

Research Study Overview

Implementation of Exercise Strategies in Parkinson's Disease

Who is doing this research study?

Researchers at the Shirley Ryan AbilityLab are collaborating with the Neurology departments at Northwestern Medicine and University of Chicago Medicine for this research study.

Why are we doing this research study?

We want to learn more about ways to improve and maintain physical activity for people with Parkinson's disease (PD).



How long will the research study last?

Participation lasts 1 year from the time you begin the study.

Where will the research study take place?

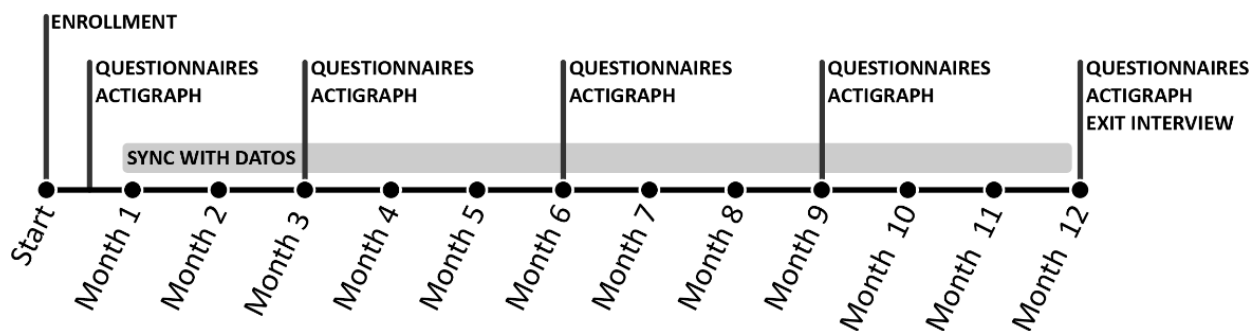
Every part of the study can be done remotely – at home, in your community, and using Zoom.

What would I be doing for the research study?

We want to understand the exercise and physical activity habits of different people with PD. You'd be doing 4 things to help us do that:

- 1) 30 minutes every 3 months: Online questionnaires about your exercise and general health
- 2) One week every 3 months: Wear an activity monitor around your waist that measures your steps per day and exercise
- 3) For the year: Wear a smart watch (your own or study-provided) to track daily steps and record workouts, syncing the device to your smartphone or tablet.
- 4) At the end of the study: Meet for an exit interview on Zoom with a research team member

Study Timeline



For additional information and to see if you qualify for the study, please contact the following research study personnel:

University of Chicago: Dr. Tao Xie, MD, PhD | txie@uchicagomedicine.org | 773-702-6222

Northwestern Medicine: Michelle Walaszek, PT, DPT, MS | impexPD@sralab.org | 312-238-4679

FREQUENTLY ASKED QUESTIONS

What is the difference between the ‘activity monitor’ and ‘smart watch’?

We will be using two devices to track your steps per day, exercise, and physical activity during this study: 1) an activity monitor called an ActiGraph monitor worn around the waist (see photo to the right) and 2) a smart watch worn on the wrist, such as an Apple Watch, Fitbit, or Garmin watch (see photo to the right for an example).

What does the ActiGraph monitor look like, how do I turn it on, and how does it track data?

The ActiGraph monitor is a small, lightweight device that is placed in a pouch connected to an elastic belt. The ActiGraph Belt will be ready to wear and track your steps per day and exercise when it arrives. All you will need to do is place the ActiGraph Belt around your waist.

How do I send the ActiGraph monitor back?

Return shipping materials will be provided to you, or you can drop off your ActiGraph at Northwestern Lake Forest Hospital or University of Chicago Hyde Park locations with our research teams.

How do I receive the ActiGraph monitor at each assessment period?

ActiGraph monitors will be mailed by FedEx to your place of residence or your seasonal residence (within the continental United States).

How do I sync my wrist-worn personal fitness tracker with the research team?

Our team is partnering with a telehealth platform called Datos. You'll download their HIPAA-compliant app to your smartphone or tablet where it will sync with your Fitbit, Apple Health, or Garmin app. All you'll have to do is open the app, and syncing happens automatically.

Why do I need to wear two devices?

The ActiGraph monitor is more accurate, but it's not as convenient to wear and share data. To make things as simple as possible for you, we'll be using smart watches for the full year of tracking and only using ActiGraph a few times to make sure we're not missing anything.

How am I compensated for my participation in the study?

You will be compensated throughout the research study for completion of the online questionnaires, wearing and returning the ActiGraph monitor, and completion of the exit interview on Zoom. You will receive \$25 each time you complete the online questionnaires (beginning of the study and every 3-months for 1 year), \$25 each time you wear and return the ActiGraph monitor, and \$25 for completion of the exit interview on Zoom for a total of \$275.

Who will I be communicating with during my participation in the study?

Researchers at Shirley Ryan AbilityLab will communicate with you via phone and email during the 1-year study period. The project coordinator, Paulo Aco, the project manager, Michelle Walaszek, and technical support coordinator, Kevin Smaller, will be available throughout the study to answer questions and check in with participants at the assessment periods.

Email: impexPD@sralab.org | Phone: (312) 238-4679

