APPENDIX C  INFORMED CONSENT

VIRGINIA POLYTECHNIC INSTITUTE AND STATE UNIVERSITY

INFORMED CONSENT FORM FOR PARTICIPANTS OF INVESTIGATIVE PROJECT

Title of Project: Understanding older adult’s perceptions of participation in lifelong exercise: A life course approach

Investigators: Jennifer M. Scanlon, M.S. Candidate, Virginia Tech
Dr. Karen A. Roberto, Advisor, Virginia Tech

I. Purpose of this Research/Project
The purpose of this study is to examine your participation in physical exercise over the life course. Together, we will try to understand how societal processes and opportunities, life course roles and transitions, and individual meanings of physical exercise have affected your participation in physical exercise throughout the life course.

II. Procedures
You are among approximately 20 individuals being invited to participate in this study. By signing this consent form, you are agreeing to participate in an interview with me, which will take between 45 and 60 minutes to complete. During the interview you will be asked several questions about your participation in physical exercise during early adolescence, middle adulthood, and in late life. For example, you will be asked questions that involve societal opportunities to physical exercise, roles and transitions that may have affected participation, and personal definitions of physical exercise. Finally, at the end of the interview you will be asked to fill out a background and demographic questionnaire (i.e., education, age, occupation).

III. Benefits of Participation
Your participation in this study will help us better understand lifelong participation in physical exercise. You may leave the interview with a better understanding and appreciation for your participation in physical exercise over the life course. You may also leave the interview feeling that you have been physically active according to the definition being used in this study, for a lot longer than you may have initially thought.

IV. Risks of Participation
There are no known risks to participating in this study. You will be asked to give some thought to your participation in physical exercise at definite stages of the life course. Your health and/or mental well being will not be in jeopardy as a result of this research project.

V. Extent of Anonymity and Confidentiality
All the information from the interview will be kept strictly confidential. In any written reports you will be identified by a code number or a pseudonym. Any names of people or
places that you mention will be changed. The interview tapes will be transcribed verbatim and will be kept in a locked filing cabinet when they are not being used for transcription or analyses. The information that is provided during the interview process will be kept confidential and used for research purposes only. After all of the interviews are conducted, data is recorded, and my thesis is successfully defended, all the tapes will be destroyed.

VI. **Compensation**
You will not be receiving any monetary compensation for participating in this interview.

VII. **Freedom to Withdraw**
Participation in this study is voluntary. If there is a question that you feel uncomfortable answering, you have the right to skip it and continue on with the interview. In addition, you have the right to terminate the interview at anytime without any type of penalty.

VIII. **Approval of Research**
This research project has been approved, as required, by the Institutional Review Board for Research Involving Human Subjects at Virginia Polytechnic Institute and State University, by the Director of the Wellness Center, and by the Department of Human Nutrition, Foods, and Exercise.

IX. **Subject’s Responsibilities**
I voluntarily agree to participate in this study. My responsibilities include answering interview questions.

X. **Subject’s Approval**
I have read and understood the Informed Consent and conditions of this project. I have had all my questions answered. I hereby acknowledge the above and give my voluntary consent for participation in this project.

If I choose to participate in this research study, I may withdraw at anytime without penalty. I agree to abide by the procedures of this study.

__________________________________  ______________________
Signature                                                                                      Date

Should I have any questions about this research or its conduct, I may contact:

Jennifer M. Scanlon – Investigator 540-633-6315
Dr. Karen A. Roberto, Ph.D – Investigator’s Advisor 540-231-7657
Dr. H.T. Hurd, Ph.D – Chair, Institutional Review Board 540-231-5281
Research Division, Virginia Tech
APPENDIX D  INTERVIEW GUIDE

Introductory Comments:

How long have you been a member of the Wellness Center?

What is a typical day like for you here at the Wellness Center?
(probe: when you come in do you have a routine, what do you do, how long does it take you, who helps you)

What types of physical exercise are you currently participating in on a regular basis?
(probe: walking on the treadmill, weigh training, yoga)

Societal Processes and Opportunities

When you think about yourself as a child, and through your teenage years, were you very active?

Can you tell me about the types of opportunities that you had to participate in exercise while growing up?

Were these opportunities limited at all because of you were a boy or girl?
(probe: were there certain expectations concerning physical activity for boys or girls)

Were these opportunities limited at all because of your geographical location?
(probe: urban vs. rural)

Who encouraged you from participating in physical activities as a child, if anyone?
(probe: how? who said you should participate, or you could not participate, you weren’t good enough)

Who discouraged you from participating in physical activities as a child, if anyone?
(probe: who? how?)

Do you believe that these early experiences have influenced your participation in physical exercise throughout your life?
(probe: organized sport participation, family encouragement)

Can you tell me where you exercised before the health club days were in existence?
(probe: outdoors, organized sport)
\textbf{Life Course Roles and Transitions} \\
Have specific life roles influenced your participation in physical exercise? \\
(probe: parenthood, early life involvement, how have they influenced? what was it like? was it your decision?)

