Informed Consent Form

Title: Exploring perceptions of the Mentastics Trager Psychophysical Integration Method in chronic pain management

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My name is Christina Serpa. I am a Master of Physical Education student under Dr. Angela Loucks-Atkinson and Dr. David Hancock at Memorial University, in the School of Human Kinetics & Recreation. You are invited to take part in a research project entitled "Exploring perceptions of the Mentastics Trager Psychophysical Integration Method in chronic pain management."

This document is part of the process of informed consent. It is meant to give you the basic concept of what the research is about and what your participation will involve. It also describes and explains your right to withdraw from the study. In order for you to decide whether you wish to participate in this research study, you should understand enough about its risks and benefits to be able to make an informed decision. This is the informed consent process. Please, take the time to read this document carefully and to understand the information presented to you. Please contact me, Christina Serpa, if you have any questions concerning the study or would like more information before you consent to the virtual interview.

It is entirely up to you to decide whether you wish to take part in this research study. If you choose not to take part in this research or if you decide to withdraw from the research once it has started, there will be no negative consequences for you, now or in the future.

Introduction:

In Canada, more than 20% of adults suffer from chronic pain and have been suffering for 10 or more years. The cost of pain management appears to have skyrocketed, with chronic pain sufferers paying out almost 17000$ Canadian a year from their own pockets. On top of this high cost, it is estimated that 75% of those suffering from chronic pain need more pain management options but cannot afford to try anything new. There is a little know method called "Mentastics," a division of the Massage technique "Trager MD Psychophysical Integration method. It was developed by Dr. Milton Trager for those unable to afford or have access to a certified massage Trager MD therapist. Some of the health benefits are this method may aid in inducing a state of mental and physical relaxation in participants. We are specifically seeking to recruit individuals having experienced chronic pain for more than 5 years and that have participated in one or multiple pain management protocols

What you will do in this study:

You will have an opportunity to have your opinions and perceptions heard about a video on the Mentastics Trager Md technique. The information you provide could lead to recommendations for increasing the use of Mentastics in chronic pain management, offering people access to a less known but affordable and effective technique for improving muscular and mental relaxation. You will be asked to watch the 15-minute low-movement physically active Mentastics video and

participate in a 60-minute individual virtual interview (checkboxes are provided at the end of this form). Mentastics consists of participating in a combination of mental meditative type exercises with gentle stretching.

All interviews will be audio-recorded and transcribed (typed out) verbatim after receiving your consent. All transcribed interview documents will be used as study data. You will have opportunities to review your transcribed data when it has been categorized into "theme" (or general ideas/categories) and final research findings.

Length of time:
Total time commitment is approximately 2 hours (video = 15 min, interview = 1 hour; review of themes and total email correspondence = 45 minutes)

Withdrawal from the study:
If you decide to withdraw or not participate in certain aspects of the study, you will be free to do so at any point in time (e.g., time of recruitment, after watching the video, during the interview, after the interview) without penalty of any sort. If you request a withdrawal (verbally or in writing), the researcher will accept the request immediately. You do not need to provide any reason and are free to omit any question(s) that you do not wish to answer. During the interview, if you wish to stop the interview, stop recording and end your participation at any moment you are free to do so and the PI will delete any and all recordings or collected data immediately. If you wish to withdraw, please contact Christina Serpa by phone or email. You will have 3 weeks after your interview has been transcribed and emailed to you for feedback, in order for you to decide if you would like us to remove your data from the study completely.

Possible benefits:
You will have an opportunity to have your opinions and perceptions heard about the Mentastics Trager Md technique. The information you provide could lead to recommendations for increasing the use of Mentastics in chronic pain management.

Possible risks:
Participants will be subjected to little physical risk as the guided movement recommendations in the Mentastics video are depicted to stay within personal limitations and comfort. There may be minimal emotional discomfort resulting from discussing issues surrounding participant chronic pain histories, past experiences, perceptions, understandings, and experiences in relation to your medical history. Although emotional and physical risks are considered minimal in this study they will vary for each individual in additional to the possible benefits. If a participant would like the support of a mental health professional, they will be encouraged to contact Provincial Mental Health Crisis Line, The Mental Health and Addictions Division, Department of Health and Community Services NL (1-888-737-4668). In case of an emergency please contact 911.

Confidentiality:
The ethical duty of confidentiality includes safeguarding participants' identities, personal information, and data from unauthorized access, use, or disclosure. The following steps will be taken to protect your confidentiality.) Names or other identifying features of the study participants will be removed from transcripts. B) The audio recording of the e-interview will be

identified by a code only, (C) the data codes will be secured and kept separate from the data, D) Informed consent e-documents will be stored on a password-protected computer, separate from the transcripts. E) The data will be presented as common themes and behavioral theories, concerning participants, which will emerge from the transcripts. Quotes from the participants may be used to explain the themes, but all recognizable names, nicknames, online personas, or personal identifiers will be removed from the quotes.

Anonymity:
Anonymity refers to protecting participants' identifying characteristics. While your interview will be audio-recorded and transcribed, all identifying information (e.g., digital and legal names, online community organizations) will be removed, and codes/pseudonyms will be used to protect your identity. Every reasonable effort will be made to ensure your confidentiality; you will not be identified in publications.

