

**Informed Consent Form for Adult**  
**GrandMove Project (Training Programme)**

You are invited to participate in a research study conducted by Prof. Terry Lum and Dr. Gloria Wong in the Sau Po Centre on Aging at the University of Hong Kong.

**PURPOSE OF THE STUDY**

The overall goal of this study is to develop an evidence-based and structured aerobic and resistance exercise training tailored for frail and pre-frail elders in Hong Kong. This study also develops a train-the-trainer programme which engages young-olds in productive activity as personal coaches for healthy ageing.

**PROCEDURES**

You are invited to take part in the GrandMove Training Programme, an 18-month progressive exercise intervention comprising 3 phases: 6 months of aerobic training, 6 months of resistance training, as well as 6 months of lifestyle education. You will receive small group exercise practice, supervised home practice, and phone calls to help reinforce exercise routine. You will undergo these training phases in a random sequence. Each group or home exercise session lasts for 45 minutes and will be held between January 2016 and October 2017. In addition, we will measure your frailty level, physical performance and quality of life at four time points: before the programme, at 6 months, 12 months, and 18 months. Each assessment lasts for about an hour.

**POTENTIAL RISKS / DISCOMFORTS AND THEIR MINIMIZATION**

You may experience mild fatigue or physical discomfort during the exercise, do feel free to take short breaks. If health events take place, you may suspend or withdraw from the programme at any time. You may also consult your medical doctor who may be able to help.

**COMPENSATION FOR PARTICIPATION**

There is no compensation for your participation. However, the materials required for the exercise programme and the coaching sessions will be provided to you at no cost.

**POTENTIAL BENEFITS**

You will be taught by trained coaches exercises that have been shown to be beneficial for frailty, and receive advice on healthy lifestyle, which may help you exercise regularly and improve health.

**CONFIDENTIALITY**

Any information obtained in this study will remain very strictly confidential, will be known to no-one, and will be used for research purposes only. Codes, not names, are used

on all test instruments to protect confidentiality.

**DATA RETENTION**

Data containing personal identifiers, and anonymized data will be kept for 5 years after publication of the first paper arising from the research project.

**PARTICIPATION AND WITHDRAWAL**

Your participation is voluntary. This means that you can choose to stop at any time without negative consequences.

**QUESTIONS AND CONCERNS**

If you have any questions or concerns about the research, please feel free to contact the Research Coordinator Miss Mandy Lau at HKU (Telephone: 2831-5179; Email: [mlau@hku.hk](mailto:mlau@hku.hk)). If you have questions about your rights as a research participant, contact the Human Research Ethics Committee, HKU (2241-5267).

**SIGNATURE**

I \_\_\_\_\_ (Name of Participant) understand the procedures described above and agree to participate in this study.

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date

Date of Preparation: November 17, 2015  
HREC Approval Expiration date: December 8, 2019  
HREC Reference Number: EA1511048