

Online focus group participant information sheet

We invite you to take part in a focus group for a research study

- The aim of this focus group is to collect feedback from **people with lived experience of long COVID-19** on the appropriateness of the documents and protocol that will be used in a future clinical trial for balance rehabilitation training.
 - Please note, participants in this focus group are not required to try the technology - there is **NO physical requirement**.
- Before you decide whether to take part, you need to understand why the research is being done and what it would involve.
- Please take the time to read the following information carefully. Talk to others about the study if you wish.

Who is conducting the research?

The [Health Innovation Network South London \(HIN\)](#) in partnership with the [University College London \(UCL\)](#), will be delivering this focus group. They are commissioned by [TeleRehaB Decision Support System \(DSS\)](#), through a [EU Horizon Europe \(HORIZON\)](#) programme (Grant number 769574).

Background and purpose of this research

Individuals with long COVID-19 often report balance problems and may rely more on vision for stability. This can lead to unpleasant feelings of blurred vision and unsteadiness when walking. Customised exercise programmes have shown promise in reducing these symptoms and improving balance.

The TelerehaB DSS technology is an Augmented Reality (AR) rehabilitation training platform with balance exercises, exergames, cognitive training, and remote patient monitoring. It provides instructions for these exercises and tasks by projecting a hologram into a patient's room via a lightweight headset. This will enable a physiotherapist to monitor a patient's progress and change their exercises without having to visit the physiotherapist in person. The technology aims to provide a personalised and interactive programme for each patient.

The TelerehaB DSS team will be conducting a randomised controlled clinical trial in the future to test the technology. In preparation for this, they have commissioned the HIN and UCL to conduct a focus group seeking advice from long COVID-19 patients to check the appropriateness of the study materials. Some of the materials they want advice on include:

- Recruitment materials for the clinical trial.
- Protocol of the clinical trial.

- Exercise intervention.
- Use of technical equipment.

What will taking part involve?

Taking part will involve attending an informal **90-minute focus group online**, in **groups of 3-6 people**.

Being on camera is not expected, but it is preferable.

The facilitator will ask you if you are happy with the discussion being recorded.

- **Please note that the recording will only be used for research purposes, and it will be destroyed at the end of the project.**

During this meeting, we will:

1. Present the technology to you.
2. Gather your feedback on the materials for a clinical study. You will be asked for advice on:
 - Recruitment posters.
 - Protocol considerations.
 - Documents on exercise interventions.
 - Documents about the technical equipment.
 - Other materials related to the clinical study.

This includes feedback on the content; language used; and overall appropriateness of the protocols and exercises for patients with long COVID-19.

After the meeting, we will analyse your feedback and incorporate it to the clinical trial documents.

Why have we contacted you?

As part of this work, we want to talk to patients between the ages of 40 and 80 with long COVID-19. We wish for you to discuss your experiences of long COVID-19 and what matters to you as a potential user of the TeleRehaB platform, to help us shape the research going forward.

Will I be paid?

Participants that take part in the focus group will receive **£30** each, payable via bank transfer, or voucher.

Is this research confidential?

Yes. We treat all personal information as confidential and keep it secure. The information you provide during the focus group will be used for the purpose of the research only.

- No-one other than the research team will have access to your data.

- Your name and details will not be passed on to anyone without your permission.
- We will prepare reports for the research team and promote the workshop on our communication platforms. While we may include your words in these reports, we will ensure that your identity remains confidential and that no one will be able to identify you as a participant.
- Your contact details and any personal information provided will be kept securely within the Health Innovation Network during the project and will be deleted once the research is completed.

Do I have to take part?

No. It is your choice, and no one will mind if you decide not to take part.

Even if you agree to take part now you can change your mind at any time, and you do not have to give a reason.

More information

If you have any further questions about the focus group or would like more information about the project, please get in contact with **Antonio Ruiz Gonzalez** via email: a.ruiz-gonzalez@nhs.net

Thank you for your time - if you wish to participate in this focus group, please complete the consent form on the next page.

Please complete the consent form below and return it by [insert deadline] to Hilary Moorhead via email: hilary.moorhead@nhs.net

Or email hilary.moorhead@nhs.net confirming you have read the form, understood the terms of the research, and that you are happy to take part.

Please click or press the appropriate boxes to populate.

	Yes	No
I confirm that I understand the reasons for this focus group, and I have had the opportunity to ask questions and have had these answered satisfactorily.	<input type="checkbox"/>	<input type="checkbox"/>
I understand that my participation is voluntary and that I am free to withdraw at any time, without giving any reason and without any impact on myself.	<input type="checkbox"/>	<input type="checkbox"/>
I agree to take part in the above research and by doing so I agree to this focus group being recorded and the information from the focus group being published, as long as I cannot be identified.	<input type="checkbox"/>	<input type="checkbox"/>

Name of participant:

(Type or print name)

Date:

(Type or print the date this form was completed)