



LE IUNIVESITE AOA O SAMOA NATIONAL UNIVERSITY OF SAMOA


University Research & Ethics Committee

Final Report Template

Approved 20 November 2014

I. RESEARCH PROPOSAL DETAILS

TITLE OF PROJECT:	Culture X: addressing barriers to physical activity in Samoa
PRINCIPAL RESEARCHER ¹ :	Emma Heard
FACULTY/CENTRE:	FoAS School of Nursing
ASSOCIATE RESEARCHER (S) ² :	Leveti Auvaa
RESEARCH SUPPORT STAFF ³ :	Brooke Conway
FACULTY(IES)/CENTRE(S):	FoAS School of Nursing
DURATION OF PROJECT ⁴ :	1 year
DATE OF SUBMISSION:	7 October 2014



II. RESEARCH AIMS AND OBJECTIVES⁵

What are the aims and objectives of the research?

This project aimed to evaluate Culture X, a locally developed dance aerobics class, as grass-roots initiative which addresses key barriers to physical activity, particularly for women in Apia (a key at-risk group for obesity and overweight) by investigating the research question: 'How can locally developed initiatives, like Culture X, address key barriers to participating in physical activity in Samoa and the Pacific region more widely?'

The objectives of this research are:

¹ State the individual whom will assume reporting and financial responsibilities under the approved project.

² State the individual(s) whom are part of the research team, as approved by UREC; all individuals must either be members of the University staff of student body.

³ If any, give number required, names and qualifications, if known; if not known at this time, the names and qualifications must be included on Progress or Final Reports.

⁴ As approved by UREC in the research proposal; state in months.

⁵ As approved by UREC in the research proposal.

1. To gain insight to participants' perceptions of Culture X with regard to physical activity and to understand why they attend classes.
2. To understand how Culture X does (or does not) address the barriers to physical activity as stated in current literature.

Provide an exploratory evaluation of a locally-driven physical activity program, for the purpose of guiding program development and implementation throughout the region.

III. SUMMARY OF RESEARCH

a. Outline all research activities completed to date.

- List all research activities completed and to be completed.

Month	Objective/ Activity	Progress
February	UREC proposal completed and submitted, meeting with Culture X manager, meeting with full research team to discuss logistics	<ul style="list-style-type: none"> • UREC proposal completed and approved. • Meeting with Culture X manager completed and support for project approved. • Logistics and methodology confirmed.
March	Development of interview guide, training for students on how to conduct qualitative interviews	<ul style="list-style-type: none"> • Interview guide completed and approved by UREC. • Training with 3 research assistance conducted.
April	Data collection	<ul style="list-style-type: none"> • 28 interviews have been conducted as of May 1, 2014.
May	Data analysis training to be conducted with researchers and research assistance, interview translation and transcription, data analysis process to begin	<ul style="list-style-type: none"> • All interviews transcribed and translated. • Training scheduled for Thursday, May 8, 2014.
June	Data analysis process to be completed, findings to be finalised	<ul style="list-style-type: none"> • Data analysis completed. • Findings finalised.

July	Final report to be completed by July 31, 2014	<ul style="list-style-type: none"> Final manuscript prepared.
July-Oct	Submission to journal	<ul style="list-style-type: none"> Work on submission to journal Health Promotion International.
November	Completed submission to journal	<ul style="list-style-type: none"> Submission made to Health Promotion International

b. D

Did your research progress as planned? Why or why

not?

- How did you manage the research going forward?

Research progressed as planned and all activities were completed on time. Principle researcher, Emma Heard, managed the ongoing consultations and revisions with the journal and the paper has now been published (as of January 2016).

c. What activities have been undertaken to share, present and/or publish the research?

- Provide any evidence of presentation and/or publication.

