



Université d'Ottawa
Faculté des sciences de la santé
École des sciences de l'activité
physique

University of Ottawa
Faculty of Health Sciences
School of Human Kinetics

Participant Informed Consent Form - Phase 2

Title of Research Project: Investigating the interplay between exercise-induced pain management, performance, and mental health in competitive and high-performance endurance athletes

Principal Investigator:

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You are invited to participate in the second phase of our research project, in which we are aiming to evaluate and compare the benefits, drawbacks, and effects of different online mental performance interventions on exercise-induced pain management (EIP), performance, and mental health in competitive and high-performance endurance athletes. This study is part of the principal investigator's doctoral research.

What is expected of me?

If you agree to participate, you will be asked to take part in an online intervention lasting 8 consecutive weeks between February and May 2020. The intervention will consist of completing a module of a workbook each week and submit it to the lead researcher, Jonathan Lasnier. Each module will take approximately 30 minutes to complete. You will also be asked to complete a survey containing demographic, EIP management, psychological skills, and mental health-related questions before and after the online intervention, which will take 20-30 minutes each time. After the online intervention, some participants who have indicated in this consent form they wanted to be contacted for a follow-up qualitative study will be asked to participate in one face-to-face interview conducted in person or online via Zoom. The interview, which will last approximately 45 minutes, will take place two months after submitting the last module of the workbook and will be audio-recorded. Participants will be asked to discuss their overall experience and perceived changes as a result of participating in the online intervention. They will also be asked to discuss contextual competitions information.

To be eligible, you must (a) be aged from 18 to 35 years old, (b) be a provincial, national or international level club middle-distance track and field athlete who is specialized in distances ranging from 600 meters to the mile, (c) be competing before and after the online intervention, and (d) be able to read in English.

If you score over a certain threshold for depression and/or eating disorders, you will be referred to appropriate mental health resources in your community. Mental health resources are provided at the end of this consent form.

Can I say no?

Your participation is completely voluntary. You may decline to participate in the study or withdraw from it at any time without penalty. You have the right to refuse to answer any question and deny comment at any time. Should you feel uncomfortable with any of the topics discussed, you have the right to end the interview. If you choose to withdraw from the study, the data collected will be securely stored as described below or destroyed if that is your preference. Additionally, once the study has been published, you may still request to have your data destroyed to prevent its use in any further publications.

What are some potential risks?

This study will involve minimal risk. Responses to questions are optional and voluntary; you reserve the right to withhold responses without any negative consequences. Should any of the questions cause psychological or emotional discomfort, we will be able to direct you towards appropriate resources. Please do not hesitate to contact the researchers to address any concerns.

What benefits will I receive from participating in this study?

By participating in this study, you will increase your self-awareness and through the intervention, you may develop mental skills and strategies to manage your performance, mental health, and EIP during training and competitions. Additionally, you will help increase our understanding of the benefits and drawbacks of online interventions, which have not been extensively studied in the context of sport. The findings of this research will also lead to applicable recommendations for endurance athletes, coaches, and mental performance consultants. Further, the workbooks specifically designed for the interventions will be available for use following this research. By participating in this research, you are helping us help endurance athletes to perform up to their potential while maintaining their mental health.

Has this study received ethics approval?

This research project has received ethics approval from the Research Ethics Board of the University of Ottawa. Your participation is completely voluntary, and you may withdraw from the study at any time and/or refuse to answer questions without any negative consequences. If you choose to withdraw, you will have the opportunity to also withdraw all data collected related to your participation, in which case it will be destroyed. Should you wish to withdraw collected data, simply email Jonathan Lasnier at jonathan.lasnier@uottawa.ca at any point during the study and your data will be deleted from the database.

How is my personal information being protected and how will the data be conserved?

