



# cycle BOOM

## Design for Lifelong Health and Wellbeing

This information sheet tells you more about the cycle BOOM study, and how you can apply to take part.

If you are interested in taking part please complete the attached **Application to Participate** form and return it in the FREEPOST envelope within seven days (or complete it online at [www.cycleboom.org/contact/application](http://www.cycleboom.org/contact/application)). We will then contact you as soon as possible after receiving it to confirm whether or not you have been selected and provide details of what to do next. Please get in touch using the contact details on the back cover if you have any questions.



### What is the purpose of the study?

cycle BOOM is a study to understand cycling among the older population in the

UK and how this affects independence, health and wellbeing. The aim is to advise policy makers and practitioners how our environment and technologies can be designed to help people to continue to cycle in older age or to reconnect with cycling. This will be done through a 'toolkit' of advice and guidance supported by a short documentary film.

### Who is overseeing the study?

cycle BOOM is being led by Dr Tim Jones, a Senior Research Fellow in the Department of Planning at Oxford Brookes University, in association with the University of Reading, the University of the West of England (Bristol) and Cardiff University. Each University will carry out research in their local area, co-ordinated by Oxford Brookes.

### Who are we looking for to participate?

cycle BOOM aims to include 240 people over 50, with different levels of cycling experience, living in the Oxford, Reading, Bristol and Cardiff areas. We are carrying out fieldwork from June to September in 2014 and during the same period in 2015.

We require a diverse range of participants to take part. The information you provide in the Application to Participate form will help us to select a varied group of both men and women from different backgrounds from across the four areas.

#### We are looking for:



People who have stopped cycling and don't intend to cycle again



People who have stopped cycling or are doing a more limited amount, and are thinking of restarting (or doing more)



People who cycle fairly regularly and are not thinking of stopping

## What will happen to me if I take part?

The cycle BOOM study involves three different elements:

### ELEMENT A – Cycling life history interview

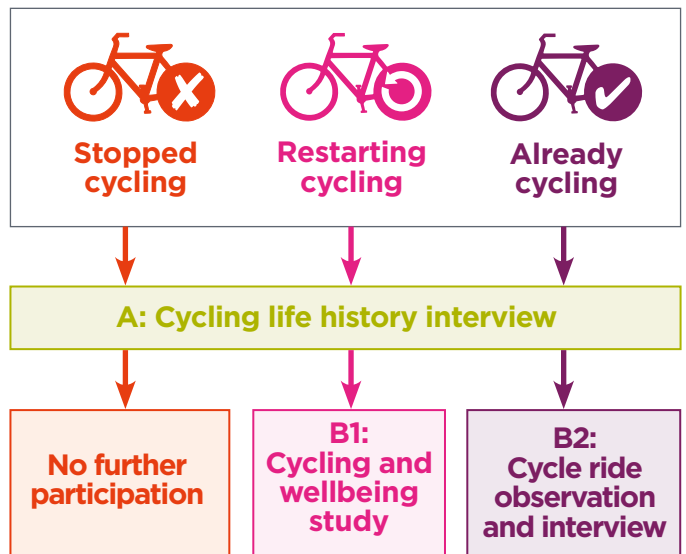
All the selected participants will take part in an initial cycling life history interview.

### ELEMENT B1 – Cycling and wellbeing study

Those who have stopped cycling or are doing a more limited amount, and are thinking of restarting or doing more, will be selected to take part in a cycling and wellbeing study. This will involve either pedal cycles or electrically powered cycles.

### ELEMENT B2 – Cycle ride observation and interview.

Those who already cycle will take part in a cycle ride observation and interview.



*Those who no longer cycle and don't intend to cycle again will not need to do anything further.*

For all selected participants:



### ELEMENT A

#### Cycling life history interview

**Purpose:** to understand the roles that cycling has (or has not) played in your life.

This will involve completing a simple 'Life History Grid' to establish where you have lived; family circumstances; places of education and work; methods of transport; hobbies/leisure activities; and when you have cycled in your life. The task is straightforward and will take approximately one hour. We then contact you to organise a follow-up interview. You can decide whether this takes place at your home, at the local university or another convenient location. At this interview we will use the Life History Grid to explore the role that cycling has (or has not) played in your life. We will also look



#### Cycling life history interview

(Photo: Raleigh 2014)

at some maps and street view images of the places you have lived to understand the types of environment for cycling. We will ask your permission to audio record the interview to help with our analysis.

## What will happen to me if I take part?

For those who have stopped cycling or are doing a more limited amount, and are thinking of restarting or doing more:



### ELEMENT B1

#### Cycling and wellbeing study

**Purpose:** to investigate the effect of cycling on personal wellbeing.

If you have stopped cycling or are doing a more limited amount, and are thinking of restarting or doing more, you will take part in an experimental study to measure your wellbeing whilst using a cycle over an eight week period. Twenty people in Oxford and Reading will be selected to use a regular pedal cycle and another twenty will use new Raleigh electrically-assisted cycles. The experiment will start by asking you to undertake a variety of simple desk based exercises to measure your health and wellbeing. These will be carried out at either Oxford Brookes University or the University of Reading, whichever is more accessible for you. You will then be required to cycle for 30 minutes at least 3 times per week over eight weeks and to keep a diary of your cycling activity and experience. After the 8-week period you will repeat the initial series of desk based exercises.

