

## Appendix 4: Participant information sheet

Friday 10<sup>h</sup> April 2026



# Breathing Pattern Disorder Research Participant Information Sheet

Study title: **Adults with Breathing Pattern Disorder: Current physiotherapy management within Aotearoa New Zealand**

**Kia ora, Talofa lava, Malo e lelei, Kia orana, Fakaalofal lahi atu, Nǐ hǎo, hello,**

Welcome to this survey on the physiotherapy management for people with breathing pattern disorder (BrPD). My name is **Abby Stewart**, and I am a respiratory physiotherapist and postgraduate student undertaking a master's qualification at Auckland University of Technology (AUT). I am conducting this student research alongside my supervisors **Dr Sarah Mooney** and **Professor Richard Ellis**.

You are invited to take part in this research survey exploring **current physiotherapy management of BrPD in Aotearoa New Zealand (AoNZ)**.

For the purpose of this survey, BrPD refers to dysfunctional breathing patterns (e.g. over-breathing, upper chest breathing, frequent sighing or yawning) that contributes to disproportionate symptoms such as breathlessness, chest tightness, dizziness, or air hunger, with or without underlying pathology.

The survey contains **35 questions** and includes multiple-choice and short-answer items. Participation is voluntary. Please read the information below before deciding whether to take part.

## PURPOSE OF THIS RESEARCH

Physiotherapists play a key role in treating BrPD. This survey aims to describe and characterise current physiotherapy practice for BrPD in AoNZ, including management components used, delivery formats and clinical considerations that influence management (e.g., comorbidities and contexts).

We welcome the views and insights of physiotherapists of all levels of experience, clinical background and geographical location.

## HOW WAS I IDENTIFIED?

The link to this survey has been distributed to a range of physiotherapy professional networks in NZ. Recruitment pathways include professional organisations such as Physiotherapy New Zealand, special interest groups, postgraduate networks and online platforms. You may also have received this survey link through a colleague or professional contact.

## AM I ELIGIBLE TO TAKE PART IN THIS RESEARCH?

**You are eligible to take part in this research if you:**

- are an AoNZ registered physiotherapist with a current annual practising certificate and have practised in AoNZ for at least 12 months
- currently work clinically with adults ( $\geq 18$  years) with suspected or confirmed breathing pattern disorder (BrPD), and have you assessed and initiated physiotherapy treatment for  $\geq 5$  such patients in the past 12 months

The survey will take approximately **15 minutes** to complete. Participation involves no financial cost, aside from the time required to complete the survey. No anticipated risks are associated with taking part in this research.

## PRIVACY AND CONFIDENTIALITY

Your responses are **anonymous** and collected via REDCap. No identifying information will be included in any publications or presentations. At the end of the survey, you may download a copy of your responses. Once submitted, responses cannot be withdrawn because they are anonymous. Data will be stored on an AUT password-protected network drive for 6 years.

## CONSENT

Before starting, you will be asked to complete a consent tick-box. By consenting and submitting the survey, you agree for your responses to be used in this research. Results will be reported as group findings only.

## PRIZE DRAW (OPTIONAL)

After completing the survey, you may choose to enter a **prize draw for a \$500 Prezzy Card**. You will be directed via a link to a separate form that is not connected to your survey responses, so your anonymity is maintained.

## WHAT OPPORTUNITY DO I HAVE TO CONSIDER THIS INVITATION?

The survey link will be available once from approximately April to June 2026.

## HOW DO I AGREE TO PARTICIPATE IN THIS RESEARCH?

At the start of the survey, there will be a consent tick box. By selecting 'yes' and then completing and submitting the survey, you are providing consent for your responses to be used in this study. All responses will be reported as grouped findings, and no individual participant will be identifiable.

You may discontinue the survey at any time before submission by closing your browser. However, any responses entered up to that point will remain stored within the REDCap system for analysis. Because this survey is anonymous, once you enter your responses it will not be possible to withdraw your data.

## RESULTS AND FEEDBACK

Because the survey is anonymous, we cannot provide individual feedback. A summary of findings will be shared via a variety of professional forums and may include presentations and publications.

## WHO ARE THE RESEARCH TEAM?



Ko Abby tooku ingoa, Nō Te Whanganui-a-Tara ahau.

Abby Stewart is a respiratory physiotherapist and Director of The Breathing Physio, working primarily with adults with breathing pattern disorder. Her interests include helping people with breathing pattern disorder, anxiety, long COVID, and postural orthostatic tachycardia syndrome. As part of her AUT postgraduate studies, she has conducted a scoping review on the physiotherapy management of breathing pattern disorder.



Ko Sarah tooku ingoa, Nō Airani ahau. He kairomiromi ahau.

Sarah Mooney has worked almost exclusively in respiratory physiotherapy since qualifying. She currently works across public, private and academic sectors. Her clinical and research areas include youth/adults with complex respiratory conditions, breathing pattern disorders, bronchiectasis. She is a Fellow of the Thoracic Society of Australia and NZ and an honorary life member of Physiotherapy NZ.



Ko Richard tooku ingoa. He kairomiromi ahau.

Richard is a Professor in the Department of Physiotherapy at AUT in AoNZ. He teaches on both the undergraduate and postgraduate programmes in the fields of musculoskeletal physiotherapy, manual and manipulative therapy, biomechanics, ultrasound imaging, and research. Richard is also the Director of AUT's Active Living and Rehabilitation Research Centre. External to AUT, Richard is the Chair of the Standards Committee of the International Federation of Musculoskeletal and Manual Physical Therapists (IFOMPT).

### *QUERIES RELATED TO THIS SURVEY*

Any concerns regarding the nature of this project should be notified in the first instance to the Project Supervisor, Dr Sarah Mooney, [sarah.mooney@aut.ac.nz](mailto:sarah.mooney@aut.ac.nz)

Concerns regarding the conduct of the research should be notified to the Executive Secretary of AUTECH, [ethics@aut.ac.nz](mailto:ethics@aut.ac.nz) , 921 9999 ext 6038.

Approved by the Auckland University of Technology Ethics Committee on (insert final date of approval).

AUTECH Reference number 26/79.

Thank you in advance for your input.