Your responses will remain anonymous and confidential. In order to minimize the risk of security breaches and to help ensure your confidentiality, we recommend that you use standard safety measures when completing and sending online documents and surveys (e.g., close your browser and lock your screen or device when you are no longer using it). Please note that while email attachments (i.e., the workbook modules) will not contain your name or other identifiable information, no additional security measures will be taken when communicating with you via email. As such, these exchanges will be subject to the same security risks that are associated with any communication via email, and the researchers cannot guarantee anonymity and confidentiality in the event that emails are intercepted. Additionally, if you choose to complete the post-interview online via Zoom, you accept that anonymity and confidentiality will not be 100% guaranteed.

The information that you share may be used by Jonathan Lasnier or Dr. Natalie Durand-Bush in conference presentations and publications in scientific journals; however, your anonymity is guaranteed at all times. You will be assigned a participant ID, and your name as well as any information that could reveal your identity in the interview transcript (should you complete the post-intervention interview), scientific articles and conference presentations, will be excluded. All physical data such as printed transcripts or reports will be safely kept in Dr. Natalie Durand-Bush's laboratory in a locked cabinet. Digital and electronic data will be saved on Jonathan Lasnier's and Dr. Natalie Durand-Bush's password protected computer. All of the data will be conserved for five years after completion of the project, after which they will be permanently destroyed.

Who do I contact if I have further questions?

If you have any questions regarding the ethical conduct of the second phase of this research project, you may contact the Protocol Officer for Ethics in Research, University of Ottawa, Tabaret Hall, 550 Cumberland Street, Room 154, Ottawa, Ontario, K1N 6N5; Tel.: (613) 562-5387; Email: ethics@uottawa.ca. For any questions regarding the second phase of this research project, you can contact Jonathan Lasnier at jonathan.lasnier@uottawa.ca or Dr. Natalie Durand-Bush at natalie.durand-bush@uottawa.ca.

Do I want to be contacted for the follow-up qualitative study?

Do you want to be contacted for the follow-up qualitative study? The participation will consist of taking part in one face-to-face interview conducted in person or online via Zoom. The interview, which will last approximately 45 minutes, will take place two months after submitting the last module of the workbook and will be audio-recorded. Participants will be asked to discuss their overall experience and perceived changes as a result of participating in the online intervention. They will also be asked to discuss contextual competitions information. You will have the opportunity to accept or decline participation if you are contacted.

- Yes, I want to be contacted for the follow-up qualitative study.
- No, I do not want to be contacted for the follow-up qualitative study.

Who do I provide my consent to participate in the study?

If you wish to participate in the second phase of this research project, please read the information below and sign manually or electronically in the designated space.

- I understand that I am being asked to participate the second phase of this research project, which aims to evaluate and compare the benefits, drawbacks, and effects of different online mental performance interventions on EIP management, performance, and mental health in competitive and high-performance middle-distance track and field athletes.
- I have read each page of this Participant Informed Consent Form or have had it read to me.
- My questions have been answered to my complete satisfaction.
- I understand that I have the right to withdraw from the online intervention study and/or the follow-up qualitative study (should you complete the post-intervention interview) at any point without negative consequences. I can also request to have any of my data removed at any point in time without penalty.
- I voluntarily agree to be a participant in the online intervention study and the follow-up qualitative study (should you complete the post-intervention interview).
- I agree to be audio-recorded.
- I accept that the results of the second phase of this research project will be published in scientific articles and presented at conferences and I understand that my anonymity will be protected.
- I will be given one of the two copies of this signed consent form.

Participant's Printed Name

Participant's Signature

Date

Principal Investigator Statement

I have carefully explained the second phase of this research project to the participant. To the best of my knowledge, the participant understands the nature, demands, risks and benefits involved in taking part in the two studies.