Do you perceive your participation in physical exercise as changing or remaining the same due to specific life transitions? \\
(probe: empty nest, retirement, widowhood)

Did family responsibilities reduce your time available to participate in exercise? \textbf{HOW}? \\
(probe: how did it affect participation, what did you do to supplement exercise)

Can you think of any other barriers or things that have prevented you to participate in exercise?

With that in mind can you think of opportunities that have increased your participation in exercise? (probe: retirement, empty nest)

\textbf{Types/Definitions of Physical Exercise} \\
Throughout your life, have you always participated in some form of physical activity? \\
(probe: what types, why)

What is your definition of physical exercise? \\
(probe: during adolescence, young adulthood, middle adulthood, late adulthood; has it changed)

Is there a relationship between adolescence, young adulthood, middle adulthood, and late life participation in physical exercise?

Can you tell me how exercise has changed throughout your life? \\
(probe: unstructured to structured and/or informal to formal)

\textbf{General Exercise Questions} \\
*Based on previous responses ask about life stresses or health difficulties*

What (if any) life stresses and health difficulties have you encountered in your life that have prevented or decreased your participation in physical exercise? \\
(probe: heart attack, caregiving situation)

How would you categorize the people that you interact with here at the Wellness Center? \\
(probe: friends, family, acquaintances, and why would you categorize them this way)
Do you believe that exercising here at the Wellness Center (as opposed to outdoors) has been an effective way for you to meet people?
(probe: why, how)

Do you foresee a time in the future when you will stop exercising?
(probe: why, what would make you stop)

Do you believe that your participation in exercise has improved your quality of life?
(probe: how)

Finally, if you could offer any advice to the Baby Boomers or Generation X about continuous participation in exercise throughout the life course, what would it be?
SOCIODEMOGRAPHIC QUESTIONS

Please answer the following questions by placing a checkmark on all answers that may apply to you.

Code #___________

1. Please rate your present health?
   _____Excellent  _____Good  _____Fair  _____Poor  _____Bad

2. Is your health now better, about the same, or worse than it was 5 years ago?
   _____Worse  _____About the same  _____Better

3. Have you had any surgery (major or minor) or been hospitalized in the last 3 years?
   _____Yes  _____No  If yes, please specify_____________________________________

4. Are you currently receiving physical therapy?  _____Yes  _____No
   If yes, for what condition?__________________________________________________

5. Were you ever involved in the cardiac rehabilitation program at the Wellness Center, or any where else?
   _____Yes  _____No  If yes, when?_______  How long?________

6. Do you have any of the following conditions at the present time?
   (please check all that apply)
   _____Chronic Pain  _____Arthritis
   _____Osteoporosis  _____High Blood Pressure
   _____Circulation Problems  _____Respiratory Problems
   _____Digestive Problems  _____Diabetes
   _____Vision Problems  _____Hearing Problems
   If others, please list__________________________________________________________

7. How much do your health problems stand in the way of your doing the things that you want to do?
   _____Not at all  _____A little  _____A great deal
8. Do any of the following conditions limit your physical activity?  
(please check all that apply)

- Arm/Elbow Injury
- Shoulder/Clavicle Injury
- Ankle/Foot Injury
- Bone Fracture
- Lower Back Pain
- Arthritis
- Calcium Deposits
- Nerve damage
- Wrist/Hand Injury
- Abdominal Pain
- Chest Pain
- Hip/Pelvic Injury
- Tennis Elbow
- Head/Neck Injury
- Upper Back Injury
- Knee/Thigh Injury
- Groin Injury
- Hamstring Strain
- Bone Spurs
- Joint Disease
- Dizziness/Faint

If other, please explain ____________________________________________________

9. Has your physician ever advised you against exercise?  ____Yes  ____No

If yes, why?____________________________________________________________

10. Has your physician ever advised you to exercise?  ____Yes  ____No

If yes, why?____________________________________________________________

11. What are your personal exercise program goals?  (please check all that apply)

- Weight Control/Loss
- Sports Conditioning
- Cardiovascular Conditioning
- Maintain Health
- Stress reduction
- Motivation
- Increase Strength
- Increase Flexibility

If others, please list____________________________________________________

12. Do you have a personal trainer at the Wellness Center or someone who works with you?  

- Yes  - No  If yes, who?________________________________________________

13. On a scale between 1 and 10, please rate your current level of motivation towards exercise.

- 1 (Hardly Motivated)  - 2  - 3  - 4  - 5  - 6  - 7  - 8  - 9  - 10 (Extremely Motivated)
The following 8 questions pertain to specific demographic information. Please place a checkmark on the correct responses or fill in the correct answer in the space marked other.

