and positive health behaviors (i.e., physical exercise frequency) for older adults with long-term mobility disabilities. We expect to enroll up to 85 participants.

Inclusion Criteria: To take part in this research study, you must:

- Be between the ages of 60-80
- Self-identify as having a mobility disability
 - use a mobility aid (i.e., cane, crutches, wheelchair, walker, or scooter) or
 - have serious difficulty walking or climbing stairs
- Have had the mobility disability for at least 10 years
- Pass the Physical Activity Readiness Questionnaire (PAR-Q) or provide a letter from your physician stating that you are approved to participate in the seated exercise program
- Have access to a computer or tablet with a webcam



- Have internet access for the next six months
- Have basic computer skills (e.g., comfortable checking email, watching videos online)
- Live in the US and not traveling to an EU/EEA country during the study (individuals will be excluded if they are a resident of an EU/EEA country)
- Be conversational in English

Individuals with recent experience participating in Tai Chi classes will be excluded.

Procedures: The study consists of four parts:

- 1) pre-study questionnaires (1 hour)
- 2) 8-week Seated Tele Tai Chi program (1 hour, twice weekly)
- 3) post-study questionnaire and interview (~45 minutes)
- 4) follow-up questionnaire (10-15 minutes)

1. Pre-study Questionnaires (1 hour): You will complete 2 questionnaires that cover the following topics: background and demographics, health, vision/hearing/mobility capabilities, technology experience, social connectedness, physical activity, emotional well-being, and technology acceptance.

You can choose how to complete the questionnaires:

- using pen and paper (we will mail it to you with a return envelope),
- over the phone (we will call you to ask questions), or
- online (we will email you the survey links).

You will need to complete the pre-study questionnaires before you participate in the Seated Tele Tai Chi program.

2. Seated Tele Tai Chi program (1 hour, twice weekly): The program is an 8-week, online seated exercise class that you join remotely using video conferencing on a computer or tablet. Classes will be conducted in small groups that are facilitated by a certified Tai Chi instructor who can address any questions about movements and modifications. Sessions will include social time before and after the exercise lesson, where you will participate in guided discussion in the small group video chat.

During each class, you will watch and exercise along with a pre-recorded Seated Tai Chi for Arthritis video lesson (~30 minutes) on your computer or tablet. During this time, the video chat will be paused, so no one will be able to see you exercise. You will exercise separately along with the pre-recorded Seated Tai Chi for Arthritis video lesson. At the end of each class, there will be a brief exit survey (<2min).

3. Post-Study Questionnaire and Interview (~45 minutes): The questionnaire



will cover the following topics: social connectedness, physical activity, emotional well-being, technology acceptance and class satisfaction. You will have the option to choose which way you want to complete the questionnaires (paper copies, by phone, or online). All interviews will be audio recorded for transcription.

4. Follow-Up Questionnaire (10-15 minutes): 1 month after the post-study interview, you will be asked to complete a brief questionnaire about social connectedness and physical activity.

Audio Recording: We will be audio recording the post-study interview. Audio will be transcribed and analyzed. Any mention of your name or other identifiable information will be omitted from the transcription. We may use clips from audio recordings in research presentations to other academics and the public. You can choose between ONE of the following options for use of audio recordings:

Option 1: You are willing to allow us to use a recording of any portion of your interview. We may use a portion of your interview in a presentation, for example, but you will never be identified by name. _____ (Researcher Initials)

Option 2: You would prefer that we use information from your recording only in transcribed form (rather than as an audio clip). _____ (Researcher Initials)

Risks or Discomforts: Seated Tai Chi for Arthritis is a gentle exercise program. The pre-recorded lessons being used in this study offer suggested modifications for individuals with a range of upper and lower body capabilities. However, as with any physical exercise program, there are potential risks of injury involved in participating in this exercise study or practicing lessons involving Tai Chi.

Your participation in these gentle movements is completely voluntary, and you can still complete the study if you choose not to do them. If at any time you feel discomfort or pain, you are encouraged to stop. A moderator (certified in the tai chi program) will be present in each class to address any questions about movements and modifications before and after each tai chi lesson.

