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| ***Information Sheet for Participants***  |
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**Title – Running shoe selection, satisfaction, and comfort****Aim –** Determine factors that influence running shoe selection, satisfaction, and comfort**Background –** Running footwear are prescribed and chosen for various reasons. There is a need to perform research to specifically address the short term (1 month) and long term (3 months) effects of satisfaction and comfort related to shoe selection.**Overview –** Should you agree to participate, you will be asked to sign an informed consent form. You will be contacted over the phone and/or email in order to qualify for participation and discuss the experiment. You will be asked to provide a short video of your normal running gait, taken from the side (treadmill or overground) via email. This can be shot in normal time, with a focus on the lower limbs and feet and will be used to assess foot strike pattern based on the researchers’ classifications. You will be asked to participate in any informational modules assigned prior to shoe purchase. The purpose of the modules is to inform you of current scientific literature related to running shoe use. If you purchase shoes within one month after agreeing to participate in the study, you will be asked to complete a survey at 3 time points (before 1st use, 1 month, 3 months) regarding shoe selection, satisfaction, and comfort. It is anticipated that each survey can be completed in 3-10 minutes.

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| **Technology** | **Description** | **Picture** |
| Questionnaire | Online Qualtrics survey | 1024px-Clipboard |
| Informational Module | Online |  |

**What are the potential risks –** The risks associated with participating in this study are no greater than those associated with running over a 3-month period with intermittent survey responses. These runs are performed at your own risk based on your normal training program in shoes that you voluntarily purchased. Although the injury risks are considered minimal, we cannot guarantee your safety. **What will happen to the information collected –** The present study is part of a PhD program and information collected will be used by the research team to write research reports, give scientific presentations, and help in educating students at the University of Waikato and the wider community. The data collected will be used as part of a PhD thesis. Only the research team, their research associates, and students under their supervision will have direct access to the notes, documents, and recordings. At the end of the project, any personal information will be destroyed immediately except that, as required by the University’s research policy, any raw data on which the results of the project depend will be retained in secure storage for five years, after which they will be destroyed. All data will be treated with the strictest confidentiality. No participants will be named in the publications and every effort will be made to disguise their identity. All data used in teaching will be de-identified (i.e., will not contain your personal information) to protect your identity and confidentiality.**Declaration to participants –** If you take part in the study, you have the right to:* Ask any further questions about the study that occurs to you during your participation;
* A summary of findings from the study when it is concluded;
* Have a support person (family and/or friend) present during your participation;
* Refuse to answer any particular question, and to withdraw from the study at any time;
* Withdraw any information you have provided up to two weeks after participating in the research activities by contacting the principal investigator.

**Who is responsible –** If you have any questions about the project, please feel free to contact:Mr. Andrew Fife **(Primary Investigator)**The University of Waikato, Adams Centre for High Performance52 Miro Street, Mount Maunganui 3116(located currently in Bellingham, WA, 98225)af150@students.waikato.ac.nzDr Kim Hébert-Losier (**Primary Supervisor)**The University of Waikato, Adams Centre for High Performance52 Miro Street, Mount Maunganui 3116kim.hebert-losier@waikato.ac.nz **Research Ethics Committee –** This research project has been approved by the Division of Health, Engineering, Computing & Science Ethics Committee of the University of Waikato under *HECS****#2021-31*.**Any questions about the ethical conduct of this research should be directed to Primary Investigator in a first instance. Any residual concerns may be addressed to the Secretary of the Committee, email hecs-ethics@waikato.ac.nz, postal address, University of Waikato, Te Whare Wananga o Waikato, Private Bag 3105, Hamilton 3240. |

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| ***Consent Form for Participants***  |
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**Title – Running shoe selection, satisfaction, and comfort**

***I have read the*** *Participant**Information Sheet* ***for this study and have had the details of the study explained to me. My questions about the study have been answered to my satisfaction, and I understand that I may ask further questions at any time.***

***I also understand that:***

* *I am free to withdraw from the study at any time or to decline to answer any particular questions.*
* *I can withdraw any information I have provided up to two weeks after participating in the research activities by contacting the principal investigator.*
* *Any data or answers will remain confidential in regards to my identity through a coding system.*
* *The data might be published, so every effort will be made to ensure confidentiality.*

***I agree to provide information to the researchers under the conditions of confidentiality set out on the*** *Participant**Information Sheet****.***

*Consent to Participate*

***I agree to participate in this study under the conditions set out in the*** *Participant**Information Sheet****.***

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|  | **Participant:** | **Researcher:** |
| **Signature:** | *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* | ***\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*** |
| **Name:** | *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* | ***\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*** |
| **Date:** | *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* | ***\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*** |

