

# Participate in Research: Response to Stress in Children and Teens after a Concussion



**Principal Investigator:  
Ryan Hung, MD**

**Centre for Leadership:  
Acquired Brain Injury**



**TO ASK QUESTIONS  
OR TO SIGN UP,  
CONTACT:**

**Research Assistant  
Monique Gill at  
416-425-6220 ext. 3158  
Or e-mail  
mgill@hollandbloorview.ca**

REB# 15-609  
Date Posted: Version 3:  
January 18, 2018

Does your child have persistent symptoms after a concussion? We are inviting children and adolescents to participate in a study about recovery from concussion

### **What is this study about?**

We want to study how the body changes in response to stress in children recovering from a concussion. Stress can sometimes cause changes in heart rate, breathing, and skin temperature. Some children after a concussion have symptoms such as headache that are triggered or worsened by stress. In the future it may help us better tailor treatments to help these children manage stressful situations.

### **Who can participate?**

We are looking for any child or adolescent ages 12 to 18 years old who has had a concussion in the last 6 months and still has symptoms after the concussion

### **What's involved?**

Study participants will be required to wear sensors that measure heart rate, breathing and skin temperature during a single test session that will last about 25 minutes. The sensors include a chest strap and a plastic sensor that attaches to the child's finger. We will also ask some questions about the child's medical history. The child will also have to complete questionnaires. The time commitment is approximately 45 minutes to 1 hour.

### **What are the benefits of participating?**

Choosing to participate in this study may help a child or adolescent understand what changes happen in their body in response to stress as they recover from a concussion. It hopefully in the future will be used as a tool to tailor rehabilitation therapy such as stress management to the needs of the child. This study may help children who have a concussion in the future.