

EXPLANATORY STATEMENT

Project ID: 25734

Project title: The use of ambient and individual music listening during cardiac rehabilitation programs in Australia

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You are invited to take part in this study. Please read this Explanatory Statement in full before deciding whether or not to participate in this research. If you would like further information regarding any aspect of this project, you are encouraged to contact the researchers via the phone numbers or email addresses listed above.

What does the research involve?

The aim of this study is to explore the use of ambient (background) music during exercise sessions in cardiac rehabilitation programs in Australia and to determine whether individual participants listen to their own selection of music (self-selected music listening) during cardiac rehabilitation.

You will be asked to complete an online survey on one occasion. The survey will be administered by Qualtrics. It will take approximately 5 minutes to complete and your participation is voluntary. Typical questions will be: the use of ambient (background) music during exercise sessions, the common music choices and what influences the selection of music. You will also be asked whether individual participants within cardiac rehabilitation listen to their own selection of music, their common music choices and what factors influence their selections. Some information regarding the location of your cardiac rehabilitation program, your profession and years working in the field will also be included. Your responses will be recorded on Qualtrics.

Why were you chosen for this research?

It is not currently known whether ambient (background) music is commonly used during exercise training as part of cardiac rehabilitation, what type of music is selected and the reasons why or whether individual participants attending cardiac rehabilitation engage with self-selected music listening during their exercise training. You have been selected to take part in this research project because you are registered with the Australian Cardiac Rehabilitation Association network and your

contact details (email address and program location) are included in their registry. The managers of the network have agreed to distribute the details of this research project and the survey link to its members.

Consenting to participate in the project and withdrawing from the research

The consent procedure for this project involves clicking the link to consent at the start of the online survey. By selecting the consent option, you consent to the Chief Investigator and relevant research staff collecting and using the information obtained through your survey responses for the research project. If you decide to withdraw from this research project, you have the option to not complete the survey. This will be recorded as incomplete and will not be included as part of the analysis.

Possible benefits and risks to participants

We cannot guarantee or promise that you will receive any benefits from this research. The results of this study could be used to help inform the use of ambient music during cardiac rehabilitation. The survey is anticipated to take no longer than 5 minutes to complete.

Confidentiality

Any information obtained in connection with this research project will remain confidential. Your survey results will be de-identified within Qualtrics. If you give us your permission by signing the consent form, we plan to publish the results of the project in an international scientific journal. In any publication and/or presentation, only group data, not individual results will be published.

Storage of data

The survey results will be downloaded from Qualtrics and will be stored electronically on a computer and will be password protected. Access will only be possible by the Chief Investigator and student researcher (HF). Study records will be kept for a period of 15 years from the end of the study. After this time, the information will be disposed of safely and securely through the deletion of computer files.

Results

The findings of this study will be presented at relevant international conferences and published in an international journal. In addition, a compiled copy of the group findings will be provided to each participant.

Complaints

Should you have any concerns or complaints about the conduct of the project, you are welcome to contact the Executive Officer, Monash University Human Research Ethics Committee (MUHREC):

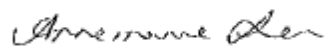
Executive Officer
Monash University Human Research Ethics Committee (MUHREC)
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Thank you,

A handwritten signature in cursive script that reads "Annemarie Lee".

Dr Annemarie Lee