



# Informed Consent to Participate in Research

Date: March 5, 2026

**Project Title:** Beyond the Biomedical Model: Social Determinants of Concussion Recovery in Black Youth Athletes

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## INVITATION

You are invited to take part in a research study about the experiences of Black youth athletes in Canada who have had a concussion. This form explains why we are doing the study, what you will be asked to do, possible risks and benefits, and your rights as a participant. Please read this carefully and ask any questions before you decide. If anything in this form is unclear, please ask before agreeing to participate.

## WHY IS THIS STUDY BEING DONE?

Concussions are common in youth athletes. Research shows that race, culture, and access to care can affect how people recognize a concussion, get help, and recover. We do not know enough about the experiences of Black youth athletes in Canada.

This study will explore how your race, culture, and community may have shaped your concussion experience and recovery. Our goal is to help improve concussion care so it is fair, supportive, and culturally responsive.

## WHO CAN PARTICIPATE?

You must:

1. Be between 15 and 24 years old
2. Identify as Black
3. Have played any sport
4. Have had a sport-related concussion in the past 12 months

You may still be recovering or fully recovered, as long as you feel comfortable taking part in an interview.

## WHAT'S INVOLVED?

If you agree:

- You will complete a short survey to confirm eligibility.
- If selected, you will take part in one interview (about 60 minutes).
- The interview can be in person at Brock University or online using Microsoft Teams, based on what works best for you.
- The interview will be audio-recorded. If online, video will be recorded to help us connect, build trust, and check-in on how you are doing.
- You will answer questions about your concussion, your care, and how your background may have shaped your experience.

Not everyone who completes the survey will be selected for an interview. We will contact you to schedule an interview if you are selected.

After the interview, we may email you to clarify something you said. You may also choose to review your interview transcript if you wish. You will have a few weeks to respond. Responding is optional. If you choose not to review or respond, your transcript may still be included in the study.

If the interview is online, we ask that you:



- Be in a private space
- Turn your camera on. This helps us confirm eligibility and build connection during the conversation.

If you are 15 to 17 years old, you do not need parental permission to participate. However, we encourage you to review the parent or guardian information letter with a parent or guardian before deciding.

### **POTENTIAL BENEFITS AND RISKS**

There may be no direct benefit to you for taking part in this study. However, what we learn may help researchers and health care providers better understand the concussion experiences of Black youth athletes and may help improve concussion care in the future.

Some interview questions may bring up emotional or difficult memories about your concussion or sport experiences. You can skip any question you do not want to answer. You may pause, take a break, or stop the interview at any time.

Because the researcher is involved in some Brock University student communities, some people may feel encouraged to participate. Taking part in this study is completely voluntary. Choosing not to participate will not affect your relationship with Brock University, your team, your coaches, or any services you receive.

There is also a small risk to privacy when taking part in an interview. The research team will take steps to protect your information. Your name will not be used in research reports.

If you feel upset after the interview or want more information about concussion support, you can contact:

- The Canadian Mental Health Association (<https://cmha.ca/>)
- Mental Wellness in Sport (<https://mentalwellnessinsports.ca/index.php/221-2/>)
- The Concussion Awareness Training Tool (CATT), which offers free concussion education and resources (<https://cattonline.com>)

### **COMPENSATION**

You will receive a \$25 Amazon gift card if you meet the eligibility criteria, are selected for an interview, and attend the interview. You will still receive compensation if you stop the interview early.

You will not receive compensation for completing the screening survey. If false information is provided or eligibility requirements are not met, compensation may not be provided. Travel costs are not reimbursed.

### **CONFIDENTIALITY**

Your privacy is very important.

- Identifying information will be removed before analysis.
- Your real name will not be used on transcripts or in publications. We will assign you a made-up name or number.
- Survey data will be collected through Qualtrics and securely stored. Link to their privacy policy: <https://www.qualtrics.com/privacy-statement/>
- Microsoft Teams is used for online interviews. Microsoft Teams includes security features such as password-protected private meetings, and encrypted data transmission. The person doing your interview will be in a private space. Link to their privacy and security policy: <https://pulse.microsoft.com/en/work-productivity-en/na/fa2-our-commitment-to-privacy-and-security-in-microsoft-teams/>
- Audio and video recordings will be stored securely on a password-protected computer in a secure Brock University server, which can only be accessed by the research team.
- Any physical notes taken as part of this research will be stored in a locked cabinet in our research lab.
- Only the research team will access the data. They have signed statements to keep data private.



