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The official title of the Title of Study: The Effectiveness of Azerbaijani National Dances on Cardiorespiratory Fitness and Quality of Life of Older Adults with Chronic Heart Failure Diagnosis

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Participant Information Sheet for Study Participants

UCL Research Ethics Committee Approval ID Number: 1382

Azerbaijan Sports Academy Research Ethics Committee Protocol N: 3-19-14/ 2-818-R-02/2024

YOU WILL BE GIVEN A COPY OF THIS INFORMATION SHEET

Title of the Study: The effectiveness of Azerbaijani National Dances on Cardiorespiratory Fitness and Quality of Life of Older Adults with Chronic Heart Failure Diagnosis

Department: Institute of Sport, Exercise and Health, University College London, Azerbaijan Sports Academy

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1. **Invitation Paragraph**

   Dear participant, thank you for your interest in the Research Project investigating the Effectiveness of Azerbaijani National Dances on Cardiorespiratory Fitness and Quality of Life of Patients with Chronic Heart Failure Diagnosis. You are being invited to take part in this research project. Before you decided it is important for you to understand why the research us being done and what participation will involve. Please be informed that your participation is voluntary.
   Please take time to read the following information carefully and discuss it with others if you wish. Ask us if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part. Thank you for reading this.

2. **What is the project's purpose?**
   The purpose of the study is to investigate the impact of Azerbaijani National Dances on cardiovascular health and quality of life chronic heart failure patients.

3. **Why have I been chosen?**
   You are eligible to take part in this study if you are aged over 65 and have chronic heart failure diagnosis. There will be approximately another 100 participants recruited to the study.

4. **Do I have to take part?**
   Participation in the study depends entirely on your wishes and is voluntary. If you decide to participate you will be given this information leaflet and asked to sign a consent form. If you want to refuse to participate for any reason, you can do so without disclosing the reason. If you decide to withdraw from the study at any time, please be informed that you can withdraw your data only before the final examination (Phase 3) is performed. After the Intervention part (Phase 2) your data will be anonymised, and we will not be able to identify the information ownership. So, after the completion of Phase 2 of the study removal of the data will be unfeasible.

5. **What will happen to me if I take part?**

   The study will consist of three stages.
   1. The initial examination phase - which will last up to 3 hours.
   2. The intervention part (Dance group and Exercise group) will last 12 weeks (twice a week).
   3. The final examination - which will last up to 3 hours.

Phase 1 – Initial examination
Before starting the intervention part of the study, all participants will undergo the following tests:

1. General examination conducted by a medical doctor (medical history, blood pressure, heart rate and oxygen saturation measurements).
2. Body Composition (measurements of fat, protein, carbohydrates and water in human body).
3. 3D Anthropometry (accurate measurement of height and weight and other parts of the human body for the research purposes).
4. Fall Risk evaluation on the Biodex Balance Machine (whether or not the participant is likely to fall and to what extend).
5. Echocardiography (ultrasound examination of the heart).
6. Cardio-Pulmonary Exercise Testing (examination of the cardio-vascular system during the exercise). We will measure your VO2max. For the VO2max test, you will be wearing a heart rate monitor and a small, non-invasive mask during the exercise. You will be asked to complete a treadmill test, which consists of a short warm up on a treadmill, followed by a gradual increase in speed. You can stop the test at any time. This test will give us your true VO2max value.
7. Quality of Life Assessment Survey. This survey consists of 21 questions and will take up to 10 minutes to complete.

After passing through the examinations participants will be randomised (sorted). The randomisation will be done through a computer-based program. As a result of this process all the participants will be assigned to one of three groups.

1. Dancing Group.
2. Exercising Group.
3. Control Group.

Phase 2 – Intervention part

Phase 2 will last for 12 weeks.

Participants in the **Dancing Group** will be involved in the dancing exercises twice a week. The dancing sessions will last for 1 hour and will be conducted by a professional dancing instructor. The speed and intensity of every session will be chosen according to the participants' physical condition and will be provided in a safe and secure environment.
The 1 – hour dancing session will be organised as follows:

1. 15 minutes warm-up.
2. 30 minutes dance.
3. 15 minutes cool-down/stretching.

Before each dancing session participants' blood pressure, heart rate and oxygen saturation will be measured. During the session heart rate will be monitored using the heart rate monitor. When a participant feels any discomfort (headache, dizziness, increased heart rate, breathlessness, chest pain), he/she should immediately notify the medical doctor and stop the dancing activity.

Participants in the **Exercise Group** will be involved in the exercise sessions twice a week. The exercise session will last for 1 hour and will be conducted by a professional fitness instructor. The

speed and the intensity of exercises session for every participant will be chosen to create a safe and secure environment for heart failure patients.
The 1-hour exercise session will be organised as follows:

1. 15 minutes - Warm-up.
2. 30 min – Aerobic exercises, Muscle strength training exercises.
3. 15 min – Cool-down/stretching.

The **Control Group** participants will undergo all the examinations like other participants. However, they will not be involved in any dancing or exercising activities for 12 weeks. They will be asked to continue their general lifestyle for that period. After 12 weeks waiting group participants will be invited to the final examination. At the same time, the waiting group participants will be offered to join the dancing or exercising sessions of their choice after 12 weeks. The waiting group participants can accept the offer and join the sessions or refuse to participate.

Phase 3 – Final Examination

After 12 weeks, participants will be re-examined as in Phase 1. This is necessary to compare the initial and final results, and to determine the effectiveness of the dance/exercise sessions. If requested, each participant will be informed about the results of the examination personally (to maintain confidentiality).

