



UNIVERSITY OF CALGARY

Patient Information Letter:

Remote Assessment of Physical Fitness Measures: Reliability and Validity Study

Hello,

Researchers at the University of Calgary are conducting a study to test the reliability and validity of assessing physical fitness measures remotely (virtually over Zoom) in comparison to in-person assessment. We are currently seeking research participants for this study. Participation in this study is completely voluntary and you are free to change your mind at any time.

Who is eligible?

If you are between 18 and 80 years old, have previously received a cancer diagnosis (any site excluding non-melanoma skin cancer, any stage) and have completed all prescribed cancer treatment (such surgery, chemotherapy, and/or radiation), you may be eligible for this research study.

What will you be asked to do?

You will be asked to:

- 1) Complete questionnaires related to readiness for physical activity, socio-demographic and lifestyle factors, and questions related to your cancer diagnosis and treatment
- 2) Attend one in-person assessment to complete four physical fitness tests with a certified exercise physiologist
- 3) Attend two online assessments in your own home to complete the same four physical fitness tests, remotely monitored by a certified exercise physiologist

The virtual assessments will be conducted over Zoom software and a portion of these assessments will be video-recorded to confirm accurate scoring of the measures. Only the scored section of the assessment will be recorded. These videos will be labeled with the date of the virtual assessment, which assessment it corresponds to (the first or second assessment), and the participant ID assigned to you. You will be identifiable in the video file.

These videos will not be transcribed and will only be accessed on study team password protected computers. After your virtual assessment is completed, the exercise physiologist will review the video to confirm scoring. After the scoring check is complete, the files will be stored on a University of Calgary approved server (Sharepoint). Five years after the study is completed, all electronic files including video files will be destroyed by an Alberta Health Services approved third-party destruction service provider.

Ethics ID: HREBA.CC-23-0104

Study Title: Remote Assessment of Physical Fitness Measures: Reliability and Validity Study

PI: Dr Colleen Cuthbert

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What are the benefits of participating in this study?

You will receive the results of physical fitness testing from a Certified Exercise Physiologist, and your information may influence future exercise interventions for cancer patients. You will also receive a \$25 gift card for participating.

If you would like more information about the study or are interested in participating in this study, please contact:

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This study has received ethical approval through the Health Research Ethics Board of Alberta, HREBA.CC-23-0104

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