

Participant Summary Sheet

ACTIVATE study of cardiac rehabilitation for people with angina

You are eligible to take part in our research study. Participation is voluntary and your usual care will not be affected if you do not wish to take part.

This summary sheet is designed to give you a basic understanding of the study. We will send you more information about the study if you are interested in taking part. This will explain to you what it means to take part in. You can also ask us any questions you like to help you decide whether to take part or not.

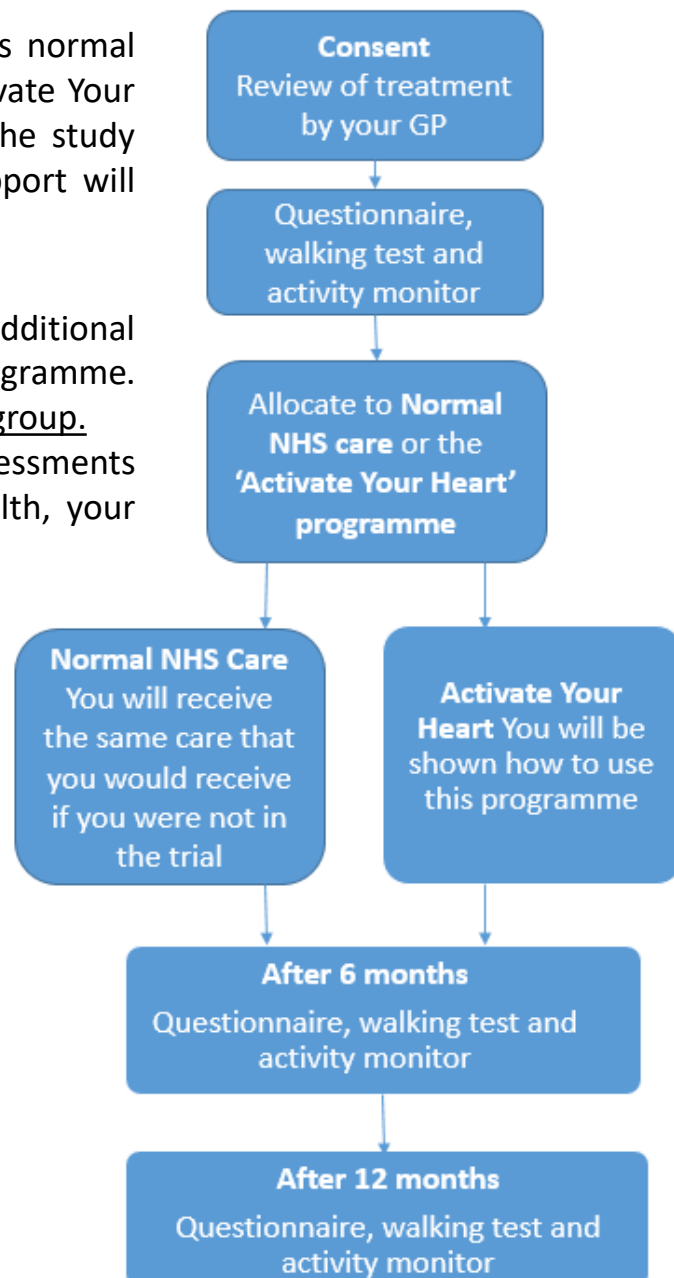
ACTIVATE is a research study which compares normal NHS care with normal NHS care plus the 'Activate Your Heart' programme for people with angina. The study aims to find out whether this additional support will improve your health.

If you agree to take part you will:

- Receive either normal NHS care or have additional support from the 'Activate Your Heart' programme. You have a 50% chance of going into either group.
- Complete some questionnaires and assessments throughout the study to look at your health, your fitness and how active you are.

If you are allocated to the 'Activate Your Heart' group you will also:

- Be shown how to use the 'Activate Your Heart' programme by a specialist advisor.
- Be given access to the 'Activate Your Heart' programme for 12 months, which promotes a healthy diet and physical activity, reduces risk factors for heart attack and improves mental wellbeing. The programme helps you to set goals, monitor progress and gives you feedback on how you are doing.
- Have a follow-up visit from the expert advisor after 12 weeks to find out how you are getting on.



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