

Participate in Research

Move&Connect: A holistic, interdisciplinary program of care for youth experiencing persistent symptoms post-concussion and their caregivers



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Are you a youth who's had a concussion? Are you experiencing symptoms for more than one month?

You can participate in our research study to evaluate an active rehabilitation (AR) program for youth with persistent post-concussion symptoms.

What is this study about?

Move&Connect is a program for youth with Persistent Post-Concussion Symptoms (PPCS). Youth will participate in fun exercises, learn new skills to manage their concussion and meet others going through similar experiences!

Who can participate?

- Youth between the ages of 8-21 with a confirmed diagnosis of concussion by a physician or nurse practitioner who have been experiencing concussion symptoms for > 4 weeks.
- Must read and understand English
- Should be willing to engage in weekly sessions
- Access to a reliable internet connection (preferred)

What's involved?

- Six weeks of intervention delivered online through the video conferencing platform Zoom, or in-person at Holland Bloorview Kids Rehabilitation Hospital (based on preference) once per week for 60 minutes.
- Participants will complete a set of questionnaires on concussion symptoms, emotions, and behaviour routines before and after the intervention and after 3 months.
- Participants may be asked to share their feedback on the program through a semi-structured exit interview.

What are the benefits and risks of participating?

- An AR intervention may help youth manage their concussion symptoms better.
- Some participants may feel uncomfortable being in a group setting. An occupational therapist and physiotherapist that are part of the research team will be present to manage increase in symptoms and make youth feel comfortable with the team.

Participants will receive a token of appreciation to thank them for their time. If requested, we can also provide a letter for volunteer hours for the time spent taking part in the study.