

Participate in Research: Feelings About Balance



**Principal
Investigator: Virginia
Wright**

You are invited to take part in a study about balance confidence

What is this study about:

Physical activity improves social life, quality of life, and health. Youth with physical disabilities do not try as many different activities as other youth. One reason might be that they have low balance confidence. Balance confidence is a person's feelings about his or her balance during certain activities or settings. Right now, there is no reliable way to measure balance confidence in youth with physical disabilities.

We will use information from these focus groups to create a measure of balance confidence for youth. We want to speak to youth who do not have physical disabilities because we want our measure to include activities that are challenging enough to pick up even very small decreases in balance confidence and that represent the very widest range of activities that kids like to do. After, future studies will look at how balance confidence is related to actual balance abilities and participation in physical activities. We believe that information about a child's balance confidence will be important as it may help health care professionals to decide what to work on during therapy sessions to get the best results.

Who can participate?

We are looking for..

- Children and teens who are typically developing
- Ages 9 to 18 years inclusive

What's involved?

- A 60-minute interview
- We will explore their regular physical activity experiences as well as their thoughts and feelings about their balance when participating or thinking about participating in physical activities

What are the benefits of participating?

- Youth will receive a **\$20 gift card** from Sport Chek or Canadian Tire as thanks
- Volunteer hours

REB #: 16-646



CONTACT INFORMATION:

TO ASK QUESTIONS OR TO SIGN UP, CONTACT

Megan Towns at
mtowns@hollandbloorview.ca
or 416-425-6220 ext. 3080

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