

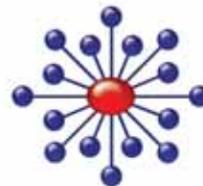
## COMMON QUESTIONS (continued)

**Q:** What if I decide to drop out?

**A:** This study is entirely voluntary. You can withdraw at any time with no penalty to you. Your regular treatment will not be affected. However, we encourage you to stay in for the study duration.

## FOR MORE INFORMATION

Please ask to speak with the study research staff. They can tell you more about the study and help you figure out if it would be right for you.



National Drug Abuse Treatment  
Clinical Trials Network

# STRIDE

National Institute on Drug Abuse  
**Clinical Trials Network**

6001 Executive Boulevard  
Room 3105, MSC 9557  
Bethesda, Maryland 20892-9557  
Telephone: (301) 443-6697  
Fax: (301) 443-2317

**NIDA** NATIONAL INSTITUTE  
ON DRUG ABUSE

National Institutes of Health  
U.S. Department of Health and Human Services

## WHAT IS THE STRIDE STUDY?

The STRIDE study seeks to find out whether exercise or health education, added to the drug use treatment already being received, can help people get off drugs and stay off drugs.

This study is led by researchers at the University of Texas Southwestern Medical Center at Dallas, in partnership with drug treatment researchers and programs around the country.

## WHAT SHOULD I EXPECT?

If you are eligible and choose to be in the study, you have a 50/50 chance of being assigned to the exercise or health education group. Before participating in the study, you will receive a medical evaluation to make sure it is safe for you to exercise.

### WHO SHOULD PARTICIPATE?

You may be eligible for this study if you

- are between 18 and 65 years old;
- abuse or are dependent on stimulant drugs; and
- are enrolled at a residential treatment facility.

Those assigned to the exercise group will receive 60 supervised exercise visits in addition to the drug use treatment they are already receiving; while those assigned to the health education group will receive 60 health education visits in addition to their treatment.

These visits will take place three times a week for 12 weeks starting in the residential treatment setting and then continuing once a week for 24 more weeks. Whenever possible, the exercise/health education visits will be scheduled near the time of your regular drug treatment visits.



During study visits, we will also ask you about your drug use and about how you're doing so we can determine how well health education or exercise is working. We will also take urine drug tests, but will not share the results or the information you give us with your regular counselors, therapists, or doctors.

We want to know how you're doing no matter how things are going. Your participation in this study is VERY important to us. Our hope is that the information you provide about your own recovery experience in this study will help us design better treatments for others seeking treatment in the future.

## COMMON QUESTIONS

**Q:** Is the information I provide confidential?

**A:** Much of the information collected during the study is sensitive. There is a small risk that others who are not involved in the study will see it. However, the investigators and their staffs are well trained in keeping the information confidential. It will not be shared with the counselors, therapists, or doctors in your regular drug treatment program. You will also be given a unique ID number that will be used on all research forms instead of your name. In addition, all information collected from the participants will be kept in locked areas of the clinic.

**Q:** How long will I be in the study?

**A:** For 36 weeks (about 9 months).

**Q:** How many other people will be in the study?

**A:** There will be 330 people participating in the study, about 33 from your drug treatment program.

**Q:** Will I be reimbursed for my participation?

**A:** You will be compensated for time spent answering study related questions (i.e. gift cards, cash). Transportation assistance is available as well.