- We may use short quotes in publications, but you will not be identified.

If you agree below, de-identified data may be shared with other researchers in the future. They will not have access to your name or identifying information. Future studies must be reviewed by a Research Ethics Board.

Data will be kept for five years after we finish the project, then securely destroyed.

### **VOLUNTARY PARTICIPATION**

Taking part in this study is your choice. Choosing not to participate will not affect you in any way.

You may:

- Skip questions.
- Stop at any time.
- Withdraw until data analysis begins.

Once analysis begins, we cannot remove your data because it will be combined with data from other participants.

If you withdraw during the interview, you will still receive compensation, simply let the person doing your interview know you'd like to withdraw.

To withdraw after, contact Nicola Odu or Dr. Amanda Black at [i3lab@brocku.ca](mailto:i3lab@brocku.ca). Analysis will likely start as soon as one week after interview completion.

### **PUBLICATION OF RESULTS**

We may publish study results in journals, create social media posts or present them at conferences. You will not be identified. We will also turn the findings into cases that can be used to educate. After the interview, you will be asked if you would like to receive a summary of study findings. If so, you will be provided these to your preferred email.

### **CONTACT INFORMATION AND ETHICS CLEARANCE**

If you have any questions about this study or require further information, please contact Nicola Odu or Amanda Black using the contact information provided above. This study has been reviewed and received ethics clearance through the Research Ethics Board at Brock University [REB 25-179]. If you have any comments or concerns about your rights as a research participant, please contact the Office of Research Ethics at (905) 688-5550 Ext. 3035, [reb@brocku.ca](mailto:reb@brocku.ca).

Thank you for your assistance in this project.

Please keep a copy of this form for your records.



## CONSENT FORM

I agree to participate in this study described above. I have made this decision based on the information I have read in the Information-Consent Letter. I have had the opportunity to receive any additional details I wanted about the study and understand that I may ask questions in the future. I understand that I may withdraw this consent at any time during data collection phases.

- Yes - I have read and understand the above information and agree to participate
- No - I do not wish to complete this survey

## CONTACT ABOUT FUTURE STUDIES?

I consent to being contacted in the future for participation in research studies investigating sport-related concussion.

- Yes – I agree to being contacted in the future for participation in research studies.
- No - I do not wish to participate in future research studies.

The Brock Lifespan Research Registry connects researchers with people who may be eligible for research studies at Brock University. All studies must receive ethics approval before researchers can contact participants. Joining the registry does not mean you must take part in any study. I would like to be added to the *Brock Lifespan Research Registry* to receive invitations about future research studies

- Yes – Please add me to the registry
- No - I do not consent to be added to the *Brock Lifespan Research Registry* at this time
- I am already a member of the *Brock Lifespan Research Registry*

Full Name: \_\_\_\_\_

Email: \_\_\_\_\_ (or) Phone: \_\_\_\_\_

Date of Birth (YYYY-MM-DD) : \_\_\_\_\_

## Data Storage Statement

The researchers also seek consent to store the research data gathered for this study in a research data repository. This means that your de-identified data may be used in future research projects related to sport-related concussions and could help researchers further understand this area, as well as inform other coaches and athletes who may benefit from this research. Researchers who access the data through the repository may be subject to different research oversight processes depending on their institution or country. However, you will not be identifiable in any of the information made available to future researchers. It is not possible to know all the risks that may happen in a study, but the researchers have taken all reasonable safeguards to minimize any known risks to study participants. If you agree to allow your data to be stored for future research, you will not be able to withdraw your consent, as we will not know which data belongs to you.

Consenting to depositing your data is voluntary and will not impact your participation in our study.

I consent to my data being stored and used in future research.

- Yes – I agree to my data being stored and used in future research.
- No – I do not wish for my data to be stored and used in future research