

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 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/young adults** aged 12 to 25 who:

- 1) Are, or were, prior to the COVID-19 pandemic, members of sports teams with a time commitment of 3 hours per week
- 2) Have normal to corrected vision and hearing
- 3) Can communicate fluently in English

Exclusion criteria for youth 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
- 2) A visual, cognitive, auditory, or learning disability, including developmental conditions (e.g. ASD, ADHD)
- 3) Any pre-existing cardiovascular conditions
- 4) An inability to demonstrate capacity to consent to research

We are looking for **clinicians** who:

- 1) Have at least 1 year of experience working with children and adolescents
- 2) Have a caseload including return-to-play clearance for concussion
- 3) Can communicate fluently in English.

To be eligible for this study, clinicians must be able to commit to 2 study sessions and a follow-up interview.

What's involved?

Youth and young adults 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.

Clinicians will fill out a demographic questionnaire, administer *R2Play* to youth athletes and answer a few questions about *R2Play* (at least twice), and participate in a follow up interview via Zoom. The total time commitment for the study is approximately 6 hours over the course 3 non-consecutive days. This study will take place during off hours (outside of 9 am to 5 pm) so participating clinicians will to make time to participate in the study.

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

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