

### Who is doing this research?

The Universities of Dundee, Glasgow, Aberdeen, Edinburgh and Stirling are collaborating on this study.

ActWELL is funded by the Scottish Government.

The lifestyle coaches are provided by the charity Breast Cancer Now.

This study has been reviewed by the East of Scotland Research Ethics Committee and has raised no objections from the point of view of medical ethics.

### Contacts

If you have any questions please contact the study team in your local area.

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[www.ActWELLstudy.org](http://www.ActWELLstudy.org)



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## ActWELL Study Information Sheet (Brief)

A randomised control trial to assess the impact of a lifestyle programme (ActWELL) in women attending NHS breast screening clinics.

Chief Investigator:  
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*“Actwell is a free, personalised programme designed to support women to make small but important changes to their lifestyle.”*

ActWELL Team





### **Why are we doing the study?**

This study is being carried out because evidence shows that lifestyle is associated with the risk of developing breast cancer. We want to see whether our ActWELL lifestyle programme can help women change their diet, physical activity levels and body weight.

### **Why am I being invited to take part in this study?**

We are giving information to all women invited to or attending for breast screening.

### **What will I have to do?**

All participants will be invited to attend for two measurement visits (height, weight, blood pressure, questionnaires etc.) at the start of the study and after 12 months. One blood sample (9mls) will be taken at each visit. There will also be a short phone call at 3 months to repeat some questionnaires.

### **Where will I be seen?**

Measurement visits will take place at your local NHS research centre. Reasonable travel expenses will be paid and a £10 voucher will be given for attending each measurement visit. No expenses are available for coaching sessions.

### **How the research works?**

The fairest way of seeing if ActWELL is effective is to allocate people at random (like tossing a coin) to either the ActWELL group or a usual care group.

### **ActWELL group**

Women in this group will receive the ActWELL programme. This is free and personalised comprising two face to face sessions with a lifestyle coach and up to 9 follow up telephone contacts over a year.

Coaching sessions will take place in community leisure facilities.

### **Usual Care Group**

Women will be offered a free personalised session with a lifestyle coach after the 12 month measurements are completed.

### **Activity Monitoring**

A small group of women from both groups will be asked to wear a physical activity monitor for two periods of one week, at the beginning and end of the study.

### **What will happen to the information you collect about me?**

At the start of the study you will be assigned an identity (ID) number to protect your anonymity. This will be used on all questionnaires, forms and databases. All information we collect about you will be kept strictly confidential.

### **What happens next?**

If you would like to find out more please complete the contact details card and place in the ActWELL box. A member of the research team will contact you to check if you are eligible to take part and answer any questions you may have.

This call may be recorded to improve our staff training but we will not do this without your permission. Any information we record will be stored and used by researchers at the University of Aberdeen.

Alternatively you can telephone or email the research team directly.

We anticipate that many women will be interested in taking part. If demand is high it may be that not everyone can be offered a place on the study and we may not be able to contact everyone who expressed an interest.