14. Age:_____________

15. Birthdate: ________________

16. Gender: ____Male     ____Female

17. Current Marital Status:
   ____married/partner   ____widowed       ____divorced       ____single, never married

18. Race/Ethnic Group:
   ____White      ____Black or African American   ____Asian   ____Hispanic
   ____Native American   ____Asian or Pacific Islander   ________Other

19. Occupation_______________________________________
   (*If retired, please list your last or most recent occupation)

20. Education:
   ____did not complete elementary school   ____some college or post high school education
   ____elementary school                     ____associates degree / bachelors degree
   ____junior high school                   ____graduate or advanced degree
   ____high school

21. Which best describes your present yearly income?
   ____$5,000-15,999           ____$38,000-48,999
   ____$16,000-26,999         ____$49,000-59,999
   ____$27,000-37,999         ____$60,000 +
APPENDIX E CODING SCHEME

100 Meanings, Definitions, Types and Perceptions of Exercise

101 Exercise changed or remained the same
102 Relationship b/t ad, ya, ma, and la
103 Types of activities done for exercise (Play, Games, Chores, Work)
104 How exercise has changed
105 Change in perception of exercise then and exercise now

200 Life Course Influences

201 Early Socialization Processes (gender, opportunities, recess, phys.ed, sports, childhood creativity/imagination )
202 Roles (marriage, career, parenthood, caregiver)
203 Transitions (retirement, empty nest)
204 Family Responsibilities

300 Barriers & Motivators

301 Health problems
302 Geographical location
303 Transportation
304 Cardiac Rehab group
305 More Opportunities

400 Quality of life

401 Physical well-being
402 Mental well-being
403 Social well-being
404 Where they would be without exercise
405 Advice to Baby Boomers and Generation X
406 Future outlook on exercise
CURRICULUM VITAE

Jennifer M. Scanlon

Virginia Polytechnic Institute & State University

EDUCATION:

M.S. 1999 Virginia Polytechnic Institute & State University
Department of Human Development
Major area: Adult Development & Aging
Graduate Certificate in Gerontology

B.A. 1997 State University College of New York at Cortland
Department of Sociology and Anthropology
Major area: Sociology
Dual Minors: Criminology & Gerontology

PROFESSIONAL AND WORK RELATED EXPERIENCE:

1998-1999 Graduate Research Assistant, Center for Gerontology
Virginia Polytechnic Institute & State University

1998-1999 Graduate Student Employee, Adult Day Services
Virginia Polytechnic Institute & State University

1998 Administrative and Marketing Intern, Successful Aging Consulting Services
Richmond, Virginia

1997-1998 Graduate Teachers Assistant, Department of Human Development
Virginia Polytechnic Institute & State University

1996 Program Specialist Intern, Area Agency on Aging
Cortland, New York

AWARDS:

1998 Outstanding Master Student of the Year Award, Virginia Association on Aging

1997-1999 Recipient of Department of Human Development Assistantship, Virginia
Polytechnic Institute & State University
RESEARCH EXPERIENCE:

ReachOut Grant, An Initiative on Elder Abuse Education ~ assisted principal investigator in editing and producing a videotaped play (on elder abuse) entitled “Lucy is Still Home” to be used by human service agencies, Extension, and university classes. I designed a pre and posttest evaluation of the play to be administered to attendees at the Virginia’s Family First Conference. I also designed a database using SPSS to evaluate all pre and posttest and follow-up scores. An educational unit was also developed to accompany the video.

Sexual Abuse Research Project ~ assisted principal investigator in collecting information and data to be used in a grant proposal. Conducted library research on the subject area and designed a reference list and available resources on the topic.

Chronic Pain Research Project ~ assisted principal investigator in collecting and condensing information in current journal articles that discussed the challenges of chronic pain faced by older adults. I also completed the transcriptions of a Chronic Pain Focus Group tape that was utilized in a related study.

Family Diversity Project ~ assisted researchers in proofreading transcriptions of 45 in-depth interviews with a diverse sample of older Virginians regarding their experiences of family diversity in their own lives and in the lives of their children and grandchildren.

PRESENTATION AT A NATIONAL MEETING:

Scanlon, J.M. (February 1997). Developing an elder abuse training program for use in senior centers and community settings. Association for Gerontology in Higher Education. Paper selected as one of the Sigma Phi Omega Student Papers.

AUTHORSHIP OF TECHNICAL REPORT:

NATIONAL AGING CONFERENCES ATTENDED:
Virginia Association on Aging (1998)
Virginia Coalition for the Prevention of Elder Abuse (1998)
Gerontological Society on Aging (1997)
Association of Gerontology in Higher Education (1997)
Albany State Society on Aging (1996)

PROFESSIONAL AFFILIATIONS:
Virginia Association on Aging
New York State Society on Aging
American Association of Retired Persons
The International Association of Physical Activity, Aging and Sports
American Society on Aging
Beta Sigma Chapter, Sigma Phi Omega – Gerontological Honor Society