6. Will I be recorded and how will the recorded media be used?

The audio and/or video recordings taken during your dancing and exercising will be used only for analysis and for illustration in conference presentations, lectures and scientific journals. In any case, measures will be taken to ensure that your facial features are not visible during the presentations and that your identity is kept confidential. You will be asked to sing a written consent form to obtain permission to share this data. At the same time, we would like to inform you that the audio and video recordings will not be used for any advertising or commercial purposes.
These recordings will be stored anonymously using password-protected software. No other use will be made of them without your written permission, and only principal investigator will be allowed access to the original recordings.
If you do not want your recordings to be made, please, inform the principal investigator in advance.

7. What are the possible disadvantages and risks of taking part?

According to the recent scientific evidence, the benefits of physical activity outweigh the potential risks. The dancing and exercising sessions will be organised taking into consideration the potential risks and disadvantages that may arise.

In order to prevent risks, the dancing and exercising sessions will be designed according to the physical condition of each participant. In addition, each participant will undergo a medical examination before the start of the session (medical examination, blood pressure, heart rate and oxygen saturation measurements). If any inconsistencies are detected in the examination results, the participant will not be allowed to participate in the session until the condition improves.

The indications and contraindications given in International Physical Activity Guidelines will be considered, and attention will be paid to the symptoms that might be a reason to suspend the session.

We would like to inform you that we have taken a number of measures to prevent the potential risks and disadvantages of the physical activity sessions. These measures include ensuring that all the employees are trained in first aid and basic life support, they have cardiopulmonary resuscitation skills and know how to use automated external defibrillator.

Dear participant, we kindly ask you to inform us of how you are feeling and any health-related concerns before each dancing/exercising session. In addition, if you experience dizziness, shortness of breath, chest pain or other symptoms during the session, please let us know immediately.

8. What are the possible benefits of taking part?

According to the International Guidelines on Physical Activity, engaging in sport has physical, psychological benefits for the individuals' health. There is scientific evidence that dance, as another form of physical activity, has a similar effect. In addition, it has been proven that dancing cause an emotional improvement and increases social engagement.
All mentioned above may be potentially beneficial for you taking part in this study.

Before starting the participation, you will undergo the medical examination to check your health status and eligibility. The examinations are free of charge for the research participants. In case of your request the results of your initial examination will be provided to you with the relevant explanation, and you do not need pay for that too. As a participant of the research study, you will be involved in 12 -week dance and exercise sessions and will not be charged for this.

9. What if something goes wrong?

Dear participant, please be informed that, if you wish to raise a complaint or make a comment related to the research process, you may contact the Principal Investigator Zarifa Kamilova using the contacts below:

- Mobile number: +994 50 626 62 46
- E-mail: Zarifa.kamilova.22@ucl.ac.uk , Zarifa.kamilova@sport.edu.az

In the first instance you should inform the participants which member of the research project they should contact should they wish to raise a complaint (this is most likely to be the Principal Researcher or Supervisor). However, if you feel that your complaint has not been handled to your satisfaction, you can contact the Chair of the UCL Research Ethics Committee – ethics@ucl.ac.uk and Azerbaijan Sports Academy Ethics Committee (ASAEthics@sport.edu.az, matanat.abasova1@sport.edu.az)

10. Will my taking part in this project be kept confidential?

Your personal data will be anonymised and replaced by the Identification Number. In addition, your health-related information obtained from the examinations will be stored confidentially on a password protected corporate computers belonging to the Azerbaijan Sports Academy and University College London.

Any personal data collected will be anonymized and stored for no longer that the duration of the study. Other data will be deleted 7 years after the results of the research are published in academic sources.

11. Limits to confidentiality

- Please note that assurances on confidentiality will be strictly adhered to unless evidence of wrongdoing or potential harm is uncovered. In such cases the University may be obliged to contact relevant statutory bodies/agencies.

12. What will happen to the results of the research project?

After the initial assessment (Phase I) your results will be made available to you (in case of your request). After the Phase II of the study is completed, your results will be anonymized. After that we will not be able to identify the information ownership. So, after the completion of Phase 2 of the study removal of the personal data will be unfeasible.

The results of the study will be published in the scientific journals and presented at the scientific conferences.

The collected data will be deleted 7 years after the publication of the results in academic sources. The data might also be used for additional and subsequent research purposes. In all these cases your personal will be kept anonymised.

13. Local Data Protection Privacy Notice

Notice:
The controller for this project will be University College London (UCL). The UCL Data Protection Officer provides oversight of UCL activities involving the processing of personal data, and can be contacted at data-protection@ucl.ac.uk

The categories of personal data used will be as follows:

- Name and Surname (initials)
- Date of birth
- Age, gender
- Contact details (email and phone number)
- Health related data

The lawful basis that would be used to process your *personal data* will be your written consent.

Your personal data will be processed so long as it is required for the research project. If we are able to anonymise the personal data you provide, we will undertake this and will endeavour to minimise the processing of personal data wherever possible.

If you are concerned about how your personal data is being processed, or if you would like to contact us about your rights, please contact UCL in the first instance at data-protection@ucl.ac.uk.

You anonymised personal data will be used by the Azerbaijan Sports Academy and University College London (UK). Please note that your data will be anonymised and used only for the research purposes.

14. Who is organising and funding the research?
This research is funded by the Azerbaijan Sports Academy.

15. Contact for further information

If you need additional information related to the research project or have questions, please contact Zarifa Kamilova using the details below:

- Mobile number: +994 50 626 62 46
- E-mail: Zarifa.kamilova.22@ucl.ac.uk , Zarifa.kamilova@sport.edu.az

Please not, that you will be given a copy of the information sheet and, asked to sign a written consent form. The consent form will also be signed by the principal investigator.

Thank you for reading this information sheet and for considering taking part in this research study.