**Participant Information Sheet**

*In-depth interviews.*

# Date that data collection will start:

30 January 2025

# Project Title

Gamifying rehabilitation care for patient health and wellness.

Kia ora, talofa lava and hello,

You are invited to participate in a research study exploring the potential of applying gamification in physical rehabilitation care, supported by the Health Research Council of New Zealand (Reference: 23-896)*.* This study is being led by Professor Crystal Yap from the Department of Marketing and International Business at Auckland University of Technology (AUT), New Zealand. Other research team members include Dr Sharon Olsen, Dr Verna Stavric, Dr. Megan Phillips (Tainui, Ngāti Hape), Associate Professor Dianne Wepa (Ngati Kahungunu), and Dr. Grace Park, all from AUT. The data collected during this research will be used solely for the stated purpose below. Participation in this research is voluntary and all information collected will be kept confidential.

# What is the purpose of this research?

Physical injuries to muscles, ligaments, tendons, or bones, such as sprains, strains, fractures, or dislocations can profoundly impact mental health and overall well-being. This study proposes utilising gamification to support physical rehabilitation care. Gamification refers to the application of game design elements and principles in non-game contexts, such as rehabilitation care, to enhance patient engagement, motivation, and adherence to therapeutic exercises, which creates an interactive experience that fosters patient well-being. This study seeks to understand what helps and what gets in the way of using gamification in rehabilitation care. Our goal is to find effective ways to apply gamification in Aotearoa New Zealand to improve hauora (health and wellbeing). Specifically, we seek to answer: What are the obstacles and facilitators in implementing gamification in rehabilitation care, and how can it effectively improve patient wellness?

Our study focuses on people recovering from physical injuries (excluding traumatic brain injury) and prioritises the Māori community, while also addressing the needs of all New Zealanders. Our findings will help build knowledge on how gamification can support wellbeing, addressing gaps in how gamification can be designed and applied within Aotearoa’s cultural context. This study is consultative in nature and your insights will help inform future research and decision-making in this area. We are seeking to understand experiences, challenges, and opportunities related to the use of gamification in rehabilitation. Your participation is an important contribution to shaping the direction of future studies and the development of a co-designed gamification tool to support injury recovery. The findings of this research may be used for academic publications and presentations.

# How was I identified and why am I being invited to participate in this research?

You have expressed interest in this research through an advertisement shared via the Active+ network, ACC, or social media platforms. You were invited to participate because you meet the study requirements:

* You are over 21
* Live in New Zealand
* Have had a physical injury in the past year
* Have completed or are currently in rehabilitation
* Speak English fluently

You have indicated a willingness to participate in an interview that will be recorded and transcribed. Based on this, we would like to request your voluntary consent to participate in this study.

# How do I agree to participate in this research?

You can agree to participate in this research by emailing your response to crystal.yap@aut.ac.nz. Attached along with this document is a copy of the participant Consent Form. If you agree to participate in this research, please sign the consent form and email it back to crystal.yap@aut.ac.nz. Your participation in this research is voluntary (it is your choice) and whether or not you choose to participate will neither advantage nor disadvantage you. You can withdraw from the study at any time by informing the Researcher. If you choose to withdraw from the study, then you can ask for information collected up until your withdrawal from the study to be deleted unless you withdraw after the study analyses have been undertaken. However, once the findings have been produced, removal of your data may not be possible.

# What will my participation involve?

Once you agree to participate, we will send you a schedule. The in-depth interview, lasting approximately 40-60 minutes, will be arranged at a time convenient for you. The timing and venue, such as your residence, place of employment, a library, or an online platform (e.g., Zoom or Teams), will be selected to ensure ease of access and convenience. During the interview, we will talk about your experiences with rehabilitation, your thoughts on using gamification in rehabilitation, and what makes it easier or harder for you to engage with gamification. The session will be audio-recorded, and we will take notes to supplement the recordings. You will be asked to provide some background information, which will remain confidential and only pseudonyms will be used in the final reporting. Ages, gender and general information may be revealed in final reporting but will not reveal who you are. At the conclusion of the interview, you will receive a koha as a token of appreciation for your time and insights.

# What are the benefits?

This research will offer insights to improve rehabilitation care for all New Zealanders by exploring how gamification could make rehabilitation more engaging and effective. By identifying what works well and what challenges exist, we hope to create patient-centred rehabilitation solutions that benefit patients. For the wider community, this study will help academics and health practitioners with some groundwork for future research and commercialisation of a co-designed gamification solution that supports patient recovery. By identifying barriers and facilitators of gamification in rehabilitation, we will clearly define the needs of Māori patients, including preferences for culturally relevant gamification elements. Our findings will offer practical guidance on how gamification can fit into rehabilitation settings, how it aligns with clinician workflows, providing examples of gamification concepts designed with Māori input, what steps are needed for successful implementation, and strategies to promote equitable access to gamification tools considering rural and low-income Māori communities. Lastly, the findings may be shared in research publications and presentations to help shape the future of rehabilitation care.

# What are the costs?

There are no costs to you other than your time to participate in the study. The in-depth interview will take approximately 40 to 60 minutes. If you need to travel to attend the interview, we will provide a $20 petrol voucher to cover your travel expenses and reimburse any parking costs. This allowance will also cover the travel expenses for a support person, should you wish to bring one with you.