To ensure physical safety, you are asked to complete the Physical Activity Readiness Questionnaire (PAR-Q) during the pre-screening assessment. If you do not pass, you will be required to provide a letter from your physician which states that it is safe for you to participate in the Seated Tai Chi program.

Benefits: Seated Tai Chi for Arthritis is an evidence-based program with a number of scientific studies demonstrating benefits, including in falls prevention, pain relief, balance, and quality of life. There is no direct benefit to your participation in the study, although



you may experience some of these benefits. Your participation will help our team better understand considerations for using video conferencing to deliver group exercise classes, findings which may ultimately benefit other older adults.

Compensation to You: Participants will receive up to \$60 total in compensation. You will receive \$20 after completing the pre-study questionnaires in advance of the 8-week Seated Tele Tai Chi program. You will receive an additional \$30 after completing the post-study questionnaire and interview. You must complete a minimum of 2 exercise classes to be eligible for the post-study questionnaire and interview. If you complete the 1-month follow-up questionnaire, you will receive an additional \$10 in compensation. Payment will not be pro-rated and you will only be paid for what tasks you complete.

U.S. Tax Law requires that a 1099-misc be issued if U.S. tax residents receive \$600 or more per calendar year. If non-U.S. tax residents receive more than \$75, mandatory 30% withholding is required. Your address and Tax I.D. may be collected for compensation purposes only. This information will be shared only with the Georgia Tech department that issues compensation, if any, for your participation.

Privacy/Confidentiality: Given that you will be participating in a group video chat (where your face and upper body is visible), your confidentiality cannot be guaranteed. Your live video and first name will be made visible to others in the small group classes during the video chat portion of the study. You will be given the opportunity to exchange contact information with other participants in the small exercise group, if desired.

We will comply with any applicable laws and regulations regarding confidentiality. To protect your privacy, your records will be kept under a code number rather than by name. Your records will be kept in locked files and only study staff will be allowed to look at them. Your name and any other fact that might point to you will not appear when results of this study are presented or published. The reporting of questionnaire results will only contain group mean results and will contain no personal information about individual participants. Audio files will be transcribed and will be accessible only to the research team and will be kept for archival purposes.

To make sure that this research is being carried out in the proper way, the Georgia Institute of Technology IRB may review research study records. The Office of Human Research Protections may also look over research study records during required reviews. The sponsors of this research study, the Department of Health and Human Services (National Institute on Disability, Independent Living, and Rehabilitation Research) have the right to review research study records as well. A portion of the data collected in this study will be put into an archived repository. These data will be de-identified and available to other researchers for further analysis. You may be contacted at a later date with the opportunity to participate in another phase of this study.



If you complete the study questionnaires online, you should be aware that it is not being run from a 'secure' https server of the kind typically used to handle credit card transactions, so there is a small possibility that unauthorized third parties such as computer hackers could view responses. In general, the web page software will log as header lines the IP address of the machine you use to access this page, e.g., 102.403.506.807, but otherwise no other information will be stored unless you explicitly enter it.

Costs to You: There are no costs to you, other than your time, for being in this study.

In Case of Injury/Harm: If you are injured as a result of being in this study, please contact Dr. Tracy Mitzner, Ph.D., at 404-385-5586. Neither the Principal Investigator nor Georgia Institute of Technology has made provision for payment of costs associated with any injury resulting from participation in this study.

Participant Rights:

- Your participation in this study is voluntary. You do not have to be in this study if you do not want to be.
- You have the right to change your mind and leave the study at any time without giving any reason and without penalty.
- Any new information that may make you change your mind about being in this study will be given to you.
- You may print out a copy of this consent form to keep.
- You do not waive any of your legal rights by participating in this study.

Questions about Your Rights as a Research Participant: If you have any questions about your rights as a research participant, you may contact: Ms. Melanie Clark, Georgia Institute of Technology, Office of Research Integrity Assurance, at (404) 894-6942 or Ms. Kelly Winn, Georgia Institute of Technology, Office of Research Integrity Assurance, at (404) 385- 2175.

Questions about the Study: If you have any questions about the study, you may contact: Dr. Tracy Mitzner at 404-385-5586. Dr. Mitzner can be emailed at tracy@gatech.edu.

If you would like to participate in this study, it means that you have read (or have had read to you) the information contained in this letter and would like to be a volunteer in this research study.

