



MANCHESTER METROPOLITAN UNIVERSITY
MMU Cheshire
Department of Exercise and Sport Science

Information Sheet for Participants

Title of Study:

The relationship between self-report chronic back pain and anxiety symptom interpretation in a population of competitive target shooters.

Participant Information Sheet

1) This is an invitation to take part in a piece of research.

You are being invited to take part in a research study. Before you decide whether or not to take part, 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. Ask us if there is anything that is not clear or if you would like more information. Please take time to decide whether or not you wish to take part.

2) What is the purpose of the research?

We are conducting a research study to determine whether there are any differences in the way individuals interpret and respond to stresses (so called coping styles) among shooters with and without a history of back pain. We are also interested in whether, for those with back pain, the distribution of coping styles is different among those who seek medical intervention and those who self manage their pain. This is part of a wider programme of research investigating relationships between coping styles and chronic pain being conducted by Manchester Metropolitan University. We are seeking participants both with and without a history of back pain.

3) Why is the study being performed?

We have performed some earlier preliminary work within a group of individuals involved in a hospital based back pain programme and found some interesting links between how people's coping styles and changes in pain and activity following treatment. This study seeks to build upon this finding using a larger sample of participants, both with and without back pain and drawn from outside a hospital based environment. This will help us to determine whether the initial findings are replicated in a more general population. We have chosen to use shooters as the sample group because the sport has a wide range of participants which will help us create a representative sample and is a sport with a reputation for a relatively high prevalence of back pain.

It is hoped that, through this and other related studies, we will better understand whether coping styles are important in determining what support individuals seek for their pain and if there is a link between coping style and the success of interventions to help pain management.

4) Why am I being asked to take part?

We have asked you to take part in this study because you are a competitive shooter. We are seeking individuals of all ages and shooting disciplines both with and without a history of back pain.

5) Do I have to take part?

You are under no obligation to take part in this study. If, after reading this information sheet and asking any additional questions, you do not feel comfortable taking part in the study you do not have to. If you do decide

to take part you are free to withdraw from the study at any point, without having to give a reason. If you do withdraw from the study you are free to take any personal data with you and this will not be included when the research is reported. If you decide not to take part or withdraw from the study it will not affect your relationship with any of the staff at the Manchester Metropolitan University.

If you do decide to take part we will assume that by returning the questionnaire to us you are providing your consent.

6) What will happen to me if I agree to take part?

If you agree to take part you will be asked to complete the enclosed questionnaire. These questionnaires will ask a number of questions about how you feel or respond to different situations, this will allow us to classify your coping style. In addition you will be asked about any history of back pain and what if any treatment you may have received or undertaken. A range of demographic information will also be requested to build a profile of the sample population. We anticipate that it would take about 20 minutes to complete all of the questionnaires. All individual responses will be anonymous and data only considered as population averages.

7) Are there any disadvantages or risks in taking part?

There are no disadvantages of taking part in the study. The questionnaires are not intrusive to your personal life and will not have psychological risks involved.

8) What are the possible benefits of taking part?

It is unlikely that you will benefit directly from taking part in this research as we are at an early stage of investigating how these factors may interact. However, the study does aim to improve our understanding of the psychological factors that influence pain management and may contribute to future improvements in this area.

9) Who are the members of the research team?

The Principal Investigator is Zoe Franklin. If you require further information then please do not hesitate to email on 08085521@stu.mmu.ac.uk

The research Supervisor is Professor Neil Fowler from the Department of Exercise and Sport Science at MMU Cheshire (n.fowler@mmu.ac.uk) who has been researching back pain for the over 15 years.

10) Who is funding the research?

The research is not externally funded and is being undertaken as part of a Masters degree research project.

11) Who will have access to the data?

All of the information collected will be kept confidential and only used for the purposes of this study. The data will be stored in a coded format and only the principal investigator and the project supervisor will have access to the data. The data will be kept for the duration of the study which will last approximately 6 months.

If the results of the study are used in conferences or published in a scientific journal at some point in the future, participants will not be identified in any way. As a participant you have the right to obtain a copy of any publication resulting from the research.

12) Who do I contact if I feel my rights have been violated?

If you feel that your rights have been violated then please contact the address provided below:

The University Secretary and Clerk to the Board of Governors, Manchester Metropolitan University,
Ormond Building, Manchester, M15 6BX. Tel: 0161 247 3400.

13) Finally, a thank you!

Thank you very much for considering participating in this study. I hope that the information I have provided is in enough detail for you. If you have any questions before you agree please do not hesitate to ask any questions.