

HOW IS YOUR PRIVACY PROTECTED?

All results will be kept confidential. Participant's names will be removed from all data. All paper data including questionnaires will be kept in a locked filing cabinet at the University of Toronto. All computer data will be kept in password-protected computer files. All data will be available only to the study investigators and research study team.

HOW DO I SIGN UP?

Contact Melanie Bisnauth at the University of Toronto by email at melanie.bisnauth@utoronto.ca or by phone at 416-946-3935 and say that you are interested in the “Community-Based Exercise Study.”

This research has been approved by the University of Toronto HIV Research Ethics Board and has received funding by the Canadian Institutes of Health Research (CIHR), HIV/AIDS Community-Based Research Priority. This research involves a partnership between the University of Toronto, McMaster University, University Health Network, St. Michael's Hospital, Central Toronto YMCA, Casey House and Toronto PWA Foundation.

A Community- Based Exercise Program to Improve the Health of Adults Living with HIV



Physical Therapy
UNIVERSITY OF TORONTO



Evaluating the Community-Based Exercise Program

A team of researchers are looking for HIV-positive adults to take part in a community-based exercise program.

The aim of this study is to evaluate a community-based exercise program to improve the health of HIV-positive adults in Toronto. We are also interested in measuring the properties of a new questionnaire that measures the health-challenges living with HIV called the HIV Disability Questionnaire (HDQ).

CAN I PARTICIPATE?

You are able to participate in this study if you are 18 years of age or older living with HIV in Toronto and consider yourself medically stable and safe to participate in this program.

ABOUT THE STUDY

If you decide to participate in this study, you will be asked to take part in a 22 month intervention of which for 6 months, you will attend exercise sessions at the YMCA for about 1.5 hours, 3 times per week for 6 months along with 6 educational sessions (once per month).

To measure your progress, you will be asked to complete physical health assessments at the YMCA and health status questionnaires twelve times (every two months)

WHAT IF I DON'T WANT TO GO TO ALL THE SESSIONS?

Participation in the program is voluntary. You can choose to not participate in any part of the program that you are not comfortable with. You can stop attending the program at any time.

WILL I BE PAID TO PARTICIPATE IN THIS STUDY?

You will not be paid to take part in this study but as a study participant, you will receive a membership to the Central Toronto YMCA during this 6 month intervention and for the following 8 months.