

Participant Information Sheet

KNEE SYMPTOMS AND FUNCTION IN MARATHON RUNNERS

You are being asked to take part in a research study. Before you decide whether you are willing to take part it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully.

Why is this study being done?

The purpose of this research is to gain an insight about the knee symptoms and function in marathon runners and to see if there is a relationship between reported knee symptoms and function and marathon performance.

Why have I been chosen to participate?

We are asking you to take part in this study because you will run the London Marathon 2013 for a charity institution that is being supported by sports therapy services from the School of Sport and Exercise Sciences at the University of Kent.

What will happen in this study?

If you decide to take part in this study you will be asked to complete an online survey. It takes around 15 minutes to fill out the survey. You can complete the survey anytime between 7th to 20th April (the day before the London Marathon). There is a 'finish later' button on each page of the survey that allows you to finish off completing your survey at a later date if needed.

Do I have to take part in the study?

No. It is up to you to decide whether or not to take part. If you do decide to take part you will be free to withdraw at any time up until you submit the survey and without giving a reason. A decision to withdraw, or a decision not to take part, will result in all data collected to that point being deleted. After you have submitted the survey you can withdraw from the study by contacting the researcher and requesting deletion of your submission and all your data.

Will my taking part in this study be kept confidential?

Yes. All the information about your participation in this study will be kept confidential. The information that you provide in the survey will be stored on a computer. Only the principal researcher and supervisor will have access to your race number and name in order to know your marathon performance. The researchers will not be able to access your email

address or internet service provider information. The procedures for handling, processing, storage and destruction of your data are compliant with the Data Protection Act 1998.

If I take part in this study, how will you protect my privacy?

If you agree to be part of this study you will be giving the researchers your permission to obtain, use and share information about you for this study. The results of this study may be published in medical journals or presented at conferences but this would not include any information that would let others know who you are.

What are the risks and possible discomforts from being in this study?

There is no treatment or intervention involved in this study so the foreseeable risks and discomforts for participation in this study are minimal. There are no physical risks and the possibility of embarrassment when answering the survey questions is minimal. Nevertheless, you will free to withdraw from the study at any time.

What are the possible benefits from being in this study?

You may not benefit from taking part in this study. We cannot promise the study will help you but the information we get may provide important health information regarding knee symptoms and function in marathon runners. You will not get paid to take part in this study.

What happens when the research study stops?

The results of this study will be written up and submitted to appropriate journals for publication.

Who is organising and funding the research?

This research study is being organised and funded by the School of Sport and Exercise Sciences at the University of Kent.

If I have questions or concerns about this study, who can I contact?

You can contact the principal researcher listed below for questions specifically related to this study.

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