



Participant Information Sheet

Dear sir/madam,

You have shown interest in or considered taking part in the study entitled “Injury, epidemiology, mental attitudes to food and diet in recreational CrossFit athletes”.

Before you decide to agree it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and discuss it with others if you wish. Ask if there is anything that is not clear or if you would like more information. If you decide to take part in this study, you will be given a copy of this participant information sheet and the signed form to keep.

The purpose of this study is to collect further information to the epidemiological profile of a CrossFit athlete in Western Australia as well as assess the uptake rates of Paleo/Zonal dieting and assess how this diet could affect daily attitudes to eating and food.

Why have I been invited to take part?

This gym has been invited to participate in the study due to it being a CrossFit gym in the Perth, Western Australia region.

This invitation has been extended to all CrossFit gyms in the region.

Participants of the study that will be invited will have to confirm that they are members of a CrossFit gym as well as being older than or equal to the age of 16.

Do I have to take part?

Participation will be entirely voluntary for gyms and all subjects. Outcome will not affect individuals in any way.

What will happen if this gym takes part?

A URL link will be supplied to all gyms to distribute in mass to all members with an email explaining the above information as to the purpose of the study.

This is entirely anonymised and participation would indicate consent.

This is a one-off participation and no follow up period is required.

This questionnaire will be distributed to overall approximately 600 individuals in Perth Western Australia.

There are no restriction to where a subject can fill in this questionnaire and there are no activity restriction associated with participating in this study.

Disadvantages of taking part in this study include the time required in order to fill in the questionnaire. You will receive no direct benefit from taking part in this study, however participation will aid in our understanding of the injury and epidemiological profile of recreational CrossFit athletes in western Australia as well as attitudes to food and diet.

What will happen to the results of the research study?

The overall results will be disseminated primarily via literature publications and scientific meetings.

Individualised gym results can be supplied upon request as well as presentations of results can be performed upon completion of the project.

There is no organisational body of influence or funding body involved in this research project as well as no conflict of interest.

Who has reviewed the study?

The project is currently undergoing the approval process by the college of Medical, Veterinary & Life Sciences ethics Committee at Glasgow University. Alongside this it is undergoing the approval process at the NHMRC affiliated SJOG ethics committee.

Contact for further information

If there are any concerns or questions please do not hesitate to get in contact

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I would like to thank you for your time in reading this information leaflet