

TeleFFiT – All Your Questions Answered

Q I understand that I could have been allocated to the TeleFFiT group or the usual-care group. Could I have chosen which group I was allocated?

No, unfortunately you don't get to choose - we don't choose either. Everyone in the study has been randomly assigned to one of the two groups by an independent person not involved in the study so that the results will not be biased. We did this by giving everyone an ID number and passing this on to a statistician who uses a computer program to generate a random number. Based on this random number, your ID number was allocated into either the "TeleFFiT" or "Usual-Care" group.

Q When will testing be conducted? How long will each visit last?

Once you have qualified to participate in the TeleFFiT study, you will need to come into Deakin University in Burwood on 3 occasions to undergo a battery of tests. Your first testing appointment, where we will collect all your initial (baseline) measurements, will take place 1-3 weeks prior to the beginning of the study. Your second testing visit will be at the mid-way point (around week 26) and your final follow-up testing appointment will take place after the 12-month study finishes. Both the baseline and final follow-up testing appointments at Deakin will take about 3.0 to 3.5 hours to complete, while the 6-month testing appointment should only take around 60-70 minutes. Instead of the tests at Deakin, you may be asked to do some remote functional tests from home which will be assessed by the researchers via Zoom.

Q How often will I be required to wear activity monitors?

You will be asked to wear two light-weight activity monitors at 3 timepoints to align with the testing periods (baseline, 26 and 52 weeks) in order to assess your normal habitual physical activity levels. The two devices are called an accelerometer and inclinometer and they will be worn as a watch on your wrist or as a small device attached to your thigh with a waterproof adhesive patch. We will ask you to wear these two devices for 7 consecutive days and to fill in a daily logbook telling us when you put on/took off the devices.





When do I complete the online dietary records?

You will need to complete 2 online diet records (at baseline and in week 52). Each diet record requires you to include **everything that you eat and drink over a 24-hr period, including any supplements consumed**. We understand that this takes time (around 30 minutes per record), but we ask you to please try hard to provide as much **detail as possible on everything consumed** for your food record as this accuracy is critical in order to provide us with useful data. If you have any problems doing your records, please call/email us as soon as possible. You should also make a note of your intake on the Diet record sheets we provide you.



Why does the study need to access my Medicare and PBS data?

An important component of this study is analysing whether the TeleFFIT program is cost-effective and whether it could reduce the financial burden of falls and fractures on our health care system. This analysis will be performed by Prof Jennifer Watts and her team within the Faculty of Health, Deakin University and will involve requesting your Medicare Benefits Schedule and Pharmaceutical Benefits Scheme information over the 12-month study. We will also ask you to answer some questions about the health-care services you have used and any changes to your medications via an online questionnaire periodically through the study. Please note that all personal information involved with this project will remain confidential. All collected information will be labelled with a unique study code, and not with your name or any other identifying information, which will be kept separate from the information collected.



What happens if I go away or get sick and can't participate?

If you are planning to go away it is still important that you try your best to continue to participate in the TeleFFIT study and complete any study questionnaires that we email you. If you are planning to go away for an extended period, which means that you may be unavailable for one of the testing time points, please tell us in advance so that we can make alternative arrangements.



When do I get my results and what happens after the study finishes?

You will be mailed a copy of your health, bone density, body composition and function results at the end of the study after all the data has been entered and analysed. Please note that this can take some time, especially with large studies such as this one. ***If you have any further questions about any aspect of the study, please do not hesitate to contact the research staff via phone or email. We are here to assist you and ensure that you enjoy participating in this research project.***