Supplementary File 2- PARTICIPANT INFORMATION SHEET

Welcome to this International Delphi Study for the consensus on exercise training parameters for people with chronic non-specific neck pain.

What is the purpose of the study?
The aim is to agree on the parameters of an exercise training programme for patients with chronic non-specific neck pain. An expert consensus technique (Delphi method) is required due to the current variability found within clinical practice and clinical trials. This e-Delphi study is being completed as part of the Principle Investigators MRes at the University of Birmingham being supervised by Dr Nicola Heneghan.

What is a Delphi study?
The Delphi method is a systematic approach to achieving consensus amongst experts through the independent completion of sequential questionnaires that are refined on feedback resulting in a convergence of opinion and eventual consensus.

Why have I been approached?
You have been identified as an expert in using exercise in the management of chronic non-specific neck pain. To be eligible you must be an academic or an exercise/healthcare professional and meet the following criteria:

**Academics:** 2+ peer reviewed publications on the use of exercise in the management of chronic non-specific neck pain

**Exercise or healthcare professionals:** A physiotherapist, S&C coach, osteopath, chiropractor etc using exercise in the management of ≥5 chronic (≥3 months) non-specific neck pain patients per month. Exercise/Healthcare professional must also have a relevant post graduate qualification or >5 years’ experience in a sports or musculoskeletal setting

Do I have to take part?
No, participation in this study is voluntary. You are under no obligation to complete all 3 questionnaires or every question. You have up to the data analysis of the 3rd questionnaire (approximately 6 months) to withdraw from the study but may withdraw at any point prior to this without giving a reason. Due to the nature of the Delphi process your responses will be used up to the point of withdrawal. Withdrawal or declining participation will not affect your employment or your relationship with the researchers in any way. To withdraw from the study, please contact Jonathan Price by email jonathan.price2@nhs.net.
What will I need to do if I participate?
You will be asked to complete an electronic consent form and provide a preferred email address to receive the questionnaires and reminder emails.

We will provide you a link to the first electronic questionnaire containing questions about your clinical and professional background and your opinion on exercise parameters for chronic non-specific neck pain. The first questionnaire is expected to take between 20-30 minutes to complete and will be open for 4 weeks. You can save the questionnaire at any time and come back to it later. Email reminders will be sent at weeks 1 and 3.

Data from the first questionnaire will be used to generate a series of statements. You will be asked to rate your agreement with these statements in the 2nd and 3rd questionnaires which are expected to take 15 minutes to complete.

What are the risks?
No significant risks are anticipated other than a small amount of time required to complete the questionnaires.

Will my taking part in this study be kept confidential?
Personal information will be collected, anonymised and stored electronically on a password protected device in line with the Data Protection Act 2018 and the University of Birmingham’s data management policy (https://intranet.birmingham.ac.uk/as/libraryservices/library/research/rdm/Policies/Research-Data-Management-Policy.aspx). Only anonymised data will be shared with external collaborators for the purposes of this study. You will remain anonymous to the other participants and in any written reports.

What are the benefits of taking part?
You will have contributed to the development of an exercise intervention that will inform future clinical trials evaluating long-term effectiveness and optimal dosage of exercise. Study results will be published in a relevant peer-reviewed journal and shared at conferences.

What next?
If you decide you would like to participate, please complete the electronic consent form on the next page.

Further information and contact details.
This study has been approved the University of Birmingham, UK Ethics Committee ERN_19-1857.
If you have any questions about the study, please contact the Principle Investigator, Jonathan Price, by email jonathan.price2@nhs.net.
If you would prefer not to speak to the Principle Investigator, then you may contact the primary academic supervisor Dr Nicola Heneghan on N.Heneghan@bham.ac.uk or 0121 415 8367 /+44 121 4158367.

Thank you for your time and consideration.

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