Principal Investigator's Name

Principal Investigator's Signature

Date

Mental health resources on and off-campus in the Ottawa area

uOttawa SASS - Counselling and Coaching

100 Marie-Curie Private (4th floor, MCE)
Ottawa, ON, K1N 1A2
Tel.: (613) 562-5200
couns@uottawa.ca

uOttawa Health Services Clinic

300 – 100 Marie-Curie Private
Ottawa, ON, K1N 6N5
(613) 564-3950
<https://www.uottawa.ca/health/>

Ottawa Distress Centre

(613) 238-3311
www.dcottawa.on.ca

Good2Talk

1 (866) 925-5454
www.good2talk.ca

Drug & Alcohol Helpline

1 (800) 230-3505

Ottawa Hospital Assault Treatment Program

(613) 738-3762

Carleton University: Off-campus students

Room 2600 CTTC Building
Or call 613-520-6674

Carleton University: students in residence

Counselling is available Sept. to April
Call 613-520-2600 x 8061 for intake

National mental health resources

Crisis Services Canada

Toll Free (24/7): 1 (833) 456-4566
Text support (4pm-12am ET daily): 45645

Canadian Crisis Hotline

1 (888) 353-2273

Better Help

www.betterhelp.com

Online access to professional counsellors
On the web, and available for iPhone and Android users

The LifeLine App

www.thelifelinecanada.ca

Direct access to phone, online chat, text, and email crisis support
E-counselling, self-management tools, access to crisis centres across Canada
Available for iPhone and Android users

Big White Wall Canada

www.bigwhitewall.ca

Anonymous peer support community accessible anytime, anywhere

Provincial mental health resources

British Columbia

Canadian Mental Health Association Crisis Line – serves the entire east Kootenay region, from Golden to the Alberta and USA borders

24-hour crisis line: 1-800-667-8407

Fraser Valley Regional Crisis Line – serves Mission, Abbotsford, Chilliwack, Agassiz/Harrison, Hope, Yale and Boston Bar

24-hour crisis line: 1-877-820-7444

Crisis Centre for Northern BC – serves all of Northern BC north of Quesnel

Youth line (4-11pm): 250-564-8336

24-hour crisis line: 1-888-562-1214

Crisis Intervention & Suicide Prevention Centre of BC – serves Vancouver, North Vancouver city & district, Bowen Island, West Vancouver and Burnaby

24-hour crisis line: 604-872-3311

Province-Wide British Columbia

24-hour crisis line: 1-800-SUICIDE

Alberta

Distress Centre Calgary – serves Calgary and surrounding area

24-hour crisis line: (403) 266-4357

The Support Network Distress Line – serves Edmonton and surrounding areas

(780) 482-HELP

St. Paul & District Crisis Centre – serves all Alberta and Northeastern Saskatchewan

24-hour crisis line: 1-800-263-3045

Saskatchewan

Mobile Crisis Service – serves Saskatoon

24 hour crisis line: (306) 933-6200

Prince Albert Mobile Crisis Unit

24-hour crisis line: (306) 764-1011

Regina Mobile Crisis Services

24 hour crisis line: (306) 525-5333

Manitoba

Mobile Crisis Unit (MCU) – serves Brandon and Assiniboine regions

24-hour crisis line: 1-888-379-7699

Klinic Community Health Centre – serves Winnipeg

24-hour crisis line: 1-888-322-3019

Ontario

Hamilton

905-522-1477

Kingston

Distress line: 613-544-1771

London & District:

Mental health crisis line: 519-433-2023

Ottawa & Region

Distress line: 613-238-3311

Toronto

Distress line: 416-408-4357

Waterloo Region

Distress line: 519-745-1166

Windsor & Essex County

Distress line: 519-256-5000

Québec

Centre de prévention 24/7: 1-866-277-3553

New Brunswick

Chimo Helpline – serves all of New Brunswick, bilingual, 24 hours

Provincial toll-free crisis line: 1-800-667-5005

Fredericton area: 450-HELP

Nova Scotia

Mental Health Mobile Crisis Team – serves the Capital District, Halifax, Dartmouth Bedford

24-hour crisis line: 902-4298167; toll free: 1-888-429-8167

Prince Edward Island

24-hour province-wide bilingual service: 1-800-218-2885

Newfoundland & Labrador

Mental Health Crisis Centre – serves Newfoundland and Labrador

24-hour crisis line: 1-888-737-4668