# Will the results of the study be published?

The results of this research may be published in peer-reviewed, academic journals. Results will also be presented during conferences or seminars to wider professional and academic communities*.* You will not be identiﬁable in any publication***.***

# What are the discomforts and risks?

There is a very minimal chance of any discomfort. We can assure you that the questions are non-invasive as we do not seek a level of detail that may identify you or create discomfort. The timings and venue of the interviews can be adjusted based on your convenience. Participation is voluntary, and if for any reason you feel uncomfortable with the conversation, you can discontinue/withdraw from the research project at any time prior to the study’s completion without any consequences.

# How will these discomforts and risks be alleviated?

If and when required, AUT Student Counselling and Mental Health is able to offer three free sessions of confidential counselling support for adult participants in an AUT research project. These sessions are only available for issues that have arisen directly as a result of participation in the research and are not for other general counselling needs. To access these services, you will need to:

* drop into our centre at WB203 City Campus, email [counselling@aut.ac.nz](mailto:counselling@aut.ac.nz) or call 921 9292.
* let the receptionist know that you are a research participant, and provide the title of my research and my name and contact details as given in this Information Sheet.

You can find out more information about AUT counsellors and counselling on <https://www.aut.ac.nz/student-> [life/student-support/counselling-and-mental-health](https://www.aut.ac.nz/student-life/student-support/counselling-and-mental-health)

Additional community-based support services are also available.

**Manawanui Oranga Hinengaro, Te Toka Tumai Auckland**

* Address: Whatua Kaimarie Marae (11 Sutherland Road, Pt Chevalier, Auckland)
* Phone: 09 845 3084
* Hours: 8.30-4.30pm (All services are free of charge).

**Manaaki Tāngata Nationwide Support**

* Freephone: 0800842846.
* For support related to crime, suicide or traumatic events.

# What will happen to information about me?

Participation in this study is strictly voluntary. Identifiable information, such as your age, gender, education level, ethnic group, types of injury, interaction with gamification, and specific details about your rehabilitation journey (e.g., duration of rehabilitation, type of treatment received, or use of specific gamified tools), will be collected. These details are optional, and you may choose not to answer any questions you are uncomfortable with. Your responses and insights will remain private and confidential. Your identity will remain confidential and not be disclosed to anyone except the primary researcher and the co-investigators. To ensure that privacy and the suggested confidentiality are respected, your name will be changed to pseudonyms, and contact information will not be disclosed in the final report. By signing the consent form, you agree to the use of your information as stated in this Information Sheet and that identifiable information will only be disclosed outside of the study with your permission as required by law.

You will also be provided with a summary of the interview and asked to review it to ensure it accurately reflects what you have shared. If you notice any inaccuracies or wish to clarify your statements, you can inform the researcher, and the necessary corrections will be made to ensure your information is accurately represented. Participants will not be identified in any research outputs, such as conference papers or journal articles. If quotes are included in these outputs, only pseudonyms will be used to protect your identity.

All data and consent forms will be securely stored in a password-protected digital repository under AUT’s control, with access limited to the primary researcher. These files will remain protected for six years, after which they will be permanently deleted to ensure confidentiality. Data and consent forms will be deleted after a period of six years. If you have any concerns or complaints, contact details for the researcher and the research team are provided for your convenience.

# Māori data sovereignty

Māori data sovereignty is about protecting information or knowledge that is about (or comes from) Māori people. We recognise the taonga of the data collected for this study. To help protect this taonga:

• We have consulted with Professor Ella Henry (Ngātikahu ki Whangaroa, Ngāti Kuri, Te Rārawa) about the collection, ownership, and use of study data. We are going to reach out to Māui Hudson who is one of the leaders at Te Mana Raraunga. We will seek their advice on collection, ownership and use of data.

• We allow Māori organisations to access de-identified study data, for uses that may benefit Māori.

# What opportunity do I have to consider this invitation?

You can take your time to decide whether you wish to participate in the research. However, it would be appreciated if you could respond within two weeks from the date the invitation is sent.

# Will I receive feedback on the results of this research?

On the Consent Form, you may tick the box showing your interest in receiving feedback on the research’s results. A result synopsis will be emailed to you once the study is complete.

# What do I do if I have concerns about this research?

Any concerns regarding the nature of this project should be notified in the first instance to the Project Supervisor, Crystal Yap, crystal.yap@aut.ac.nz , (+649) 921 9999 ext 5800.

Concerns regarding the conduct of the research should be notified to the Executive Secretary of AUTEC, *ethics@aut.ac.nz*, (+649) 921 9999 ext 6038.

# Who do I contact for further information about this research?

Please keep this Information Sheet and a copy of the Consent Form for your future reference. You are also able to contact the research team as follows:

Researcher Contact Details:

Dr Sharon Olsen, Auckland University of Technology, [sharon.olsen@aut.ac.nz](mailto:sharon.olsen@aut.ac.nz)

Dr Verna Stavric, Auckland University of Technology, [verna.stavric@aut.ac.nz](mailto:verna.stavric@aut.ac.nz)

Dr. Megan Phillips (Tainui, Ngāti Hape*)*, Auckland University of Technology, [megan.phillips@aut.ac.nz](mailto:megan.phillips@aut.ac.nz)

Associate Professor Dianne Wepa (Ngati Kahungunu), Auckland University of Technology, [dianne.wepa@aut.ac.nz](mailto:dianne.wepa@aut.ac.nz)

Dr. Grace Park, Auckland University of Technology, [grace.park@aut.ac.nz](mailto:grace.park@aut.ac.nz)

Project Supervisor Contact Details:

Professor Crystal Yap, Auckland University of Technology, crystal.yap@aut.ac.nz, +64 9 921 9999 ext 5800.

**Approved by the Auckland University of Technology Ethics Committee on *type the date final ethics approval was granted*, AUTEC Reference number *type the reference number*.**