

## **Wheels in motion: Mobility's relationship with physical activity and psychosocial factors in people with SCI**

sponsored by the Ontario Neurotrauma Foundation (ONF) grant and the Réseau Provincial de Recherche en Adaptation-Readaptation (REPAR) grant

### **Principal Investigator: Dr. Francois Routhier**

Institut de réadaptation en déficience  
physique de Québec IRDPQ  
525 boul. Hamel  
Québec  
PQ, G1M 2S8

### **Site Investigator: Dr. Milos Popovic**

Dr. Milos Popovic  
Site Investigator  
Toronto Rehabilitation Institute  
Lyndhurst Centre  
520 Sutherland Drive  
Toronto, ON, M4G 3V9

Greetings! You are being invited to participate in a study about wheelchair mobility among people with a spinal cord injury (SCI). Should you agree to take part, it is important that you read the information below. The information describes the purpose of the study, risks or benefits to yourself and your right to withdraw at anytime. You will need to understand this information before signing this form. Make sure all your questions have been answered to your satisfaction

**Purpose:** The purpose of this study is to see how mobility, physical activity, secondary complications, wheelchair self-confidence and community participation are related to one another. We are asking you to participate because this study can be helpful in providing much needed knowledge about the importance of wheelchair mobility. Also, the information gathered from this study can help to improve rehabilitative programs for people with SCI nationwide. This study will have a total sample size of 60 participants and will last approximately 6 months, including data gathering and analysis, but we will only need 2 days of your time. We are recruiting participants affiliated with the Toronto Rehabilitation Institute (TRI) – Lyndhurst Centre and people who have previously expressed interest in participating in studies regarding physical activity.

**In order to participate in this study, you must:**

- Have an SCI at the paraplegic or tetra/quadruplegic level
- Use a manual wheelchair as your main mobility device for at least 4 hours a day
- Have incurred your SCI at least 12 months ago
- Have no cognitive impairments
- Be 18 years of age or older
- Have no history of a heart attack or other cardiac event

**Your rights as a participant:**

- Participation is completely voluntary and a copy of the signed consent will be given to you
- You have the right to withdraw at any time
- If you refuse to participate in tasks, it does not affect the way research assistants treat you during the study
- Remember: You can choose whether to be in this study or not. If you volunteer to be in this study, you may withdraw at any time without consequences of any kind. You may exercise the option of removing your data from the study. You may also refuse to answer any questions you don't want to answer and still remain in the study. The investigator may withdraw you from this research if circumstances arise which warrant doing so, for example, if performing the task is not possible or if performing a task seems too dangerous for your personal capabilities.
- At the end of the study, each participant will receive his/her scores on the Wheelchair Skills Test and body composition (height and weight).
- **Participants will be debriefed and compensated \$25.00 at the end of the study.**

**Participation:**

- This study uses a cross sectional design, which means you will be required to participate on two days, where one day there will be measurements at TRI-Lyndhurst centre and the attachment of an activity monitor, the other day you will return the activity monitor
- Participants will be scheduled for one day of measurements at Toronto Rehabilitation Institute-Lyndhurst (TRI), which will last 2 hours.
  - A total of 2 trips will be made to TRI
  - 1<sup>st</sup> trip: wheelchair skills test, questionnaires and attaching activity monitor
  - 2<sup>nd</sup> trip: returning activity monitor
- The measures on 1<sup>st</sup> trip: The Wheelchair Skills Test version 4.1 (WST 4.1), interview-administered questionnaires, , height and weight, and activity monitor (device attached to wheelchair)
- There are no expected side-effects from these measures
- Activity monitors will be returned to TRI one week after initial measurements, this will also be scheduled with participants

**Confidentiality:**

- All data collected will be stored in a desktop / laptop, secured with password and the latest internet virus protection/ firewall available
- Data gathered may be used in manuscripts to be published, but individuals in the study will never be identified
- The people who have access to this information are the student investigators, co-investigators and principal investigator in this study
- Personal information will be destroyed at the end of the study
- Hardcopies of data will be stored securely at the institutions involved with this study for a maximum of 5 years, after, they will be destroyed
- Sponsors and other health-related studies will not have access to this information

**Potential Benefits:**

For Participant

- Participants have the opportunity to try out various wheelchair skills with trained supervision
- At the end of the study, you will receive the results for your wheelchair skills and body composition measurements which can inform you on your level of mobility, physical activity, and body mass index.
- Potential health issues related to mobility and physical activity can be addressed and identified

For Society

- Increase body of knowledge for mobility's association with physical and psychosocial well-being in the SCI population
- Improve rehabilitative programs and direct attention to mobility's role in the lives of people with SCI
- The results can influence the way people view mobility in the SCI population and improve its level of importance
- Potential to create clinical guidelines from the resulting information

**Potential Risks:**

- The Wheelchair Skills Test 4.1 requires the use of physical exertion to perform certain tasks and skills
- Note: participants will not be forced to complete tasks they are not comfortable with or are unable to do

If you become ill or are physically injured as a result of participation in this study, medical treatment will be provided. In no way does agreeing to verbal consent waive your legal rights nor

does it relieve the investigators, sponsors or involved institutions from their legal and professional responsibilities.

For any questions about rights as a research participant, Dr. Gaetan Tardif (416) 597-3422 ext 3730, Chair of Toronto Rehabilitation Institute Research Ethics Board, will be happy to address any of your questions.

**Compensation:**

- **Upon completion of this study, participants will be presented with \$25.00 to off-set the costs for transportation and parking**
- Compensation will not be changed even if participants withdraw from the study or choose to not participate in certain aspects of the study.

**Want to be a participant in this study?**

If you are interested in this study and want to participate, leave your contact information (telephone number, e-mail address) with the project coordinator at TRI-Lyndhurst Institute:

Ms. Jean Hum, M.Sc.

Telephone: **416- 597-3422 x 6288**

e-mail: Hum.Jean@TorontoRehab.on.ca

Be sure to mention that you are interested in the **“Wheels in motion study”**