



Has the COVID pandemic changed your views on the use of outdoor space and being active?

You are invited to take part in a research study to address the above question, but this is a voluntary decision. Before you decide if you want to take part it is important to explain why the project is being conducted and what it will entail for you as a participant. Please read the following information carefully and discuss it with friends and relatives if you wish, ask us if there is anything that is not clear or if you would like more information. It is important you fully understand what is expected of you if you decide you want to take part, so please take your time.

This document was last updated on 15-5-2021. To check for any changes made during the project, please check www.waru.org.uk/outdoors for updated documents and related materials.

The purpose of the project

The Corona virus COVID-19 is now (April 2021) affecting the daily lives of many older people, since mid-March last year. The impact of COVID-19 is affecting everyone, and not just those infected; This project is focussing on anybody, and not specifically on the individuals that have been infected with COVID. It's about the impact of the restrictions the government puts in place to control the spread of COVID-19. We want to find out if it has affected your





level of physical activity, and your use and thoughts about using outdoor spaces.

We want to see how your use and access to outdoor spaces (parks, boulevards, streets, nature, beaches, anything outside) has changed. By asking you questions, we hope to identify if people's perception of outdoor spaces have changed positively, or negatively, also in relation to being active.

In short

To summarize, if you decide to take part and live in Wales and are over the age of 15, you will complete an online survey. This will take around 30-60 minutes. At the end of the survey, you can express an interest to volunteer to take part in a follow up interview, which could take another 60 minutes.

Participation is voluntary

Participation is completely voluntary, and you can decide whether or not to take part. Recruitment for the project is not 'targeted' specifically at you, so you might receive this information sheet randomly. If you do decide to take part, you can have this information sheet to keep. If you do decide to take part, the act of submitting the online survey is your way of giving approval for us to use your data for further analysis. In other words, you consent to taking part by providing us your results.

If at some point within the study you wish to withdraw, you can do so without question or having to give reason. Withdrawal will not affect you in any way, and you can also ask us to remove your existing data. Details about withdrawing are provided later in this document.





Decide if you can and should take part

The project is aimed at adults living in Wales over the age of 15 years, with no upper age limit imposed. If you are under the age of 16, you could take part in a closely related project, with the participant information sheet being available on www.waru.org.uk.

If you are interested but have any questions or concerns, please contact us via waru@aber.ac.uk and we will answer them.

When the project runs

The start of the project is April 2021, but you can start to take part at any point thereafter until May 2021. In addition, the survey could be ended when the target recruitment number is achieved. Presently we don't know when in 2021 that will be.

What the project involves

This project is completed by yourself in your own home at your convenience. What we ask you to do is to complete an online survey, containing a series of questions, which are about your level of physical activity, your use and views of outdoor spaces and the impact of the COVID restrictions.

During the online survey, you have the option to express interest to take part in a follow up interview. This interview will be around 60 minutes, and have a series of more detailed questions, and we hope to get further insights into your lifestyle. If you have expressed in interest to the follow up interview, we will contact you, but it is not guaranteed we will actually hold the interview, as we will make a selection before inviting for interviews (which for example depends on interest levels).





Before starting the survey

Health and safety are most important and take time to consider if it is wise to do the survey. Make sure you are in safe environment, away from external distractions and have the time to complete the survey. If needed, you can save the survey and return later.

Submitting your results

At the end of the survey, you submit your results automatically, and all responses will be saved. Once you have submitted your results, we can not alter any answers, so please check your responses throughout the survey.

The risks of taking part

This is the bit to really consider. The online survey is not expected to have any physical risks. The survey questions are personal, but not focused on sensitive topics. Nevertheless, you might have negative thoughts and feelings. Should these occur, you can contact us for further support, or visit general websites promoting mental health, such as:

- www.nhs.uk
- www.bbc.co.uk/actionline
- www.mind.org.uk

The possible benefits of taking part

The results of this project are being used to monitor the impact of using outdoor space and physical activity on people's physical health and well-being. With COVID-19 restricting your daily patterns and physical activities, this might have changed how you view outdoor



spaces and/or how you use them. For that, we need to obtain data about many adults and their likely different experiences.

The combined results of all participants will help determine if there is a need for a targeted approach 'after COVID-19 restrictions'.

Depending on the outcome, we could consider developing a follow up intervention that tries to 'undo' any negative aspects. Or for example interventions that further promote the importance of having access to outdoor space.

Withdrawing and removal of your data

If you wish to withdraw while completing the survey, the key is to not submit. Only once the survey is submitted, we can access your responses.

Once the survey is submitted, there is nothing linking you to the survey, unless within the survey you have provided your email address. You can also include a code that is only known to you. When you request removal of your responses by providing us with that code, only then we can link your survey to you. Without the code, we will not be able to remove your data.

It will also not be possible to have your data removed after May 2021, due to the data being transformed for analyses.

When the project stops

All data collected is already unidentifiable and will be analysed and written up to be published and presented and distributed, with the intention to reach both scientific and non-scientific communities. It is expected that all data will be made publicly available, in line with

the recommendation of the '[Open Science Framework](#)'. There is no way that data can be linked to you.

Do this if something goes wrong

If you have reason to complain about any aspect of the way you have been approached or treated during the course of the project, you can report this to the project leader, contact details are below, or via email to the ethical committee that approved the project:

ethics@aber.ac.uk.

Data confidentiality

All information collected about you during the course of the project will be kept strictly confidential. All information is coded so that you cannot be recognised from it. All data will be saved on a password protected computer to ensure security throughout. All data will be stored and collected in accordance with GDPR rules and regulations.

Ethical project approval

The project has been reviewed by Aberystwyth University ethics committee (Application ID: 17985) and was approved on 20-11-2020.

Accessing the survey

Now you've read the whole document, you can access the survey [directly \(https://aber.onlinesurveys.ac.uk/outdoors\)](https://aber.onlinesurveys.ac.uk/outdoors).

The organizers

The leaders of the project are researchers from the Well-being and health Research Assessment Unit (WARU) at Aberystwyth University, in Wales, the United Kingdom.

You can contact the organizers for any further queries, complaints, suggestions or any other feedback.



The main contact person's details are:

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