Paper has been published in Health Promotion International: Health Promotion International, 2016, 1–9 doi: 10.1093/heapro/dav119 see attached paper.

d. List all equipment purchased with UREC funds during the project⁶

- Include cost of equipment and supplier.
- Indicate where and how the equipment will be stored.
- Indicate how ongoing costs (e.g. license renewal costs, batteries etc.) associated with the equipment's use will be covered.
- Indicate how the equipment will be used after the project is completed.

⁶ Any equipment purchased with UREC funds and worth SAT\$500 must be declared to UREC Finance personnel and listed on the NUS asset register.

IV. SUMMARY OF APPROVED BUDGET⁷

Travel:	\$200
Subsistence & Accommodation:	NA
Equipment & Consumable:	\$850
Research support staff:	\$150
Miscellaneous:	\$100
TOTAL	\$1300

V. SUMMARY OF ALL INSTALMENTS RECEIVED⁸

Instalment 1 amount:	\$910
Date instalment received:	April, 2014
Instalment 2 amount:	NA
Date instalment received:	_____
Instalment 3 amount:	NA
Date instalment received:	_____
Total:	\$910 (\$390 outstanding, yet to be released)

VI. ACQUITTAL REPORT⁹

Provide an account of research expenses incurred during the reporting period. See example below.

Instalment amount	\$910	Date instalment receive
Total	\$910	

⁷ As was approved by UREC.

⁸ Instalments received during the reporting period and as was approved by UREC.

⁹ All original receipts must be given to UREC Finance personnel with only copies of receipts to be provided along with progress and/or final reports.

<u>Date</u>	<u>Payee</u>	<u>Amount</u>	<u>Details of expense</u>
05/04/2014	SSAB	\$415	
05/04/2014	SSAB	\$10	
30/04/2014	Participants	\$250	Incentives for participant
30/04/2014	Research assistants	\$160	Assistants paid \$10 per interview (16 interviews conducted)
05/04/2014	SSAB	\$11	
30/04/2014	Taxi driver	\$20	
30/04/2014	Culture X	\$82	Cost of researchers attending Culture X classes prior

		Endorsed by UREC Finance personnel	
Total expenses		xxxx.xx	(Finance to sign upon receipt of all receipts and copy of final report)

Balance xxxx.xx Any un-expensed funds must be receipted back to Finance with the associated receipt progress and/or final report



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VII. CERTIFICATION BY PRINCIPAL RESEARCHER

I certify that all the details contained in this progress report are true and that all research partners and co-investigators agree that this report is an accurate representation of the project's progress so far.

Name: _____

Signature: _____

Date: _____

Terms and Conditions for all Researchers to follow
As approved on 5th October 2001, Amended 2005

1. The project shall be carried out within a period of 12 months and at such time a detailed report of its implementation and outcome shall be provided to the Committee.
2. The Committee may at any time require a progress report from the researcher.
3. A copy of the completed research must be deposited with the Institute upon completion of the research.
4. The Researcher shall be accountable to the Committee for the funds given by providing receipts or other evidence of expenses and a log book of activities for the duration of the research.
5. The Researcher shall not publish the whole or any part of the outcome of the research without the written approval of the Committee being obtained.
6. The Researcher agrees to be bound by universal ethics and good practices of research and a code of research ethics that may be adopted by the National University of Samoa and amended from time to time.
7. The Researcher declares that the funding granted by the University is the only funding which he/she will receive to fund what is being sought and approved for this research.
8. The Researcher declares that the funds will be used for the purposes stipulated and detailed in the research budget unless an alternative use is approved by the Committee or the Director of the Centre for Samoan Studies.
9. Acceptance by the researcher of the offer comprises acceptance of all the conditions expressed and implied by this offer.
10. No monies shall be disbursed before acceptance of the offer by the researcher has been effected and a plan for the disbursement of funds is lodged with the Director of the Centre for Samoan Studies and the Finance Registrar.
11. In the event of the researcher breaching any of the terms and conditions of the funding hereby provided the Committee may take whatever action is necessary against the researcher including demanding that the researcher repays to the University all or part of any funds disbursed for the project.