

# Participate in Research

Return to play with *R2Play*: an integrated and inclusive concussion assessment for youth.

**Bloorview**  
RESEARCH INSTITUTE

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**TO ASK QUESTIONS  
OR TO SIGN UP,  
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**We invite you to take part in a research study to test a new system for helping youth with concussion return to their sport (return-to-play).**

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

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

### **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.
2. Have been formally diagnosed with a concussion within the previous year and have returned to pre-injury practice and gameplay.
3. Have normal or corrected to normal vision and hearing.
4. Can communicate fluently in English

Exclusion criteria include:

- A recent musculoskeletal injury (within the past 10 days) or a pre-existing physical condition, disability, or neurological disorder that could impair movement or be worsened by exercise.
- Any pre-existing cardiovascular conditions.
- Youth with a disability (e.g., visual, cognitive, or developmental) whose condition interferes with the following: Their ability to do physical activities, hear loud noises, or follow instructions and communicate during the study.

### **What's involved in the study?**

Participants will fill out demographic questionnaire, run through the *R2Play* assessment with clinician guidance and may be asked to 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 1-1.5 hours.

### **What are the potential benefits and risks?**

By participating, your feedback will help us improve *R2Play*.

- Some participants may feel uncomfortable talking in an interview.
- Youth participants may experience mild muscle soreness or fatigue due to the physical aspects of *R2Play*.
- Youth participants may experience minor skin irritation due to electrodes from the heart rate monitor.
- Participants will receive a small token of appreciation to thank them for their time. Volunteer hours are available upon request.