

EUPASMOS Informed Consent to Participate

Dear participant,

This document, entitled “EUPASMOS Informed Consent to Participate”, contains important information regarding the *European Union Physical Activity and sport monitoring System - EUPASMOS* for which it was developed, as well as the main information regarding what to expect if you decide to participate. Please read carefully all the information contained herein. You should feel free to ask any questions, as well as to discuss with third parties (family, friends) the decision of your participation in this study.

About EUPASMOS: European Member States (MS) usually report physical activity (PA) and sport prevalence as percentages of different population segments (children, adults, and seniors) that meet the World Health Organization (WHO) minimum PA recommendations. Nonetheless, PA and sport participation monitoring systems used by MS differ significantly, ranging from indirect measurements - mainly based on PA questionnaires - to objectively measured data collected by equipment such as accelerometers. This is one of the key reasons that existing data reveals large differences between countries, adding difficulties to adjust better policies and strategies to promote PA and sport among all population segments.

Aim: In this sense and in order to overcome these difficulties, EU MS are making a big effort to develop, along with the support from EU, WHO and international stakeholders, the EUPASMOS. This project aims to compare commonly used questionnaires for PA surveillance (e.g. Global Physical Activity Questionnaire - GPAQ, International Physical Activity Questionnaire - IPAQ, European Health Interview Survey Physical Activity Questionnaire - EHIS-PAQ, and Eurobarometer PA questionnaires) with each other and against objective accelerometer data, in a validation study that will use large samples from European Union MS. In addition, it aims also to identify the PA and sport prevalence rates among the participating MS.

Your participation in *EUPASMOS* is voluntary and you may refuse to participate. If you decide to participate, it is important to know that you can quit at any time, without any consequences to you. In order to guarantee the privacy and confidentiality of the data, it will be assigned a code to all the participants, and never, in any circumstance, will be revealed your identity. The EUPASMOS results will be disseminated through the scientific community in the form of scientific articles, communications in national and international venues, and MS reports. The database will be secured according the data protection regulations and only epidemiologic results will be communicated publicly.

Project Coordination: Paulo M. Rocha, PhD

Institution: Portuguese Institute of Sport and Youth

Participation details: If you agree to participate in the EUPASMOS project, there will be two evaluation moments separated by 7 days. In the first moment (morning) you will start wearing an accelerometer (a small device attached to a waist belt that you will wear for 7 days, 24 hours/day), and a specialist will perform some anthropometric measurements (weight, height, waist and hip circumferences; note: if you will receive the accelerometer in other form other than face-to-face, some of these variables will be asked to you). In addition, you will have to answer 3 questionnaires concerning socio-demographics (mandatory), health status (optional), and determinants for PA (SF-36, and NEWS-CFA; optional). On the second evaluation moment you will have to deliver the accelerometer and answer to four PA validated questionnaires (IPAQ-SF, GPAQ, EHIS-PAQ, and Eurobarometer, all mandatory).



Confidentiality: Confidentiality of your data is fully guaranteed.

Risk: Your participation in this study does not present any risk.

Contact (optional; email and or phone):

Thank you in advance for your attention and precious help! With our best regards,

The EUPASMOS coordination team

Signature of the EUPASMOS Informed Consent,

I give permission to use my contact details to be contacted about the EUPASMOS project. I also give permission to use the data on my background (gender, age, ethnicity, level of education, height and weight), my health status (general health condition, disorders and limitations) and my exercise and sitting behavior data in the scope of this project. I was informed that these data be will safely stored in my country by the research team and also in an European research database which will be used by both researchers from the my country and from the European EUPASMOS consortium. The research data are retained for at least 20 years after completion of the research. I read (or someone read to me) this document and I am aware of what to expect regarding participation in the *EUPASMOS*. I had the opportunity to put all the questions and the answers clarified all my doubts. Therefore, I voluntarily accept to participate in this study. I have been given a copy of this document.

Participant's Name

Signature

Date

Researcher / EUPASMOS Partner Team

The most important aspects of this project were explained to the participant or his / her representative before requesting his / her signature. A copy of this document will be provided to you.

Name of Person Obtaining the Consent

Signature

Date

Note: If you agree, we can provide you the main final results of the EUPASMOS project by email.

I agree _____