A fellow research student or "critical friend" will have access to the data, after it has been "anonymized", with codes/ pseudonyms. A critical friend is a fellow graduate student who will challenge the theories and principal investigators initial opinions concerning the data. Although data will be anonymized by the PI, research supervisors, the critical friend and any third-party transcribers will be asked to sign a confidentiality or non-disclosure agreement, to further protect participants and the data. If you would like a copy of this non-disclosure agreement one will be sent to you at your request.

Although basic demographic information such as age, sex, chronic pain type, and pain level will be asked, it is to aid in the research process. All participants will have the ability to opt-out of sharing any of this demographic information or any questions asked in general that they choose. The demographic information will be used to increase the transferability of the findings to the chronic pain community in Canada. Contact information will be obtained to stay in contact with the participants to share the study themes and research findings.

Recording of Data:
Your permission for audio-recording is required for you to participate in the study (checkbox is provided at the end of this form). Two audio-recorders will be used, the Stream Yard Software and an iPhone voice memo app to record interviews. The Stream yard privacy policy may be found here : https://streamyard.com/resources/docs/privacy/. The stream yard software has the ability to allow you "the interviewee" to turn off their camera anytime during the interview process and only record your audio. The audio-recording feature is the only feature required for you to participate- the video recording feature is optional.

Storage of Data:
Christina Serpa and her master's thesis supervisors will have direct access to the data during the study and after the completion of the study. They will assume the responsibility for data storage. All data (e.g., transcripts) will be deemed confidential material and will be filed (i.e., digital audio recordings, researcher notes) will be password protected and stored on an external hard drive that will be locked in a locked filing cabinet with Christina Serpa's Naturopathic and Massage Clinic's office.

The first method to be attempted for data transcription will be to use a transcription software named transcribe wreally. This software has a highly secure data storage process and extensive

privacy policy. Their security features may be found at https://transcribe.wreally.com/article/how-secure-is-my-data-when-i-use-transcribe-17 and their privacy policy may be found at: https://transcribe.wreally.com/legal/privacy and will not leave the PI's secured computer. If this fails, transcribing services may be required. If transcription services providers will be required to sign a non-disclosure agreement. A copy of the non-disclosure agreements can be sent to you at your request.

The digital recordings and transcripts will be stored separately from the master file which is able to identify participant names, pseudonyms, and code numbers. The coded master file will be stored in a separate locked fireproof safe at a secret secure location, that only the PI can access. The master code file will be deleted and destroyed after the completion of the study. Data will be kept for five years, as required by Memorial University's policy on Integrity in Scholarly Research. After five years, all data will be permanently removed from the external hard drive

Reporting of Results:
The data will be analyzed and presented as common behavioral theory themes across participants and the study, as they emerge from the transcripts. Quotes from your interview may be used to illustrate the themes (checkbox is provided at the end of this form). However, all names, locations, or personal identifiers will be removed from the quotes. The research findings will be presented in academic conference presentations, published in scholarly journals and industry and mainstream media magazines. In addition, findings will also be published in my thesis and will be publicly available at the Queen Elizabeth II library.

Sharing of Results with Participants:
Within 14 days of the recorded interview a transcript of your interview will be provided, with identifying characteristics already removed from the document. You will have 3 days to review your transcripts and give feedback, via the registered contact email. You will have access to research findings without having to contact the researcher. Once the study has concluded, the findings will be delivered to each participant via the email provided.

Questions:
You are welcome to ask questions at any time before, during, or after your participation in this research. If you would like more information about this study, please contact any member of the research team.

The proposal for this research has been reviewed by the Interdisciplinary Committee on Ethics in Human Research and found to be in compliance with Memorial University's ethics policy. If you have ethical concerns about the research, such as the way you have been treated or your rights as a participant, you may contact the Chairperson of the ICEHR at icehr@mun.ca or by telephone at 709-864-2861.

Informed Consent Form

Consent:
Your signature on this form means that:

- You have read the information about the research.
- You have been able to ask questions about this study.
- You are satisfied with the answers to all your questions.
- You understand what the study is about and what you will be doing.
- You understand that you are free to withdraw participation in the study without having to give a reason, and that doing so will not affect you now or in the future.
- You understand that if you choose to end participation **during** data collection, any data collected from you up to that point will be destroyed.
- You understand that if you choose to withdraw **after** data collection has ended, your data can be removed from the study up to one month after the completion of your review of research findings.

I agree to watch a 15-min video	☐ Yes	☐ No
I agree to participate in a 60 min e-interview	☐ Yes	☐ No
I agree to be audio-recorded or video-recorded	☐ Yes	☐ No
I agree to the use of direct quotations	☐ Yes	☐ No
I agree to the 3-week cut-off date, upon receiving my transcripts, as the time limit where my data can non-longer be withdrawn from the study.	☐ Yes	☐ No

By signing this form, you do not give up your legal rights and do not release the researchers from their professional responsibilities.

Your signature confirms:

☐ I have read what this study is about and understood the risks and benefits. I have had adequate time to think about this and had the opportunity to ask questions and my questions have been answered.

☐ I agree to participate in the research project understanding the risks and contributions of my participation, that my participation is voluntary, and that I may end my participation.

☐ A copy of this Informed Consent Form has been given to me for my records.

_____ _____

Signature of participant Date

Researcher's Signature:
I have explained this study to the best of my ability. I invited questions and gave answers. I believe that the participant fully understands what is involved in being in the study, any potential risks of the study and that he or she has freely chosen to be in the study.

_____ _____

Signature of Principal Investigator Date