

## INFORMATION SHEET FOR PARTICIPANTS

### **Research Title:**

#### **Research into attitudes and fear avoidance beliefs in lower back pain in varying age groups sampled from the ESO patient population**

We would like to invite you to participate in this research project. Before you decide, 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 as you wish. Please ask if there is anything that is not clear or if you would like more information. Take your time in deciding if you wish to take part.

You are free to withdraw at any time and without giving reason.  
Thank you for reading this.

### **What is the purpose of the study?**

The proposed aim of this study is to determine whether age effects attitudes and fear avoidance beliefs and the true consequences and psychological awareness of Lower back pain (LBP) and how we as osteopaths can better understand patient's attitudes to their back pain.

### **Who have we asked to participate?**

Participants between the ages of 20-79 of any gender who suffer or have suffered from LBP within the ESO patient population are invited to take part.

### **When and where will the study take place?**

The study will be conducted via an online questionnaire.

### **How long will the study last?**

The data collection will take place from September to October, 2020.

### **What will happen to me if I take part?**

- You will complete an online questionnaire called the Back Pain Attitude Questionnaire (Back-PAQ).
- The questionnaire has thirty-four items with five sections;
  - 1 - About your own back,
  - 2 – looking after your own back

- 3 – back pain in general,
- 4 – what to do if you have back pain,
- 5 – Recovering from back pain.

- If happy to proceed, you can click the attached link on the email this was attached to – you will then then be directed to the consent form.
- Once consent is processed, you'll be moved to a demographic question of age and gender before being directed to complete the Back PAQ.
- The anonymous data will then be collated and analysed.

### **Are there any risks involved in participating?**

There are no adverse risks for taking part in this study but if any questions give rise to any concerns, please feel free to discuss this, either with the Principle Investigator or a member of your care team at the ESO.

### **What if there is a problem or complaint?**

If there is a problem at any time and you would like to contact someone regarding the study then your contact should be:

	<b>Name</b>	<b>University Address</b>	<b>Contact Information</b>
<b>Principle Investigator</b>	<b>Edward Jonas</b>	European School of Osteopathy, Boxley House, The Street Boxley, Boxley, Maidstone, Kent, ME14 3DZ	edwardjonas@eso.ac.uk +44(0)1622671558

If you have any complaint or you would like to discuss an element of the study with an independent party, your contact should be:

	<b>Name</b>	<b>University Address</b>	<b>Contact Information</b>
<b>Head of Research &amp; Professional Development</b>	<b>Dr Philip Bright</b>	European School of Osteopathy, Boxley House, The Street Boxley, Boxley, Maidstone, Kent, ME14 3DZ	philbright@eso.ac.uk +44(0)1622671558