

## Completing the Online Questionnaires

Throughout the TeleFFiT study you will be asked to complete a number of questionnaires online in order to assess various aspects of your health and well-being. You will be provided with a personal link to each questionnaire which takes you to a Deakin secure website (REDCap site). Make sure your personal study ID is correct at the beginning of each questionnaire.

Below are some key points to remember when completing your online questionnaires:

- You do not have to complete each questionnaire in one sitting – the survey saves your responses as you complete each page (you must press the ‘Next Page >>’ button). You can close out of it by clicking on ‘Save & Return Later’ and re-enter it to pick up where you left off at any time, but please complete the questionnaire within 1 week of starting.
- If you are unsure of how to answer any of the questions, please contact the research team at [teleffitstudy@deakin.edu.au](mailto:teleffitstudy@deakin.edu.au) or by calling on 9244 6668.
- For some questions you are unsure about, you can write “Unsure” into the response box temporarily to allow you to continue through the questionnaire. The research team should respond in time to allow you to enter your correct response.

You will complete the majority of the same questionnaires at baseline, 6 and 12 months but you will also complete a ‘Health & Lifestyle’ questionnaire every 3 months, and a ‘Falls, Adverse Events & Healthcare Utilisation’ questionnaire every month. All questionnaire links will be emailed to you so that you can complete them online.

We appreciate that the questionnaires can be time consuming to complete, but they provide us with extremely important information to complement what is collected from you in person and from your physical function tests.

We appreciate and thank you for the time you put into providing us with such valuable data!