**Seniors USP (Understanding Sedentary Patterns)**

Standard Operating Procedures

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **SOP ref** | **Title of SOP** | **cohort** | **WP** | **Effective from** |
| **A Project Set-up and Recruitment** | | | | |
| A01 | Recruitment of Participants – Twenty-07 | T-07 | 2 | Nov 2014 |
| A02 | Recruitment of Participants – LBC1936 | LBC36 | 2 | Nov 2014 |
| A03 | Obtaining informed consent |  | 2 | Nov 2014 |
|  |  |  |  |  |
| **B Safety Measures and Monitoring Procedures** | | | | |
| B02 | Lone working |  |  |  |
| a | WP2 data collection | T-07 | 2 | Nov 2014 |
| B03 | Call for external help in an emergency |  |  | Nov 2014 |
| B06 | ActivPAL skin reaction |  | 2 | Nov 2014 |
|  |  |  |  |  |
| **C Study Organisation and Planning** | | | | |
| C01 | Overview of WP2 Data Collection Methods |  |  |  |
| a | Twenty-07 | T-07 | 2 | Nov 2014 |
| b | LBC1036 | LBC | 2 | Nov 2014 |
| C02 | WP2 Visit 1 Procedure |  |  |  |
| a | Twenty-07 | T-07 | 2 | Nov 2014 |
| b | LBC1036 | LBC | 2 | Nov 2014 |
| C03 | WP2 Visit 2 Procedure |  |  |  |
| a | Twenty-07 | T-07 | 2 | Nov 2014 |
| b | LBC1036 | LBC | 2 | Nov 2014 |
| C04 | Use of ActivPAL |  | 2 | Nov 2014 |
| C05 | Chair Rise Test |  | 2 | Nov 2014 |
| C06a | Weight Measurement – Twenty-07 |  | 2 | Nov 2014 |
| C06b | Weight Measurement – LBC1936 |  | 2 | Nov 2014 |
| C07a | Temperature Measurement – Twenty-07 |  |  | Nov 2014 |
|  |  |  |  |  |
| **D Follow Up** | | | | |
| D03 | Participant withdrawal |  |  |  |
| a | Twenty-07 | T-07 | 2 | Nov 2014 |
| b | LBC1036 | LBC | 2 | Nov 2014 |
|  |  |  |  |  |
| **E Data and Information** | | | | |
| E01 | Booking WP2 research appointments – Twenty-07 | T-07 | 2 | Nov 2014 |
| E02 | Booking WP2 research appointments – LBC1936 | LBC | 2 | Nov 2014 |
| E03 | Preparing WP2 assessment documentation |  | 2 | Nov 2014 |
| E05 | Visual Inspection of WP2 activPAL data |  |  |  |
| a | Fieldworkers |  | 2 | Nov 2014 |
| b | GCU staff |  | 2 | May 2016 |
|  |  |  |  |  |