Information sheet for participants

We have contacted you to offer you voluntary participation in a study on exercise in patients with peripheral arterial disease and leg pain when walking. The study, prepared by a stable group of researchers in our area, is financed with public funds for research. The goal is to compare the effectiveness of various methods of physical exercise. Three of them supervised by a professional and another after the delivery and explanation of some recommendations.

If you agree to participate in the study, we will perform the following measurements:

In a **first visit**, you will be asked to sign the informed consent. Collection of sociodemographic data, cardiovascular risk factors and previous vascular diseases. The Treatmill based walking will be performed, which consists of walking on a treadmill until the appearance of pain in the legs. You will be given the 6-minute walk distance, which consists of walking for 6 minutes and seeing the distance that you can reach without pain. You will also be given, to answer, specific questionnaires on Peripheral Arteriopathy and others on quality of life.

In a **second visit** you will be assigned to one of the four groups and given a pedometer to quantify the distance you walk daily. In the case of being assigned to the control group, they will be given advice for physical exercise. If you are assigned to one of the intervention groups, you will be summoned to start supervised exercise sessions 3 days a week / 60 minutes for 3 months.

In a **third visit**, after 3 months, you will be summoned again to perform the same measurements as in the first visit. In the control group the advice will be reinforced and in the intervention groups supervised exercise sessions will be maintained unless they can walk for 45 minutes without pain.

In a **fourth visit**, 3 months later, a visit will be made again to assess the same measurements as the initial visit and the intervention will be considered completed.

At a **fifth visit**, 6 months later (12 months from the start of the study), a visit will be made again to assess the same measurements as the initial visit and the study will end.
Your personal data will be handled in a strictly confidential manner and in compliance with the requirements established in Regulation (EU) 2016/679, General Data Protection and Organic Law 3/2018, on the Protection of Personal Data and Guarantee of Digital Rights. Your data will be pseudo-anonymized in such a way that it will not be possible to know, outside the medical field, who the results correspond to.

This study is applied under the new EU legislation on personal data, specifically Regulation (EU) 2016/679 of the European Parliament and of the Council of April 27, 2016 on Data Protection (RGPD). In addition to the rights of access, modification, opposition and deletion of the data, currently, you can also request the limitation of the data processing and request its portability, when appropriate, request a copy or that they be transferred to a third party (provided by you). To exercise your rights, you need to contact the principal investigator of the study. We remind you that the data cannot be deleted even if you withdraw your participation in order to guarantee the validity of the research and comply with legal rights and authorization requirements for medicines. In the same way, you also have the right to contact the Catalan Dades Protection Authority (www.apdcat.cat), in the event of not being satisfied.

Both the center and the promoter are responsible, respectively, for the processing of your data and undertake to comply with the data protection regulations in force. The data collected for this study is identified by a code, so that no information is found that can identify you and, only the research team of the project, will be able to relate the aforementioned data with you and your medical history. Your identity will not be revealed to any other person except the Health Authorities, in the event that this is required by a medical emergency.

The Ethics Committee of l'Institut Universitari d'Investigació en Atenció Primària (IDIAP Jordi Gol), the representatives of the Health Authorities in inspection matters and the personnel authorized by the Promoter, will only be able to access to verify the personal data, the procedures of the study and compliance with the regulations of good clinical practices, always maintaining confidentiality.

Researchers and promoter are obliged to keep the data collected during the study for at least 25 years from its completion. Subsequently, your personal information will only be kept at the center for the treatment of your health and by the promoter, for other scientific purposes, if you have given consent and this is permitted by law and ethical requirements.

In the case of transferring your data, encoded outside the EU, to the entities of our group, service providers or scientific researchers who collaborate with us, your data will be protected through contracts and other mechanisms by the authorities of data protection.

If you want to know more, you can contact the principal investigator at the following address:

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