



# *back on track* PROJECT

*getting 'back on track'  
after a heart event:  
trial of an online program*

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## *what is the 'back on track' project?*

The *Back on Track* project involves trialling the *Back on Track* program, a self-management program delivered online, allowing people to complete desired modules when and where they want, at their own pace. The program is designed to help people improve their behavioural and emotional wellbeing after a cardiac event.

## *what is involved in being in the 'back on track' project?*

If you agree to participate in the study, you will be given access to the *Back on Track* program, which includes a goal-setting module and four lifestyle modules on physical activity, dietary change, smoking cessation and emotional wellbeing. You can choose whichever of the lifestyle modules are relevant for you.

There are two groups in the study. The 'self-directed' group will complete the online modules alone, whereas the 'supported' group will receive two telephone calls with a specially trained facilitator to assist them in completing the online modules. On registering for the study, you will be randomly allocated to either the 'self-directed' group or the 'supported' group.

You will also be asked to complete an online questionnaire prior to doing *Back on Track*, and again at completion of the program and four months later.

## *am i eligible to participate?*

You are eligible to participate in the *Back on Track* project if you have had a heart event, such as heart attack, heart surgery or stent, or unstable angina, in the past 12 months. You will also need to have access to a computer, tablet or smartphone, and the internet.

## *who is running the 'back on track' project and how do i register?*

The *Back on Track* project is being conducted by the **Australian Centre for Heart Health** with funding from the **HCF Foundation**. The *Back on Track* project has received ethics approval from the Deakin University Human Research Ethics Committee and is endorsed by the Australian Cardiovascular Health and Rehabilitation Association.

You can register for the *Back on Track* study at [www.australianhearthealth.org.au](http://www.australianhearthealth.org.au)

**More information?** Contact Dr Michelle Rogerson on (03) 9326 8544 or [backontrack@australianhearthealth.org.au](mailto:backontrack@australianhearthealth.org.au)



[www.australianhearthealth.org.au](http://www.australianhearthealth.org.au)



The Australian Centre for Heart Health is an independent charity which undertakes research and training in cardiac rehabilitation and prevention and develops programs to support Australian cardiac patients.