Information Sheet

Social-Cognitive Factors and Exercise Behavior among Thais: An Application of the Health Action process Approach Model

You are being asked to fill out a survey about social-cognitive factors and exercise. We are asking you to take part in this study if you are 18 years old or older.

My name is Ornwanya Poomsrikaew. I am a nurse and a PhD student at the College of Nursing, University of Illinois at Chicago, U.S.A. I am conducting this survey for my dissertation. My faculty sponsor is Julie J. Zerwic, PhD, RN from the College of Nursing at the University of Illinois at Chicago. We would like to learn about the relationship between different various factors and exercise behavior in Thailand using a self-administered questionnaire.

I have gotten the permission from Mr. Itthipol Treewatsuwan to invite you to be a part in my doctoral dissertation. Your participation is completely voluntary. Your decision whether or not to participate will not affect the services from staffs at the Division of Civil Registration and Identification Card at Udon Thani Municipality.

The first form will ask you basic questions about yourself like your age and education. You will then be asked to complete 5 questionnaires about your beliefs about exercise and exercise behavior. This should take about 10 minutes of your time.

There are no benefits to you for taking part in this study, but this study will help us learn more about what factors relate to exercise in Thailand. The only risk in filling out the survey is the possible loss of privacy. This means that the information you share with us may not be kept private. We have several ways that we will protect your information. There is a private room for you to complete the questionnaire. We are not asking your name and all the information you give will be kept in a locked case.

You do not need to sign your name on this form. If you agree to take part in this study, all you need to do is complete the questionnaires. This study is voluntary which means you can choose not to take part and that is ok. You will receive a small gift valued at $1.00 (American) such as a pencil, multi purpose cloth bag, or cloth purse for your participation. If you are interested in participate, please let me know. I will provide you with a survey questionnaire.

If you have any questions about this study, please contact Ornwanya Poomsrikaew, the principal investigator, at 089-2755-494 or email address: opooms2@uic.edu, or Dr. Julie J. Zerwic, my faculty sponsor at juljohns@uic.edu. You also may contact the Office for the Protection of Research Subjects (OPRS) by e-mail at uicirb@uic.edu.

Thank you for your time and interest.