

# Participate in Research

Children and Teens in Charge of their Health: A feasibility study of solution-focused coaching to foster healthy lifestyles in children and young people with physical disabilities



**Principal Investigator:**  
**Amy McPherson**



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

Toni Lui, Research Coordinator  
[tlui@hollandbloorview.ca](mailto:tlui@hollandbloorview.ca)  
416-425-6220 ext. 6521

Date Posted: 01Mar2018

Version Date: V.2 26Jan2018

## Do you want to be in charge of your own health? Participate in a study on solution-focused coaching!

### What is this study about?

We want to know whether solution-focused coaching can help young people with physical disabilities stay active and eat healthily.

Participate in the study where you may get 6 months of solution-focused coaching and let us know what you think!

### Who can participate?

- Children and youth between 10 – 18 years
- Have cerebral palsy or spina bifida
- Can physically move some part of your body on your own with or without a mobility device
- Can communicate in English
- Have home internet connection

### What's involved?

- You will receive a booklet on healthy eating and physical activity. You will also have a 50% chance of being randomly assigned to receive coaching for 6 months
- 4 visits to Holland Bloorview or Thames Valley Children's Centre in London, Ontario (whichever is closest to you) lasting 1.5 - 2 hours for assessment and interviews over 12 months
- If you receive coaching: 1 in home visit and 7 online coaching sessions (1 hour each for 6 months). You may also be asked to take 1-2 photos of your life after coaching ends and talk to a researcher about them.
- 12 month-long study including the 4 assessment visits and coaching

### Potential Benefits?

- Learn about healthy eating and physical activity
- Help us determine whether solution-focused coaching can help young people stay healthy

Participants will receive a small token of appreciation after every visit to thank them for their time. You may also apply for volunteer hours.

**REB #: 17-752**

**Bloorview**  
RESEARCH INSTITUTE

Canada's Only Hospital-Based  
Childhood Disability Research Institute

**Holland Bloorview**  
Kids Rehabilitation Hospital