

College of Health, Medicine and Life Sciences

Department of Life Sciences

## **PARTICIPANT INFORMATION SHEET**

**Study title:** Exploring balance hypervigilance and awareness

### **Invitation Paragraph**

You are being invited to take part in a research study. Before you decide, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and discuss it with others if you wish. Ask the researcher(s) if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part.

### **What is the purpose of the study?**

The purpose of the research project is to explore the prevalence – as well as the effects – of directing *too much* attention towards monitoring our balance (ie, ‘hypervigilant’ monitoring of balance). These results will allow us to develop new assessment methods which researchers and clinicians can use to assess such behaviour.

### **Why have I been invited to participate?**

We would like to hear from any adult over the age of 40, we are keen to hear from as many older adults as possible.

### **Do I have to take part?**

Participation is entirely voluntary, so it is up to you to decide whether or not to take part. If you decide to take part you are still free to withdraw at any time and without giving a reason. However, once your answers have been submitted it is not possible to withdraw them from the study.

### **What will happen to me if I take part?**

In this study we will ask a series of questions that look at your physical and mental wellbeing. For example, we will measure:

- The degree to which you monitor your balance
- Whether you have had any recent falls
- Whether you have any dizziness
- How confident you are about your balance
- Any worries you may have about falling
- Any complaints you may have about your memory

You will be given the option to be contacted about similar, future research that is being conducted by researchers at Brunel University London. You will also be given the option to be contacted to participate in a short follow-up study, which will involve answering a selection of these questions again in two weeks’ time.

**What do I have to do?**

We will ask you to complete a series of questionnaires online as listed above. Participation will take approximately 15-20 minutes. As part of the study we will ask for your permission to contact you for further related research in the future. You will also be given the option to be contacted to participate in a follow-up study, which will involve answering a selection of these questions again in two weeks' time. This follow-up study will take only 5 minutes.

**What are the possible disadvantages and risks of taking part?**

There are no disadvantages or risks anticipated in taking part in the study.

**What are the benefits of taking part?**

By completing the study you are directly contributing to our understanding of the prevalence and effects that directing *too much* attention towards our balance may have. Participation will allow us to develop new assessment and treatment techniques to prevent falls in middle-aged and older adults.

**What if something goes wrong?**

In the unlikely event of something going wrong, any complaints can be addressed to the Professor Christina Victor, Chair College of Health, Medicine and Life Sciences Research Ethics Committee ([Christina.Victor@brunel.ac.uk](mailto:Christina.Victor@brunel.ac.uk)).

**Will my taking part in this study be kept confidential?**

All information which is collected about you during the course of the research will remain anonymous, with no identifiable information being collected. If you wish to be kept informed of the progress and results of the study you will be given the option to submit your email address for this purpose, this will not be linked to any other information entered during the study.

**What will happen to the results of the research study?**

The results will be published in a scientific journal and presented at scientific conferences.

**Who is organising and funding the research?**

This research is being organised by the College of Health, Medicine & Life Sciences at Brunel University London.

**What are the indemnity arrangements?**

Brunel University London provides appropriate insurance cover for research which has received ethical approval.

**Who has reviewed the study?**

This study has been reviewed and approved by the College Research Ethics Committee.

**Research Integrity**

Brunel University is committed to compliance with the Universities UK [Research Integrity Concordat](#). You are entitled to expect the highest level of integrity from our researchers during the course of their research.

## **Contact for further information and complaints**

### **For general information**

Dr Toby Ellmers

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Email: [toby.ellmers@brunel.ac.uk](mailto:toby.ellmers@brunel.ac.uk)

### **For complaints and questions about the conduct of the Research**

Professor Christina Victor, Chair College of Health and Life Sciences Research Ethics Committee ([Christina.Victor@brunel.ac.uk](mailto:Christina.Victor@brunel.ac.uk))