

Information about the research

Physical health in athletes with intellectual disabilities



Hi! My name's **Suzie Lemmey**. I'm a trainee clinical psychologist.



I'm **studying** at the Salomons Centre, part of Canterbury Christ Church University.



I would like to **invite you** to take part in a research study.



Before you decide it is important that you **understand** why the research is being done and what I will ask you to do.

Please talk with someone you trust about this **information sheet**.

Why are we doing this study?



I'm doing **research** with **INAS**, the International Sports Federation for Persons with Intellectual Disability, and **Canterbury Christ Church University**. They are paying for the research.



We want to get more people with intellectual disabilities to take part in **sport**.

We think that **physical health** is important. We think it might be stopping some people with intellectual disabilities taking part in sports.

Why have I been invited?



I am going to be talking with people with intellectual disabilities that compete at all sorts of different **sporting events**.

I am going to aim to talk to **100 people!**

Do I have to take part?



You **do not have to** talk to me!



If you agree to take part, I will ask you to sign a **consent form**. That means that you agree to take part in the study.



You can **change your mind** at any time, including when we meet. No one will think badly of you if you do this. If you change your mind we would not use what you say in the study.

What will happen to me if I take part?



I would come and **meet you** at your sporting event.

I would **ask you questions** about your physical health.



You could talk to me with someone that **you trust**, like your coach, a family member or friend.



We would talk for about **30 minutes to one hour**.

I would **write down** your answers on a computer.

What could be bad about taking part?



I will be asking you questions about your physical health. This could feel **difficult** or **embarrassing**. You do not need to answer all the questions.



It could be quite **tiring** answering lots of questions. But you can ask for a break if you are feeling tired.



Other people have taken part in a project like this before. They found it **OK**.

What could be good about taking part?



We cannot promise that the study will help **you** individually.

But we hope that this study will help people with intellectual disabilities and physical health disabilities to **take part** in all sport events.

Will anyone know I have taken part?

~~NAME~~

I would keep what you say **anonymous**. This means that we would not use your name, and no one would know that you took part.



But it's not a secret! You can tell people that you have taken part.



I would keep what you say **safe**. It will be kept on a password-protected laptop.

Only myself and my supervisor will look at what you say.

We will keep what you say for **five years**. After that we will delete all of the information.

What will happen to what I say?



We **let you know** what we found out. We will do this by putting information on the INAS website.



We hope to let other people know what we find. We will do this by writing a paper which could be **printed** or be put on the **internet**.



This paper would talk about **everyone together**. No one reading the paper will be able to tell that you took part, unless you tell them.

What happens next?



If you would like to **take part**, or have any **questions**, please get in touch! Friends, family or your coach can get in touch too.



Email: s.lemmey487@canterbury.ac.uk



You can leave a message for me on a 24-hour voicemail phone line at (00 44) 0333 011 7070. Please say that the message is for me (Suzie Lemmey) and leave a contact number so that I can get back to you.

What if there is a problem?



If you are unhappy about any aspect of this study, you can speak to me and I will do my best to answer your questions [(00 44) 0333 011 7070].



If you are still unhappy and wish to complain you can contact:
Professor Paul Camic, Research Director



Salomons Centre for Applied Psychology,
Broomhill Road, Tunbridge Wells. Kent.
TN3 0TF.

Email: Paul.camic@canterbury.ac.uk



Tel: (00 44) 0333 011 7114