



Informed Consent Form

You are invited to join a study led by Paul Collins at the University of Prince Edward Island and supervised by Dr. Jason Doiron. The goal is to create a questionnaire that checks how ready people feel to return to sport after a concussion. Joining is your choice. Please read this form carefully and ask us any questions.

Study Title

Development of a psychometric scale measuring psychological readiness to return to sport after a concussion.

Purpose of the Study

We want to make a questionnaire that helps athletes, coaches, and healthcare providers know when someone feels ready to play sports again after a concussion. By joining this study, you will give us data to learn more about how people feel after a concussion and what questions are important to ask athletes to help everyone make safer choices about returning to sport.

Who can take part?

- Be 16 years or older.
- Be able to read and write in English.
- Be an athlete or coach in a competitive *contact* sport (e.g., soccer, football, hockey, rugby, or wrestling). If you play any contact sport, you can join too. You can join as an athlete even if you've never had a concussion.
- Be a healthcare provider, such as a doctor, nurse, athletic therapist, psychologist, mental performance consultant, etc. You can join if you work in any related mental or physical health role that may be part of an athlete's recovery.

Who cannot join?

- You have serious memory or thinking problems right now (like confusion or trouble understanding).
- You are in a mental health crisis (e.g., feeling *severely* depressed or anxious).
- You are an athlete who has stopped playing sports and won't return to competition.
- You are an athlete who only play sports for fun and won't return to a competitive team or league.
- You cannot read or understand this consent form.

If you're not sure whether you can join, please email the researcher at pkcollins@upei.ca.

Participation

Joining is your choice.

You can leave at any time without any penalty.

To stop, just close the survey before you submit it.

If you quit early, we still save and use the answers you gave, but without any names.

Once you submit, your answers are anonymous and can't be removed.

You can skip any question you don't want to answer.

Study Steps

If you agree, you will take an online survey.

The survey takes about 45 minutes.

It asks about concussion recovery and going back to sport.

For each question, you will rate:

- Importance: Is it useful?
- Clarity: Is it easy to understand?
- Honesty: Would an athlete answer truthfully?

Privacy

This survey is anonymous. We do not collect your name, email, IP address, dates/times of completion or any info that could link answers to you.

Your answers are shown only as group totals in the study results.

At the end, you can give your email in a separate link if you want a summary of the results.

All survey answers are kept on secure UPEI institutional servers for 5 years, then deleted.

Any email addresses you share for results are deleted right after we send them.

Risks and Discomforts

This study has little risk.

Some questions might feel personally relevant if you experienced a concussion.

You can skip any question or leave the survey at any time.

If you have questions or worries, email Paul Collins at pkcollins@upei.ca.

If you feel upset, you can get help from:

- Concussion helpline: concussionfoundation.ca/helpline
- Kids Help Phone (for youth): 1-800-668-6868
- Any local mental health professional

Benefits of Participation

You will not get any direct rewards or compensation.

Your answers will help us build better tools for health workers and coaches.

This will make it easier to decide when athletes are ready to play safely again.

Results of the Study

If you want a summary of the findings, you can enter your email in a separate survey provided at the end. Your survey answers will stay anonymous.

We will send the summary to participants once the study is finished.

Your Rights

You keep all your legal rights.

You can ask any questions before you agree.

You can keep a copy of this form for your records.

Ethics Approval

This study was approved by the UPEI Research Ethics Board.

It follows Tri-Council rules for research with people.

If you have any concerns about ethics, you can contact:

- Email the UPEI Ethics Board at researchcompliance@upei.ca
- Call UPEI Ethics Board (902) 620 5104

Contact Information

Paul Collins (Principal Investigator, Student): pkcollins@upei.ca

Doctor of Clinical Psychology Candidate, Faculty of Psychology

University of Prince Edward Island

Dr. Jason Doiron (Principal Investigator; Supervisor): jpdoiron@upei.ca

Assistant Professor, Faculty of Psychology

University of Prince Edward Island

Consent

By clicking “I agree,” you say that you have read this form, you understand it, and you want to take part in the study. You can save or print this form to keep for your records.