

Experience of Playing Sport or Exercising for Women with Pelvic Floor Symptoms: A Qualitative Study

Sports Medicine - Open

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Supplementary 1: Email sent to participants prior to research summarising topics for discussion

Dear Participant,

Thank-you for volunteering to participate in our research project titled: **Women's experiences of and preferences for pelvic floor symptom screening in sports/exercise settings.**

Thank-you also for completing the consent form and short survey. You have met the inclusion criteria for the study and I look forward to setting up an interview at a time that is convenient for you. The interview will take approximately one hour and will be conducted online over Zoom.

The interview will include a discussion on the following topics:

- Your experience and disclosure of pelvic floor symptoms in a sport/exercise setting
- Your experience of being screened for pelvic floor symptoms within sports/exercise settings
- Your perceptions and preferences for pelvic floor symptom screening in sport/exercise

It is ideal if we conduct the interview at a time and location when you have privacy to allow you to discuss the topics freely. What days and times might suit you over the next week or two to conduct the interview?

Once I have received your reply, I will schedule a time that works for both of us. It can be an evening or a weekend if that works better for you. I will then send you a zoom calendar invitation and link to access the meeting at the time we nominate.

Please let me know if you have any questions. I look forward to meeting with you.

Kind Regards
Jodie Dakic