



Participant Information Sheet

NHS Research Ethics Committee Approval ID Number: 24/LO/0152

SUMMARY INFORMATION SHEET

Title of Study: The mechanisms underlying the antidepressant effects of physical activity (LIFE trial)

Department: UCL Institute of Cognitive Neuroscience, Alexander House, 17-19 Queen Square, London, WC1N 3AZ

Name and Contact Details of the Researcher(s): Dr Emily Hird: e.hird@ucl.ac.uk

Name and Contact Details of the Principal Researcher: Professor Jonathan Roiser: j.roiser@ucl.ac.uk

Invitation and purpose

You are being invited to take part in a research project aiming to understand the impact of two different types of physical activity (interventions) – stretching and relaxation, and moderate aerobic exercise – on depressive symptoms, cognitive processing, immune and metabolic function, and the brain, in people with depression.

Before you decide it is important for you to understand why the research is being done and what it will involve. Ask us if there is anything that is not clear or if you would like more information. It is up to you to decide whether or not to take part, there is no rush, so think carefully about whether the study is right for you. You can withdraw at any time, without giving a reason.

Am I eligible?

To take part in the study you **MUST**:

1. Be diagnosed with at least moderate depression.
2. Currently do no more than 30 minutes of intensive exercise per week.
3. Be fluent in English.
4. Be willing to take part in either of the interventions.
5. Be aged 18-60.

And you also **MUST NOT**:

1. Have any health issues which would prevent you from safely taking part in either intervention.
2. Have a neurological illness, such as a brain tumour or Parkinson's Disease.
3. Have a past or current diagnosis of psychosis, bipolar disorder, or substance/alcohol use disorder (unless this last diagnosis was only during a prior depressive episode).
4. Be unable to take part in online cognitive or questionnaire assessments without help.
5. Be pregnant.
6. Take regular anti-inflammatory medication.

What will happen to me if I take part?

If you decide to participate you will be assigned to one of two interventions at random. The two interventions are: 1) *stretching and relaxation sessions*; involving activities such as balancing, stretching and breathing 2) *moderate aerobic sessions* involving activities such as jogging, cycling,

lifting weights and floor exercises. You will participate in the same intervention throughout the study.

You would attend three 45-minute in-person sessions per week, for eight weeks (totalling 24 sessions), in a small group of up to six participants.

The interventions will take place at a gym in central London, and will be guided by a qualified professional.

We will ask you to wear an activity watch during the study to measure your activity levels, and do a fitness test at the beginning, middle and end of the study (taking <1.5 hours). We will ask you to complete daily mood ratings on a mobile phone (taking <1 minute), weekly cognitive tasks ('brain games') (taking <1.5 hours) or questionnaires (taking <1 hour) and we will ask to take a blood and saliva sample at the beginning, middle, and end of the study.

We also offer the opportunity to do two types of brain scans at the beginning and end of the study (each taking <2 hours). You may also be invited to take part in an exit interview to describe your experiences during the study.

The total duration of participation in the main part of the study will be around 11 weeks – two weeks prior to the intervention, eight weeks during the intervention, and one week after the intervention.

We will contact you by email one and four months after you finish the main study, to ask you to repeat some questionnaires about your symptoms, current amount and type of physical activity, and some online games.

Before any of this happens, if you are interested in taking part, you will have the opportunity to ask any questions you have and discuss the study. If you are happy to join the study you will provide written informed consent.

In this research study we will use information from you. We will only use information that we need for the research study. We will let very few people know your name or contact details, and only if they really need it for this study. Everyone involved in this study will keep your data safe and secure. We will also follow all privacy rules. At the end of the study we will save some of the anonymised data for future research. We will make sure no-one can work out who you are from the reports we write. The information pack tells you more about this.

You will be compensated for the time you spend participating in the study at a rate of £9 per hour for completing the mental health and cognitive assessments, providing accelerometer data, the MRI scan, the PET scan, and the blood and saliva samples. You will not be financially compensated for the time you spend participating in the lifestyle interventions.

If you have any questions about the study, you should contact the LIFE trial team at icn.life@ucl.ac.uk. If you decide to participate you will be given a copy of this information sheet and a signed consent form to keep.

Thank you for reading this information sheet and for considering participating.
