

Participant Information Sheet

You are being invited to take part in a research project about the impact of Run Talk Run on mental wellbeing. Please read the following information carefully regarding this research. Further information can be obtained by contacting the lead researchers at the bottom of the document. Any issues around clarity and further information can be supplied.

1. Research Project Title

Running as therapy? The impact of a community based running group on mental health.

2. What is the purpose of the research:

Running may be a way to positively impact people's mental health and wellbeing. By conducting this research it will enable further evidence and support around mental health and wellbeing and other interventions such as running that can help.

The three core aims of the research are:

1. To explore the role of exercise, in particular running for mental health support
2. To identify characteristics that make running good for mental health
3. Examine the impact of a formal community run group as a way to good mental health for intervention implications

3. How will the research be undertaken?

The research involves completing a short questionnaire that should take no longer than 10 minutes to complete. The questions will cover Run Talk Run, your involvement and the impact it may have had on your mental wellbeing.

4. Why have I been chosen?

You have been chosen because you have participated in a 'Run Talk Run' session and may have noticed an impact from Run Talk Run on your wellbeing and mental health and are therefore best placed to provide evidence/information on whether it has an impact. Your participation will hopefully allow for a greater understanding and take up of non-medical interventions to support patients mental health and wellbeing.

5. Do I have to take part?

It is voluntary to take part. You can withdraw at any point in time.

6. Will my taking part in this project be kept confidential?

All information collected during this research will be kept confidential and anonymous. You will not be able to be identified. Any data collected will be stored securely and relevant security processes followed. Comments made in the questionnaire will be anonymised in the final published work.

7. What do I have to do?

The questionnaire involves answering 15 set questions ticking the relevant answer along a scale. For some questions there may be a text box where you can comment further upon the question being asked. Paper copies are available by asking a Run Talk Run leader or by following the survey link here: [here](#). We will then collect the answers to analyse for the research.

8. What are the disadvantages of taking part?

Participating in the research is anticipated to have no disadvantages

9. What are the benefits of taking part?

The research may have a beneficial impact on providing further evidence and support for lifestyle interventions for mental health and individual's wellbeing. The research may help identify how running helps mental health and how it can be adopted in Primary Care/ GP Practices.

10. What type of information will be asked for?

Questions will be focussed on your involvement in Run Talk Run and any impact you have noticed on your mental wellbeing. Your views and experiences of your participation are what we are asking about.

11. Who is doing the research and why?

The research is being conducted by Dominic Shepherd, Dr Hussain Al-Zubaidi and Dr Shahnaz Hassan who are Run Talk Run leaders and set up the initiative in Leamington Spa. Hannah Martin is a Social Prescriber who works closely on the scheme aswell. They are keen to see how Run Talk Run has impacted participants' mental wellbeing and to add to the evidence base of lifestyle interventions.

12. What will happen to the results of the research project?

The results are to be published in a high quality journal and maybe shared more widely across GP Practices to highlight any changes running can have on mental health.

13. Who can I contact for further information?

Please contact Dominic Shepherd email:
Dominic.Shepherd@southwarwickshiregps.nhs.uk
Or
Dr Al-Zubaidi on: hussain.alzubaidi@clmp.nhs.uk

Thank you for taking part in this research.