



Call for research volunteers

Are you or a member of your family living with a traumatic brain injury?

What would help people living with a traumatic brain injury to be physically active?

1. What is this research about?

We want to know what stops or helps people living with a traumatic brain injury being physically active. This will help us develop guidelines for health professionals about the best ways to support people living with a brain injury to be physically active.

2. Why is this research needed?

Physical activity has multiple benefits but people living with a traumatic brain injury often experience many barriers to being physically active and can suffer health issues as a result.

3. What will happen in the focus group?

We will have an informal conversation about what stops or helps you, or your family member living with traumatic brain injury, to be physically active and what should be in the guidelines for health professionals. The group will meet via Zoom.

4. Who is conducting this research?

We are a team of researchers working in collaboration with people living with a traumatic brain injury, their carers, service providers and funders. Our aim is to improve knowledge that will support people living with a traumatic brain injury to be physically active and healthier.

5. Where can I find out more?

Click on this link or scan the QR code for more:

<https://redcap.sydney.edu.au/surveys/?s=W3A7PTWDNJXLY3NY>



If you have any questions about this research, please contact Dr Leanne Hassett

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This project has been approved by the University of Sydney Human Research Ethics Committee.

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