The Official Title of the study: Chatbot-based mindful physical-psychosocial pain management for people with knee osteoarthritis: A feasibility study

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THE HONG KONG POLYTECHNIC UNIVERSITY
香港理工大學

INFORMATION SHEET

Chatbot-based mindful physical-psychosocial pain management for people with knee osteoarthritis: A feasibility study

You are invited to participate in the above project conducted by Dr. Mengqi LI, who is a *staff member* of the School of Nursing in The Hong Kong Polytechnic University (PolyU). The project has been approved by the PolyU Institutional Review Board (PolyU IRB) (or its Delegate) (Reference Number: HSEARS20250911003).

Study Purpose and Potential Benefits

The aims/objectives of this project are to develop a **C**hatbot-based **M**indful **P**hysical-psychosocial **P**ain **M**anagement (**C-MPPM**) intervention for people with knee osteoarthritis and to determine the intervention's feasibility, acceptability, and potential benefits in alleviating chronic pain. This study is expected to help people with knee osteoarthritis improve their chronic pain.

Participant Eligibility

Inclusion criteria: (1) aged 18 years or above; (2) having knee OA according to the American College of Rheumatology clinical criteria; (2) had symptoms of knee OA pain for at least three months; (4) having moderate or greater pain (the numeric rating scale score ≥ 4); (5) having a smartphone/computer, internet access, and WhatsApp account; and (6) understand Cantonese and informed consent.

Exclusion criteria: (1) having clinically diagnosed cognitive impairment or severe memory loss; (2) having clinically diagnosed psychotic condition(s); (3) had a total joint replacement knee/hip surgery (or on a waiting list), other knee/hip surgery, meniscus tear, or anterior cruciate ligament tear in the past 6 months; (4) had an intra-articular injection in the past 3 months or scheduled during the study period; (5) having a serious or terminal illness as indicated by referral to hospice or palliative care; (6) having hearing, verbal communication, and vision problems; or (7) medically unfit for or currently engaging in exercise/psychosocial interventions.

Study Procedure

Eligible participants will be invited and randomly allocated to communicate with a chatbot or receive educational messages via WhatsApp over eight weeks, spending around one hour for the completion of each weekly session. Participants will also be invited to complete a questionnaire and physical assessments before and after the intervention, which will take you about one hour per assessment. After the intervention, you may have the opportunity to be invited to provide subjective feedback on the intervention's strengths and limitations using audio-recorded qualitative interviews, which will take you about 30 minutes to one hour.

Potential Risk(s) or Discomfort(s) and their minimization(s)

Some mild discomfort, such as joint pain, muscle soreness, or fatigue, may arise from the intervention when performing exercises. You are free to stop the exercises or withdraw from the

study at any time, without providing a reason or facing any penalty. In addition, the research team will closely monitor you throughout the intervention, and experiencing any significant or persistent discomfort will be advised to pause the exercises and consult a healthcare professional. If necessary, referrals to physiotherapy or medical services will be provided to ensure your safety and well-being.

Confidentiality of Personal Data

The information you provide as part of the project is the research data. Any research data from which you can be identified is known as personal data. Personal data does not include data where the identity has been removed (anonymous data). We will minimize our use of personal data in the study as much as possible. The researcher and his/her team will have access to personal data and research data for the purposes of the study. Responsible members of PolyU may be given access for monitoring and/or audit of the research.

Data Retention

All information related to you will remain confidential and will be identifiable by codes only known to the researcher. The information collected will be kept until 3 years after project completion. The Hong Kong Polytechnic University takes reasonable precautions to prevent the loss, misappropriation, unauthorized access or destruction of the information you provide.

Acknowledgment of Participation

You will receive a coupon worth HKD 300 after completing the intervention and the questionnaire assessments conducted before and after the intervention, as compensation for your time.

Participation and Withdrawal

Your participation in the study is completely voluntary. You have every right to withdraw from the study at any time without giving any reason.

Enquiries and Comments

If you have any questions, you may ask our helpers now or later, even after the study has started.

You may contact Dr. Mengqi LI (tel. no.: 852 3400 3214 and email: mengqi28.li@polyu.edu.hk) of PolyU under the following situations:

a. if you have any other questions in relation to the study;
b. if, under very rare conditions, you become injured as a result of your participation in the study; or
c. if you want to get access to/or change your personal data before (the expiry date).

If you experience any adverse effects or discomfort related to the study, please inform Dr. Mengqi LI immediately as soon as possible. Thank you for your interest in participating in this study.

In the event you have any concerns/complaints about the conduct of this research study, you may contact the Secretary of the PolyU Institutional Review Board in writing

(institutional.review.board@polyu.edu.hk) or via phone at 2766 6379 stating clearly the responsible person and department of this study as well as the Reference Number.

Dr. Mengqi LI
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CONSENT TO PARTICIPATE IN RESEARCH

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I _____ hereby consent to participate in the captioned research conducted by Dr. Mengqi LI at School of Nursing, The Hong Kong Polytechnic University.

I understand that information obtained from this research may be used in future research and published. However, my right to privacy will be retained, i.e. my personal details will not be revealed.

The procedure as set out in the attached information sheet has been fully explained. I understand the benefit(s) and risk(s) involved. My participation in the project is voluntary.

I acknowledge that I have the right to question any part of the procedure and can withdraw my participation at any time without penalty of any kind.

_____	_____
Name of Participant	Signature of Participant
_____	_____
Name of Researcher	Signature of Researcher

Date:

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