

Survey – Can you help us to learn more about the challenges facing adults with diabetes who need to be active?

Physical activity is an important aspect of diabetes self-care, yet most people with diabetes find physical activity difficult. We want to learn more about the links between motivation and physical activity behaviour in adults with diabetes so we can help people care for their diabetes and enjoy better health in the future.

If you have been diagnosed with Type 1 Diabetes Mellitus (Insulin Dependent Diabetes) or Type 2 Diabetes Mellitus (Non-Insulin Dependent Diabetes) and you are aged between 18 and 65 years you can participate in this research project titled **Motivation and Physical Activity Behaviour in Adults with Diabetes**.

Please consider sharing your experience by participating in this project. You will be asked to sign a consent form and answer some questionnaires about self-efficacy, autonomous motivation, stages of change and physical activity. The survey should take approximately 20 to 30 minutes to complete - your survey can be returned to the researcher using the prepaid envelope you will be given. After 1 month has passed, you will be asked to answer the same questionnaires again so we can see how consistent your motivation and activity levels are.

Participation in this project is voluntary and you may withdraw your participation at any time, until data is processed, without negative consequences. Your responses will be confidential and stored in a secure manner.

The findings of this project will be used for the completion of a Master of Psychology thesis. A journal article based on the findings may be written. Any written materials based on findings will use the combined data of participants and you will not be identified personally in any way. If you would like a summary report of the project findings, you can request this on the consent form.

This project has received ethics approval from the Human Research Ethics Committees of both the University of Southern Queensland and the Darling Downs - West Moreton (Toowoomba & Darling Downs) Health Service District.

If you are interested in participating in this project, or need further information, please email or mail Andrea Mitchell (contact details below). Please leave your postal address if you would like to participate - an information statement, consent form and set of questionnaires will be sent to you.

Researcher contact details:

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