



## **Physical health in athletes with intellectual disabilities:**

### **Information about the research for people attending with participants**

Hello. My name is Suzie Lemmey and I am a trainee clinical psychologist at Canterbury Christ Church University. I would like to invite you to take part in a research study alongside the person you know who is an athlete with an intellectual disability (ID). Before you decide it is important that you understand why the research is being done and what it would involve for you.

Please feel free to talk to others about the study if you wish. Please also **read the information sheet for athletes** for further details.

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

The purpose of the study is to **explore physical and sensory abilities in athletes with ID**. We are also exploring the relationship between these and intelligence (i.e. IQ). The reason for this is that, currently, there is only one competing class for athletes with ID at elite levels. This means that athletes with additional physical and/or sensory disabilities are often unable to compete at this level. We are working towards developing an additional competing class for athletes with ID, and hope that the information that we obtain in this research will be a step towards this goal. We also think that the findings may have implications for how ID is viewed more globally, i.e. as more than just IQ.

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

We will be interviewing athletes with intellectual disabilities about any physical and sensory difficulties that they experience. We may also be asking them to take part in a short assessment to establish their IQ, if we do not already have this information. We are asking for someone who has a good relationship with the athlete and knows them and their medical history well to join the interview and **help answer questions**. It is therefore also **important that you speak English**. You could be the athlete's coach, a family member or a friend.

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

It is up to you to decide to join the study. If the athlete you know agrees to take part I will ask them to sign a consent form.

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

If you and the athlete agree to take part I will come and meet you both at a sporting event. I will talk over the research with both of you and ensure that you both want to continue with the interview. The interview itself will be based on the International Classification of Functioning, Disability and Health developed by the World Health Organisation. I may also be asking the athlete to complete a short assessment of their IQ.

The full interview will last between 30 minutes and an hour. I will use a laptop to record the answers to the interview. At the end I will also ask for some feedback on how you both found the interview.

**What will I have to do?**

I will be addressing questions to the athlete. However, as some of the questions will be quite specific, it will be valuable to have you there to **help answer** and, if necessary, **translate** questions. We will talk at the beginning of the interview about how we will manage this.

For the IQ assessment part of the interview I would be grateful if you could be present but not take part.

**Who has reviewed the study?**

All research is looked at by an independent group of people, called a Research Ethics Committee, to protect the interests of people who take part. This study has been reviewed and given favourable opinion by the Salomons Campus Ethics Panel.

**Further information and contact details**

If you would like to take part, or have any questions, please get in touch!

Email: [s.lemmey487@canterbury.ac.uk](mailto:s.lemmey487@canterbury.ac.uk)

You can leave a message for me on a 24-hour voicemail phone line at (+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.

You can also find out more about the background to the research through the following sources:

- Information on the ICF: <http://www.who.int/classifications/icf/en/>
- Details on current classification of athletes with ID: <http://www.inas.org/member-services/eligibility-and-classification>

**Complaints**

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 [(+44) 0333 011 7070].

If you are still unhappy and wish to complain you can contact:  
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