

Frequently-Asked Questions about being in the SPEP study: What Will My Participation Involve?

1) What is this study about?

*We are collecting information from patients in the UW Health **Stroke Prevention Exercise Program (SPEP)** to find out how well the program is working, and how it can be improved.*

2) What will I be asked to do?

*In addition to your regular clinic visits and stroke treatment, you will be interviewed **3 times** by a trained graduate student researcher. We will ask about your experiences, successes, and challenges with SPEP. **Your participation is voluntary and is indicated by your signature on an Informed Consent form.***

3) What about my privacy?

All of the information that we collect about you will be kept in a classified file in a locked file cabinet within a locked research office on the UW campus. Any information that would reveal your identity, such as your name or SSN, is kept out of survey analysis and publication.

4) How long will it take?

*You will give **three interviews** over the course of **three months** from the date of your discharge from the stroke service at the UW Hospital, with an optional fourth interview one year after your stroke. Each interview takes **30 to 45 minutes**.*

5) Will my participation in this study be painful or unpleasant?

There are no physical procedures involved. It is possible during your interviews that you may experience confusion, frustration, or disappointment if you are having a hard time with the program. The researcher will try to make you at-ease during the interview, and can help connect you with your therapist or physician if you are having trouble.

6) What if I decide I no longer want to participate?

Your participation is voluntary for the entire length of the study. If you wish to stop during an interview, or would like the researcher to stop contacting you for follow-ups, simply tell the researcher clearly that you wish to stop being in the study.

7) Do I get different treatment if I say “yes” or “no” to participating in the study?

***NO.** Whether or not you receive the SPEP program is up to the clinical expertise of your doctor and therapist, not the researcher. Your rehabilitation, medical treatment, and SPEP participation are not affected by your decision to participate in or leave the study.*