

## Giving it a Go: Working towards Health and Wellbeing

### **Focus groups – Frequently Asked Questions (FAQs)**

#### **What is the Giving it a go: Working towards health and wellbeing project?**

The Giving it a Go project aims to improve the self-care and wellbeing of people with a musculoskeletal (MSK) condition who receive the Disability Support Pension (DSP). The project will test whether different interventions and delivery methods, informed by the best available evidence and behavioural insights, motivate participants to better manage their condition and re-engage with work, education and the wider community.

The project will draw on evidence and insights from over 50 leading health organisations, and people with a MSK condition, to identify barriers and enablers to participants' management of their condition and engagement with activities.

Using the information gathered, project participants will receive regular, up-to-date information presented and delivered in different ways, via an online portal and other platforms, on topics such as pain management, mobility and working successfully with a MSK condition. Some participants will be randomly selected to receive additional tailored supports to test the effectiveness of different interventions. Participants' feedback will be used throughout the project to measure the impact of the different interventions.

The focus groups you have been invited to attend will gather input from people living with a MSK condition. This will help design the interventions used in the project.

The project is funded by the Australian Government and has been approved by the Victoria University Human Ethics Committee.

#### **Who is eligible to participate in the focus groups?**

To be eligible to participate in one of these focus groups you will need to be:

- aged 18-65 years
- receiving the Disability Support Pension (DSP); and
- have a musculoskeletal condition e.g. back pain, arthritis, injury, as the primary or secondary condition for your DSP

#### **I am currently employed, however my musculoskeletal condition affects my ability to undertake my work role. Am I eligible to participate in a focus group?**

Yes – provided that you fit the eligibility criteria for the project, it does not matter if you are employed or not.

## **Where will the focus groups be held?**

We are currently seeking expressions of interest from people to participate in a focus group. Once we have gathered expressions of interest, we will advise you of the locations for the focus groups: you only need to attend one focus group. We are aiming to conduct focus groups in urban and rural/regional areas, and in a range of states and territories across Australia.

## **I am really interested in participating but I would not be able to travel to a focus group. Can I participate in any other way?**

Yes, there will be other ways you can participate. We recognise that not everyone will live close to where we are holding focus groups or may not be physically able to travel. We will hold some focus groups by videoconference.

If you have a stable internet connection and access to a computer or smart phone with a camera, you may be able to join a focus group by videoconference. The registration process will ask you to indicate your preference for attending a face-to-face focus group or one by videoconference.

## **How long will a focus group take?**

Focus groups are expected to take approximately 1.5-2 hours each.

## **What happens if I find the process too difficult while I am in the focus group?**

If you feel emotional distress during the focus group a member of the research team will support you. You will be able to leave the group at any time if you wish to, either for a break or completely. The research team will also provide you with contact information for a professional, anonymous and free support service you can access if you would like additional support.

## **What is the purpose of the information collected in the focus groups?**

The purpose of these focus groups is to gather information regarding the barriers and enablers experienced by people with chronic musculoskeletal conditions, and what tools may assist people to re-engage with their communities and/or the workforce. This information will be used by the research team, in combination with evidence from other sources, to inform the design of a suite of information and supports that will be used in the 'Giving it a Go: Working towards Health and Wellbeing' project.

### **Can I participate further in this project after the focus groups have been held?**

Yes! We would love people to register to be part of the Giving it a Go project. Further information will be available regarding the next steps of the project, following the focus groups.

### **How will you treat my private information? Will it be passed to any other organisation?**

The contact information you provide when you register your interest will only be used by Victoria University to contact you regarding this project. Your details will not be shared with any third party, and will not be used by Victoria University for any other purpose.

The information generated by the focus groups will be de-identified. The results of this study will be made public, however your personal information will not be shared and you will not be identified as a participant.

### **Will I be compensated for my time?**

Yes. All participants in the focus group will receive a \$50 Coles/Myer gift card at the completion of the focus group as a thank you for participating.

### **Will attending this focus group impact my DSP in any way?**

No. Participation is voluntary.

Your responses and the information you provide to the researchers will not be shared with Centrelink, and will not impact your Disability Support Pension in any way.

### **Can I forward the Giving it a Go flyer to my friends?**

Yes you can, but they will need to meet the eligibility criteria as listed above to be able to register their interest to participate in a focus group.

**Study Name:** Giving it a go: Working towards health and wellbeing. Supported by the Try, Test and Learn Fund - an initiative of the Australian Government Department of Social Services