

Project: A longitudinal exploration of behavioural spillover in Melbourne utilitarian cyclists

Responsible Researcher: Professor Iain Walker

Email: iain.walker@unimelb.edu.au;

Additional Researchers: Ms. Abby Robinson

Email: abby.robinson1@unimeb.edu.au;

Phone: 0468 495 230

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What is this research about?

'Utilitarian' or 'commuter' cycling (the use of a bicycle for travel purposes) has many benefits, to both the natural environment and human health and wellbeing, as compared to mass private car use. Little research to date has examined how the experiences people can have as utilitarian cyclists could lead to changes in their beliefs, behaviours and identities regarding the natural environment, transport, and the design of their city. This research project will follow beginner utilitarian cyclists over time to explore these changes. We are also interested in how we can better support beginner cyclists by examining their commute difficulty, enjoyment, and level of social support over time.

Who can participate in this study?

This research study is aimed at utilitarian cyclists who meet the following criteria:

- Are 18 years of age or older.
- Have been using a bike as a form of transport for one year or less.
- Have been using a bike as a form of transport at least once per week on average since they started cycling.
- Currently live in the Greater Melbourne region as defined by the Australian Bureau of Statistics boundary line (see <https://www.abs.gov.au/census/find-census-data/quickstats/2021/2GMEL>).
- Are proficient in English.

What will I be asked to do?

Should you agree to participate, you will be asked to complete three online surveys over a six-month period. The first survey will take approximately 25 minutes to complete. The second survey will come three months later and be shorter (approx. 10-15 minutes) as we will remove some questions. The third survey will also take approximately 10-15 minutes and will come three months after the second survey (six months after the first). Please note that if you do not complete the second survey, you will not be invited to participate in the third. During the survey, you will be asked questions about things like your cycling behaviour and commute, your beliefs about urban sustainability and transport, your ability to imagine an alternative city, your contact with other cyclists, your support for various transport and urban policies, and various

advocacy and lifestyle behaviours. After completing the first survey, we will email you the following two surveys with some instructions and we may send some reminders for you to complete the surveys.

What are the possible benefits of this research?

The present study is part of a larger research agenda that aims to investigate cycling promotion and cyclists' beliefs and behaviour change over time. This study is of societal importance as it 1) may encourage greater investment in cycling infrastructure and urban sustainability projects, and 2) help policymakers, researchers, and organisations better understand how to promote cycling and support beginners.

Will I be paid for my participation?

For each survey you complete, we will enter you in a raffle to win a \$15 digital gift voucher. As there are three surveys, there will be three raffles with the raffle winners drawn at the end of each three-month period (starting from the last person to complete the first survey). Here is a breakdown of the odds of winning for each raffle:

- Raffle 1: You will have a 1 in 4 chance of winning a \$15 voucher. Raffle winners to be drawn around October 2024.
- Raffle 2: You will have a 1 in 3 chance of winning a \$15 voucher. Raffles winners to be drawn around January 2025.
- Raffle 3: You will have a 1 in 2 chance of winning a \$15 voucher. Raffles winners drawn around April 2025.

What are the possible risks?

Apart from giving up your time, we do not expect there to be any risks associated with taking part in this study.

What if I want to withdraw from the research?

Participation in this research is completely voluntary. You can withdraw at any time during the survey and withdraw your unprocessed data up until one month following the last wave of data collection.

Will I hear about the results of this project?

We will post a summary of the findings at the following link when they become available:

https://docs.google.com/document/d/15lew7ao28s3TWrk5MpllrOn_3acMsvx2gz-vGX8Mhpc/edit?usp=sharing

What will happen to information about me?

- **Where will my information be stored?** If you choose to take part, files containing data will be stored electronically on a secure university server with a password. The information you provide will be de-identified, that is, no identifying information will be used in reporting the study results. As such, any information you provide is confidential and the raw data will only be accessible to the listed researchers. Others outside the research team may have access to de-identified archived data. Upon publication, the data may be stored on the Open Science Framework, as is common practice for research transparency. This means that other researchers can download the data file with all participants' responses in it. However, the responses you provide are not linked to any identifying details about yourself as we will remove any identifying information, such as

your email address and any responses that you give to open-ended questions that contain potentially identifiable information.

- **For how long will my data be stored?** The raw data will be stored for a minimum of 5 years, in accordance with the Australian Code of Responsible Conduct of Research. Following the data storage period described above, the de-identified data will remain in an online research repository (the Open Science Framework) if uploaded and may be used in future research projects. Specifically, as the anonymous research data will be made available online, other researchers may wish to use this to test other research questions that may provide similar benefits to understanding of the topic.

Results may be presented at conferences in Australia/overseas and published in scientific journals.

Where can I get further information?

If you would like more information about the project, please contact the researchers; Ms. Abby Robinson (abby.robinson1@unimelb.edu.au) or Prof Iain Walker (iain.walker@unimelb.edu.au).

Who can I contact if I have any concerns about the project?

This project has human research ethics approval from The University of Melbourne (ID: 28094). If you have any concerns or complaints about the conduct of this research project, which you do not wish to discuss with the research team, you should contact the Research Integrity Administrator, Office of Research Ethics and Integrity, University of Melbourne, VIC 3010. Tel: +61 3 8344 1376 or Email: research-integrity@unimelb.edu.au. All complaints will be treated confidentially. In any correspondence, please provide the name of the research team and/or the name or ethics ID number of the research project.

How do I agree to participate?

If you wish to participate, please click 'continue' to view a consent form and provide your consent.