



Experiences and Perceptions of Youth with Spinal Cord Injury and Parents on Physical Activity

Letter of Introduction

Andrea Bundon, PhD (Principal Investigator)
School of Kinesiology
The University of British Columbia
Contact Number: 604-827-3094
Email: andrea.bundon@ubc.ca

Kailan Tang (Co-Investigator)
School of Kinesiology
The University of British Columbia
Contact Number: 778-881-8689
Email: kailan.tang@ubc.ca

WHO IS DOING THE RESEARCH?

The principal investigator for this study is Dr. Andrea Bundon, Associate Professor in the School of Kinesiology at the University of British Columbia. Kailan Tang is a second-year graduate student working under the supervision of Dr. Bundon. Kailan will be the primary point of contact and will conduct the interviews. This study is part of Kailan's master thesis research.

WHAT IS THE RESEARCH ABOUT?

We are interested in exploring the experiences and perceptions of youth with spinal cord injury (SCI) and parents on physical activity (PA) participation. Our aim is to understand how society, culture, and power dynamics shape these experiences across various PA settings (e.g., recreational activities, sports, exercise, fitness (structured and unstructured) to better inform local authorities, public health agencies, healthcare professionals, and sport organizations in promoting and supporting inclusive PA opportunities for youth with disabilities. We will conduct interviews with youth with SCI aged 15-24 years who currently or previously participated in physical activity including recreational activities, sports, exercise or fitness (structured or unstructured) and live with a parent or guardian that helps them seek PA opportunities and support their PA engagements in Canada. Interviews will also be conducted with parents/guardians of individuals who meet the criteria of youth participants and are directly involved in seeking opportunities, registering, and/or supporting their child's PA engagements. Parents must also be currently living with youth in Canada. Youth and parent/guardian participants must also be proficient in English. Individuals would not be eligible to participate in the study if youth no longer live with in with their parent or childhood caregiver. Furthermore, parents or guardians who no longer with their child within the same home. It is important to acknowledge that this aspect of the sample criteria is critical as youth and parents living within the same household may ensure that parents have a more direct and involved role in seeking PA opportunities and supporting their child's PA engagements such preparation and transportation.

WHAT WILL PARTICIPATING IN THE STUDY INVOLVE?

If you agree to participate, you will be asked to fill out a short digital demographic survey which will take approximately 5-10 minutes to complete. The short demographic questionnaire will collect basic information about yourself such as name, age, geographic location, duration of PA engagement, and general questions regarding the frequency of participating in PA or



parent/guardian's description of involvement in their child's PA engagement. You will be notified if you are ineligible to participate based on your demographic questionnaire answers and your responses will be deleted and not further used. If you meet the criteria, you will be invited to take part in a single, one-on-one interview with an expected duration of 1-2 hours with co-investigator and master's student Kailan Tang. Youth and parent participants will be interviewed separately. The interview will be conducted in-person at a time and location that is most convenient for you. Interviews can also be conducted online if necessary. With your permission, the discussions that take place during interviews will be audio-recorded and transcribed (typed out word for word) for analysis. You do not need to talk about any issues you do not feel comfortable discussing and if you wish to withdraw from the study at any point in time you may do so at any time without justification. There will be no negative consequences if you choose to withdraw. This study will not subject you to any physical risk. Although we do not expect any psychological risk, in the event you would like to further discuss the topics discussed in the interviews, accommodations will be made for you. We will accept participants for the study based on order of initial contact with the researcher.

If you wish, participants may bring 1-2 objects (e.g., photographs, object, PA equipment, memorabilia, etc.) that represents and helps to share PA experiences (or experiences of supporting your child to engage in PA). The inclusion of a prop will be used to help participants reflect on significant PA moments or experiences and support discussion about what matters most to them. Any props that you choose to share during the interview will only be used to guide conversations about PA experiences and will not be further analyzed or included in the research study.

Compensation of \$50 gift cards will be offered to each participant. These gift cards will include a range such as Amazon, London Drugs, Vancouver Parks and Recreation, Starbucks, Canadian Tire, etc. You will receive compensation and be able to select the type of gift card you would like to receive. All participants, including those who withdraw during the interview portion, will receive compensation.

WHAT WILL BE DONE WITH THE INFORMATION I PROVIDE

All interview recordings and transcripts will be kept on an encrypted and password protected computer, and only the researchers associated with this study will have access to this information. If you request it, any information you provide within this interview will be made anonymous and you will be identified by a pseudonym of your choosing (fake name) and identifying information will be removed. Alternatively, you may request that your real name (first name) be used during the research and in subsequent research outputs. If requested to be anonymous, identifying elements from their transcripts will be removed and use a pseudonym. The information collected will be written up and presented for a master's thesis defence as well as for publications in a scholarly journal and/or presented at an academic conference.

If you are ineligible to participate in the study after completing the demographic questionnaire, the research team will email you to explain why and confirm your responses will be deleted not further used.



WHAT IF I WISH TO WITHDRAW FROM THE STUDY

Your participation in the research is entirely voluntary and you may withdraw from the study at any time without having to give any reason for doing so and without experiencing any negative consequences.

HOW WILL THE RESEARCH BE USEFUL

The findings from this study will generate insights into the experiences and perceptions that youth with SCI and parents have regarding participating in physical activity. PA professionals, disability sport organizations, healthcare professionals and parents may benefit from understanding the experiences of youth with SCI with physical activity to improve disability sport and inclusive PA opportunities. This study aims to highlight both the strengths and challenges of this group and offer suggestions for making PA environments more inclusive, helping service providers better assist youth with SCI.

QUESTIONS

If you have further questions or want more information about the study, Kailan Tang by email, kailan.tang@ubc.ca.

Kailan Tang's research is supported by the SSHRC Canada Graduate Scholarship.