



THE BIOMECHANICS LAB
91 KENSINGTON RD, NORWOOD
ADELAIDE SA 5067
PH: (08) 7130 0130
E-mail: research@thebiomechanicslab.com.au

PARTICIPANT INFORMATION SHEET

Project: An investigation of footwear comfort

You are being invited to take part in an industry sponsored investigation of footwear comfort. Before you decide if you want to participate, 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 and discuss it with others if you wish. If you want to ask any questions that are not dealt with on this document, please feel free to contact the investigators. Their details can be found at the end of this document. Take your time to decide whether or not you wish to participate.

What is the purpose of the study?

We continue to partner with ASICS to continue our research to better understand the concept of shoe comfort when we run. We know a recent trend in the footwear industry is for soft, compliant, and more energetic foams. However, retail feedback indicates not all runners find this comfortable. This study continues on previous work our lab has performed and continues our attempt to understand what runners like, and what distinguishes some runners from others. The aim is to not only design more appropriate shoes, but to also provide feedback to retail to help better prescribe running footwear.

Do I have to participate?

Participation in the study is voluntary. It is up to you to decide whether or not you wish to participate. If you do decide to take part, you will be required to sign a consent form. Participants are free to withdraw from the research project at any stage without affecting their status now or in the future, up until the point of completion of the final data collection session. If any participant chooses to withdraw from the study, this data will be excluded from the analysis. However, to comply with ethics protocols, if any data has been collected prior to the point of leaving the study, the data will still be stored at The Biomechanics Lab for the required 5 years.

What time commitment is it to take part in the research?

The study has one data collection session, which will last approximately 1 hour. The data collection session will all take place at The Biomechanics Lab, 91 Kensington Road, Norwood, 5067. Parking is freely available at the front of the clinic. Participants will need to make their own way to The Biomechanics Lab.

What do I have to do?

Participation in this study involves filling out an online screening questionnaire and one visit to The Biomechanics Lab for a data collection session.

Screening Questionnaire

Firstly, you will need to fill out the online screening questionnaire to determine if you are eligible to participate in this study. The questionnaire can be found at: <http://www.tblresearch.com.au/register>. The link was also in the email when we sent you this document. This questionnaire asks for information regarding your contact details, age, height, weight, shoe size and lower limb injury history. Once this has been filled out, if you are eligible and you agree to participate, someone from the research team will contact you to

arrange for a time for you to come in for your testing session.

Data collection sessions

If eligible and you agree to participate in the study, you will then need to attend The Biomechanics Lab (91 Kensington Road, Norwood, 5067) for your data collection session. Prior to commencing the session, you will be given another opportunity to read the participant information sheet and ask any questions about the study, then if you wish to participate, you will be asked to sign a consent form. You will then complete a testing protocol which involves two phases: Phase 1 preparation and Phase 2 running.

Phase 1 – Preparation

- You will have your height, weight and shoe size measured.
- You will be asked to perform a warm-up run on the treadmill at 10 km/h for 3-minutes in your own shoes
- You will then be asked to put on the shoes we provide you

Phase 2 – Running

- You will be asked to run on the treadmill at 10 km/h for a total of 3-minutes
- During this running, two video cameras will record your running.
- Complete comfort questionnaire.
- After you have completed the 3-minute run, shoes will be swapped, and the run is repeated. There are four shoe conditions, meaning after the warm-up you will run a total of 4 x 3-minutes at 10km/h.

Will I automatically take part in the study?

If you indicate your willingness to participate in this study, you will need to answer a series of questions in the screening questionnaire. These questions relate to your medical history that is relevant to the inclusion/exclusion criteria of this study. If you meet all the eligibility criteria, you will be eligible to participate in this study and invited to take part.

What are the possible disadvantages and risks of taking part?

Because you will be running on a treadmill, there are potential risks of injury that need to be avoided. In the event that you feel uncomfortable on the treadmill or become overly fatigued, there are emergency-stops located on the handlebars of the treadmill. There are also handlebars on the treadmill for you to grip onto. These safety features will be pointed out to each participant prior to any data collection. A research staff member will also be observing data collection at all times, and they too have access to an emergency stop button for the treadmill. There are no other potential emotional, social or legal risks for you in this study, beyond those encountered in everyday life. If anything of concern is detected during the course of data collection or you have any concerns, you may withdraw from the study and be advised to contact your local doctor or physiotherapist should any injury occur. The Biomechanics Lab accepts no responsibility of injury or harm as a result of you participating in this study.

What are the possible benefits of taking part?

In return for your time, you will be given a pair of ASICS running shoes.

Will my participation in this study be kept confidential?

All records containing personal information will remain confidential and no information which could lead to the identification of any individual will be released. Consent forms will be stored separately from any other data or information in a locked filing cabinet in the office of the Principal researchers at The Biomechanics Lab (91 Kensington Road, Norwood, 5067). It will not be possible to identify you from the motion data we record as the cameras do not take photographs or video above the head. Although your facial images will be excluded from any video data, we need to take to observe foot strike patterns, it may be possible to identify you if you have distinguishing body features such as tattoos or scars. No video examples will be used in any dissemination material that could possibly identify the participant. All documents will be stored

for a period of five years in a locked filing cabinet and thereafter securely destroyed. All electronic data will be stored on password-protected locations of the computer in the office of the principal investigator, Chris Bishop at The Biomechanics Lab (91 Kensington Road, Norwood, 5067) or on the biomechanics server share, accessed by a password-protected computer at The Biomechanics Lab (91 Kensington Road, Norwood, 5067).

***Note: Please note that data will be collected and used for other purposes and retained for future use. This includes future analyses, as well as the ability to identify your eligibility for any future related research studies.*

Who is organizing and funding the research?

A research team from The Biomechanics Lab, lead by Dr Chris Bishop is organising this research. ASICS will be providing the footwear and funding used in this study.

Will I receive a copy of the results?

Due to the commercial confidence nature of this research, you will not be provided a copy of the final results. Should the data eventually be published, a copy of the publication will be available to participants upon request.

Who else can I contact if I have any questions?

Please feel free to contact the associate investigator:

Issy Seymour-Smith

Exercise Scientist

The Biomechanics Lab

91 Kensington Road, Norwood, 5067

Tel: (08) 7130 0130

Email: issy@thebiomechanicslab.com.au

Thank you for taking the time to read about the study, if you have any questions, please do not hesitate to ask. If you agree to participate, you will be given a copy of this information sheet and consent form.