Study title: Measuring breathing while sitting and running on the spot, and coughing using a flow meter

Invitation paragraph
We would like to invite you to take part in our research study. Before you decide we would like you to understand why the research is being done and what it would involve for you. Talk to others about the study if you wish. Ask us if there is anything that is not clear.

What is the purpose of the study?
The aim of this study is to measure and compare respiratory flow rate and peak cough rate variations in healthy people.

Why have I been invited?
Any healthy individuals between the ages of 18 – 65 can be considered as a participant in this study.

Do I have to take part?
It is up to you to decide to join the study. We will describe the study and go through this information sheet. If you agree to take part, we will then ask you to sign a consent form. You are free to withdraw at any time, without giving a reason.

What will happen to me if I take part and what will I have to do?
If you decide to take part, you will be asked to breathe and cough into a sensor. At first, we will ask participants to sit and breathe normally into the flow rate sensor and then to breathe deeply into the sensor. In the second part of the experiment, we will ask participants to run on the spot and breathe into the same sensor. At last, we will ask participants to cough into the flow rate sensor.

The experiment will typically last for 20 minutes. All data collected will be anonymous.

What are the possible disadvantages and risks of taking part?
There are no risks associated with taking part in this study.

What are the possible benefits of taking part?
We cannot promise the study will help you but the information we get from this study will help improve the education of medical students in the future.

Will my taking part in the study be kept confidential?
The personal information collected in this research project will be processed by the university in accordance with the terms and conditions of the 1998 Data Protection Act. We will hold your data securely and not make it available to any third party unless permitted or required to do so by law.

All the data will be stored under an anonymous identifier and used on a confidential basis. The recorded task data and the resulting analysed data will be held for as long as it retains research value although this is unlikely to exceed 10-years. The anonymised data may be made available for further appropriately approved research at the University.
What will happen if I don’t want to carry on with the study?
You can withdraw from the study at any time without giving a reason. There will be no consequences to you.

What will happen to the results of the research study?
The findings from this research may be used in publications in academic journals and also presentations at academic conferences or teaching purposes. All published data will be completely anonymised with no identifying information about individual participants.

Who has reviewed the study?
This study is approved by Professor Jonathan Rossiter and has been approved by Ethics committee of University of Bristol.

Further information and contact details
Should you have any questions about this research, please contact either student conducting this research, or their supervisor.
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