

Informed Consent Form (Date 19.9.2025)

Project title: Effects of a sitting Tai Chi programme for chronic stroke survivors with post-stroke cognitive impairment: A pilot randomised controlled trial

We invite you to participate in the research of " Effects of a sitting Tai Chi programme for chronic stroke survivors with post-stroke cognitive impairment: A pilot randomised controlled trial" We hope that the results of this study will enable health care providers to better understand the role of sitting Tai Chi in the rehabilitation of stroke survivors, and promote your recovery and improve your quality of life. The person in charge of this research is a Postdoctoral Fellow ZHAO Jie at the Nethersole School of Nursing, the Chinese University of Hong Kong.

Research procedure

Before the study begins, the nursing professional will conduct assessments and basic health checks for you. You and your caregiver will be randomly allocated to the sitting Tai Chi group or the control group with 1:1 ration. The study will be conducted in the Geriatric Rehabilitation ward in Kunming Second People's Hospital.

Sitting Tai Chi group: you will be arranged for a 12-week sitting Tai Chi exercise. During these 12 weeks, you need to practice three times a week for 40 minutes each time under the guidance of a nurse. Each time you practice, your caregiver need to stay with you, encourage you to participate in the training on time and to keep your safety.

Control group: you will receive the same medical treatment and care as usual. After this study, you will be led by the same nurse to practice the sitting Tai Chi for 12 weeks.

Whether you are in a sitting Tai Chi group or a control group, you will receive three times free physical examination in the Geriatric Rehabilitation ward in Kunming Second People's Hospital.

Physical examinations were performed before the start of the study, at the 8th week, at the 12th week: including your cognitive function, upper extremity function, balance function, depressive symptoms, daily activity ability, and Quality of Life. You will need to complete three questionnaires by yourself, to assist the research assistant in completing five physical examinations.

Benefit / Risk / Exit Study

Previous studies have shown that Tai Chi has certain effects on the rehabilitation of stroke patients, which can promote health and improve the quality of life. There may be a risk of accidental falls when practicing seated Tai Chi, but we will take the following measures to minimize accidents: you will be fastened with a seat belt when sitting in a wheelchair, and your caregiver will be beside you to protect you. You may have a normal reaction during exercise at the beginning of the exercise session. For example: muscle soreness, wheezing, fatigue. Since you are voluntarily participating in the study, you can withdraw from the study at any time during the course of the study without losing any benefits and will not affect your continued medical treatment benefits. After informed consent to participate in the study, we will

purchase accident insurance for you. During the research process, if you have any questions about the research work, you can contact Shi Jinping (Tel: 15287183527) or Zhao Jie (Tel: 13708846854) at any time.

Subject's privacy protection

All information you participate in this study will be kept confidential and we will replace your name with a number. The data will be kept for 6 years. We will have professional nurses to carry out the assessments and inspections required by this study. Only ZHAO Jie has the right to access this information. The Joint Chinese University of Hong Kong New Territories East Cluster Clinical Research Ethics Committee is one of the authorized parties to access the subjects' records related to the study for ethics review purpose. Your personal information will remain confidential even if the research results are used in the publication of the article. If necessary, you can check with the Joint Chinese University of Hong Kong New Territories East Cluster Clinical Research Ethics Committee (Tel:+852 35053935) for your rights in this study.

Thank you for your participation.

Informed consent statement (stroke survivor)

I have read the contents of this consent form and understand the purpose, risks and benefits of this research. I understand that participate in this study is voluntary and I have the right to withdraw from the study at any time and for no

reason during the study, without any consequences. I now agree to participate in this study.

Participant Name in Block

Participant Signature

Date

Co-Investigator/Research assistant

Co-Investigator/Research assistant

Name in Block

Signature

Date

Informed consent statement (caregivers)

I have read the contents of this consent form and understand the purpose, risks and benefits of this research. I understand that participate in this study is voluntary and I have the right to withdraw from the study at any time and for no reason during the study, without any consequences. I now agree to participate in this study.

Participant Name in Block

Participant Signature

Date

Co-Investigator/Research assistant

Co-Investigator/Research assistant

Name in Block

Signature

Date