Prior to taking part, your riding ability will need to be checked by a qualified trainer accredited under the government's nationally-recognised Bikeability scheme (see [bikeability.dft.gov.uk](http://bikeability.dft.gov.uk)). If you need support, Bikeability trainers will offer free cycle training to improve your confidence and skills sufficiently to take part in the study.



*Studying the link between cycling and wellbeing*  
(Photo: Raleigh 2014)

cycle BOOM will also meet the costs of any basic maintenance required to make your cycle roadworthy.

If you are selected to use an electrically assisted cycle you will receive support and instruction to ensure that you are familiar with how it works and have the confidence and skills to ride it on public roads.

We will provide you with an information pack containing local cycle maps and general tips and advice on cycling. A free 'breakdown' recovery/maintenance service will be available should you require it during the study. You will also be able to order essential equipment for your own personal use. This can be chosen from a range supplied by our project and purchased at a significantly discounted price. Orders will be placed through the cycle BOOM project manager at his discretion.

## What will happen to me if I take part?

For those who already cycle:



### ELEMENT B2

#### Cycle ride observation and interview

**Purpose:** to investigate and document your experience of cycling in different environments.

If you already cycle we will arrange a convenient time to observe you taking part in a cycle journey or activity. This will involve a researcher following you as you cycle.

We will ask you to wear head gear fitted with sensors to safely measure brain wave signals. You will also be asked to wear glasses to record where you are looking. These can fit over the top of spectacles if you wear them. The devices are safe, fit comfortably and are hygienic. Sensors that record proximity to traffic, sound levels, and your speed and location during the ride will also be placed on your cycle. The researcher following you will be fitted with a video camera to record your ride, and a video camera will also be attached to your pedal cycle.

The researcher's role is not to interfere with the ride but to document your experience as if you were going about your normal business.



#### **Observing a cycle ride**

(Photo: Gavan Connolly-Sustrans 2014)

After the ride the video footage will be played back and the researcher will discuss it with you. This can take place at your home, at the university or another convenient location. The discussion will include the decisions you made at different points along the route and your feelings about different parts of the ride. This interview will last approximately one hour and we will ask your permission to video record it.

## If I am selected what are the advantages of taking part?

If you are selected it is completely up to you to decide whether or not to take part in the study. If you do take part you will be free to withdraw at any time without giving a reason.

The Life History Interview and cycling elements of the study are designed to be engaging and enjoyable.

By taking part you are increasing understanding of cycling and helping to inform decisions about how we can better design places and cycle technology for an ageing population.

You will have the chance to connect with other people taking part in the study.

Participants who complete the Life History interview will be offered a £10 gift voucher. An additional £10 voucher will be offered to those completing the cycle ride observation and interview and a £40 voucher for full completion of the cycle and wellbeing study.

## Will what I say in this study be kept confidential?

All information collected about you will be kept strictly confidential (subject to legal limitations). To protect your privacy your name will be removed from your data when it is analysed and a code will be added. We will use a pseudonym in presentations and publications unless you specifically state that you would like us to use your real name. Any videos or still images will not be used without your permission.

## What will happen to the results of the research study?

Everyone who takes part in cycle BOOM will be given the option to receive a short report of the main findings. We will publish our findings in academic and non-academic journals; develop a toolkit for policy makers and practitioners (e.g. politicians and planners) based on our findings; and create a short documentary film to make them more accessible. We will also take part in conferences and other events to tell people about our results.

## How is the study funded?

The cycle BOOM study is funded for three years by the UK Research Councils' Lifelong Health and Wellbeing (LLHW) programme (commencing in October 2013). For further details of LLHW visit [www.mrc.ac.uk/Ourresearch/ResearchInitiatives/LLHW/about/index.htm](http://www.mrc.ac.uk/Ourresearch/ResearchInitiatives/LLHW/about/index.htm)

## Contact for Further Information

If you require any further information please contact:

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Oxford OX3 0BP  
Tel: **01865 482752**  
Email: [admin@cycleboom.org](mailto:admin@cycleboom.org)

## Concerns about the study

The study has been reviewed by Oxford Brookes University's Research Ethics Committee (Registration No: 140813) and complies with the ethical requirements of University of Reading, Cardiff University and the University of the West of England.

If you have any concerns about the way in which the study has been conducted, please contact Dr Tim Jones, Principal Investigator - [tjones@brookes.ac.uk](mailto:tjones@brookes.ac.uk) or the Chair of the Oxford Brookes University Research Ethics Committee - [ethics@brookes.ac.uk](mailto:ethics@brookes.ac.uk).

## Thank you for taking time to read this information sheet.



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