

# Participate in Research

**R2Play Feasibility Study: Testing a stimulated sports environment to support return-to-play decision-making following youth concussion**



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## TO ASK QUESTIONS OR TO SIGN UP, CONTACT

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**We invite you to take part in a research study to test a system that helps youth with concussion return to their sport life (return-to-play).**

### What is this study about?

Researchers at Holland Bloorview developed an assessment called *R2Play*. We want to test the assessment on youth and young adults so we can understand the value and difficulties associated with administering *R2Play*.

### Who can participate?

We are looking for **youth and young adults** aged 10 to 25 who:

- 1) Are current active participants in extracurricular sport activity (or were active sport participants at the time of injury (concussion group)).
- 2) Do or do not have a history of previous concussion. Youth with a previous concussion may participate if they have permission from a clinician to return to unrestricted sport participation and have experience with the return to play process within the previous 5 years.
- 3) Have normal to corrected vision and hearing
- 4) Can communicate fluently in English

### Exclusion criteria include:

- 1) A recent musculoskeletal injury (within the past 10 day) or a pre-existing physical condition, disability, or neurological disorder that could impair movement or be worsened by exercise.
- 3) Any pre-existing cardiovascular conditions
- 4) Any visual, cognitive, or auditory disability, including developmental conditions (e.g., ASD, ADHD) and learning disabilities that may interfere with ability to do physical activity, hear loud noises, or follow instructions and communicate with the research team

*\*\*Please note we have now reached saturation for healthy youth and are currently only seeking youth with a history of concussion.\*\**

### What's involved?

Participants will fill out demographic questionnaire, run through the R2Play assessment with clinician guidance and participate in an interview. Youth will be asked to come in exercise attire and wear a heart rate monitor and movement-sensor. The study will last approximately 2.5 hours.

### Potential Benefits and Risks?

By participating, your feedback will help us improve the development of R2Play.

- Some participants may feel uncomfortable talking in an interview.
- Youth participants may experience mild muscle soreness or feelings of exhaustion due to the physical aspects of R2Play.
- Youth participants may experience skin irritation due to electrodes.

Participants will receive a small token of appreciation to thank them for their time. Volunteer hours are available upon request.

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