

# Questionnaire Participant Information Sheet for the course Health Promotion in Physiotherapy REHB 4035

University of South Australia

Division of Health Sciences, School of Health Sciences

## Project: Barriers and Enablers to Physical Activity in the Naracoorte Lucindale District

Host Organisation Supervisors name	Angela Willsmore
Highest qualifications	Bachelor of Physiotherapy, Master of Musculoskeletal and Sports Physiotherapy
Contact telephone number	<u>(08) 8762 1515</u>

University of South Australia course coordinator	Dr Gisela van Kessel
Highest qualifications	Dr (PhD)
Contact telephone number	8302 2551

We are final year physiotherapy students of the University of South Australia and we are learning about health promotion and in particular how to consult effectively with the community. We would like to invite you to take part in a questionnaire. Your contribution would be voluntary and anonymous.

We hope to develop a clear understanding of your views as it relates to our health promotion activity so that we can contribute to a more effective and responsive service.

We will be conducting a questionnaire about your view of physical activity and will ask you some questions that relate to your view of how things could be done in the town.

You may withdraw from the questionnaire at any time without affecting your position, treatment or care. There are no expected direct benefits or risks to you personally in participating in the questionnaire.

Should you suffer an adverse event as a result of participating in the questionnaire, our supervisor will be available to address your concerns.

The notes that we take as part of the activity will be retained for five years by our supervisor in their office in an electronic file. The information will not contain any details that identify you. If you have any ethical concerns about the activity or have questions about the rights of participants please contact the Executive Officer of the [ethics committee](#) (UniSA HREC) Ms Vicki Allen, Tel: +61 8 8302 311 Email: [vicki.allen@unisa.edu.au](mailto:vicki.allen@unisa.edu.au)

A summary of our findings will be available from our supervisor on request.

Student names	Contact information
Jack Armfield, Jason Bryant, Elaine Cheng, Sophie Hall, Benita Helmore, Aleksandra Mavrandonis	Good Country Physiotherapy: <u>(08) 8762 1515</u>

## UniSA and Good Country Physiotherapy

### Barriers and Enablers of Physical Activity in the Naracoorte Lucindale District

Age category	Working Status	Do you have any chronic conditions?
<input type="checkbox"/> 65-69	<input type="checkbox"/> Working	<input type="checkbox"/> Asthma
<input type="checkbox"/> 70-74	<input type="checkbox"/> Semi-retired	<input type="checkbox"/> Arthritis
<input type="checkbox"/> 75-79	<input type="checkbox"/> Retired - Pension	<input type="checkbox"/> COPD
<input type="checkbox"/> 80-84	<input type="checkbox"/> Retired - Self-funded	<input type="checkbox"/> Back problems
<input type="checkbox"/> 85+		<input type="checkbox"/> Diabetes
		<input type="checkbox"/> Heart problems
		<input type="checkbox"/> Cancer
		<input type="checkbox"/> Mental health conditions
		<input type="checkbox"/> Other
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What do you do to keep fit?

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Do you feel like you do enough to keep fit?

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If no, what is stopping you from doing more?

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What do you feel the community could do to improve health and wellbeing?

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How do you define physical activity?

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If you are interested in knowing more about physical activity, Australia's Physical Activity and Sedentary Behaviour Guidelines is a great resource!