

## Cover Letter

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December 2017

Dear Kesmas: National Public Health Journal Editor,

We would like to submit a new manuscript entitled: **“The Needs of Type 2 Diabetes Patients for Physical Activity Programming: A Qualitative Study at a Yogyakarta Hospital Clinic”** for consideration by the Kesmas: National Public Health Journal. We confirm that this work is original and has neither been published elsewhere nor is it currently under consideration for publication elsewhere.

The increased prevalence of complications among type 2 diabetes patients has caused a significant public health burden in the Indonesian health care system. The complications can be prevented or minimised by increasing physical activity levels. Unfortunately, this cost-effective approach is currently under-utilised in the Indonesian healthcare setting. This is possibly due firstly to the fact that there is a dearth of practical physical activity interventions that have achieved sustained and long-term improvements in physical activity levels, and secondly, that little is known about the most appropriate ways to promote physical activity in Indonesian T2D patients in healthcare settings.

This study, therefore, examined the barriers and benefits of physical activity participation perceived by Indonesian type 2 diabetes patients attending a hospital diabetes clinic and their preferences for, and experiences with, current hospital physical activity programming. The results will be used to develop an effective physical activity program that meets the targeted population's needs and preferences.

This is the first study in Indonesia to specifically explore PA behaviours, and T2D patients' expressed needs for physical activity programming. This paper will be of interest to health educators and health practitioners working in secondary and tertiary T2D prevention or physical activity promotion. The dissemination of the study's findings and recommendations in this journal is appropriate for reaching the targeted audience.

Please address all correspondence concerning this manuscript to me at [novita@uny.ac.id](mailto:novita@uny.ac.id). Thank you for your consideration of this manuscript.

Sincerely,



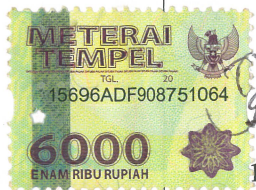
Novita Intan Arovah

## STATEMENT LETTER

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- a. Author and co-authors have sufficiently participated in the writing of this article, so the article can be accountable to the public.
- b. All of the authors have reviewed the final version of the manuscript and agreed to publish this manuscript.
- c. The manuscript has not been published in a form that is similar or the same in other journals or any magazines and it is not being processed for publication by any other journal or any magazine.
- d. The manuscript is the original work of the authors and plagiarism free. If indications of plagiarism are found later, the authors are willing to accept sanctions in accordance with prevailing regulations.
- e. The manuscript is accompanied by a copy of an ethical clearance statement. \*
- f. The manuscript is being sent to Kesmas: National Public Health Journal. It will not be withdrawn before a decision has been reached about whether the manuscript is accepted or rejected.
- g. The author is willing to pay the cost of the article publication in the amount of 750,000 IDR, if the article is declared worthy of publication.

Brisbane, Dec 2017

 <p style="text-align: center;">First Author Novita Intan Arovah</p> <p style="text-align: center;"><i>Novita Intan Arovah</i></p> <p style="text-align: center;">17 Dec 2017</p>	<p style="text-align: center;">Co-author (1) BM Wara Kushartanti</p> <p style="text-align: center;"><i>BM Wara Kushartanti</i></p> <p style="text-align: center;">17 Dec 2017</p>	<p style="text-align: center;">Co-author (2) Tracy Washington</p> <p style="text-align: center;"><i>Tracy Washington</i></p> <p style="text-align: center;">17 Dec 2017</p>	<p style="text-align: center;">Co-author (3) Kristiann Heesch</p> <p style="text-align: center;"><i>Kristiann Heesch</i></p> <p style="text-align: center;">17 Dec 2017</p>
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- Biodata is filled by the corresponding author only.
- All writers who contributed to this paper are required to provide consent signatures.
- Signature with 6000 stamped listed to only corresponding author.

## Ethical Clearance



University Human Research Ethics Committee (UHREC)  
**HUMAN RESEARCH ETHICS APPROVAL CERTIFICATE**  
NHMRC Registered Committee Number EC00171

Date of Issue: 9/12/14 (supersedes all previously issued certificates)

Dear Dr Kristiann Heesch

This approval certificate serves as your written notice that the proposal has met the requirements of the *National Statement on Ethical Conduct in Human Research* and has been approved on that basis. You are therefore authorised to commence activities as outlined in your application, subject to any specific and standard conditions detailed in this document.

### Project Details

**Category of Approval:** Human Negligible-Low Risk  
**Approved From:** 8/12/2014      **Approved Until:** 8/12/2015 (subject to annual reports)  
**Approval Number:** 1400000886  
**Project Title:** Explore Indonesian Type 2 Diabetes patients' perceptions of current and future physical activity promotion programs (A formative study for a pedometer-based physical activity intervention with text message support)

### Investigator Details

**Chief Investigator:** Dr Kristiann Heesch

#### Other Staff/Students:

Investigator Name	Type	Role
Dr Tracy Washington	Internal	QUT Associate Supervisor
Mrs Novita Intan Arovah	Student	Doctoral (Research)

### Conditions of Approval

#### Specific Conditions of Approval:

No special conditions placed on approval by the UHREC. Standard conditions apply.

#### Standard Conditions of Approval:

1. Conduct the project in accordance with QUT policy, the *National Statement on Ethical Conduct in Human Research* (<http://www.nhmrc.gov.au/guidelines/publications/e72>), the *Australian Code for the Responsible Conduct of Research* (<http://www.nhmrc.gov.au/guidelines/publications/r39>), any associated legislation, guidelines or standards;
2. Gain UHREC approval for any proposed variation (<http://www.orei.qut.edu.au/human/var/>) to the project prior to implementation;
3. Respond promptly to the requests and instructions of UHREC;
4. Immediately advise the Office of Research Ethics and Integrity (<http://www.orei.qut.edu.au/human/adv/>) if:
  - o any unforeseen development or events occur that might affect the continued ethical acceptability of the project;
  - o any complaints are made, or expressions of concern are raised, in relation to the project;
  - o the project needs to be suspended or modified because the risks to participants now outweigh the benefits;
  - o a participant can no longer be involved because the research may harm them; and
5. Report on the progress of the approved project at least annually, or at intervals determined by UHREC. The Committee may also choose to conduct a random audit of your project.

*If any details within this Approval Certificate are incorrect please advise the Research Ethics Unit within 10 days of receipt of this certificate.*

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