Carer Information Sheet

**Grip strength and body composition in healthy and hospitalised children**

You and your child are being invited to take part in a study. Please read this information leaflet carefully. Ask us if there is anything that is not clear or if you would like more information.

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

Hand grip strength is an important measure of general health and wellbeing and a measurement of body muscles (lean mass). Grip strength varies with age, gender and body size. The purpose of this study is to collect data from healthy individuals that will be used to determine what the normal grip strength should be for children at each age. We will compare these data with data collected from hospitalised children.

**Why has my child been chosen?**

Your child was chosen for this study because he/she is healthy and of the desired age range for the study.

**Do we have to take part?**

No! It is up to you and your child to decide whether to take part. If you decide to take part you and your child will be asked to sign a form that says that you have been informed about the study and that you are happy to participate. You are still free to withdraw at any time and without giving a reason.

**What do we have to do?**

If you decide to participate a researcher or nurse/doctor will measure:

1. Your child’s **weight** and **body muscle** using a special set of scales.These send an insensible electrical signal (like holding a battery between your fingers) through the sole of the foot.
2. Your child’s **height** using a piece of equipment called a stadiometer, which is a specialised ruler used for measuring height.
3. Your child’s **grip strength.** This will also be measured using a piece of specialised equipment known as a dynamometer. The children tend to enjoy this part!

We will also gather some information about your child’s age and gender. These measurements should take around 10-15 minutes to complete and do not cause any pain or discomfort.

**Are there any risks or benefits of taking part?**

No. It is unlikely to experience any major risks of taking part in this study. If your child becomes very upset or uncooperative we will stop. There are no benefits of taking part in this study but the results we get from this study may help us to improve the treatment of sick children in the future. Your child may find some of the measurements fun.

**Will my child’s participation in this study be kept confidential?**

Yes. Only the researchers of this study will know about your participation.

**What will happen to the results of the research study?**

The results of this study might be presented at scientific meetings or published in scientific journals, but without identifying your name or other data able to identify you.

**Who is organising the study?**

The study is organised by researchers from the University of Glasgow. This study is carried out as part of a research project for a degree in Physiology, Sports Science and Nutrition.

**Can I complain about the study?**

If you have any complaints about the study you can contact us at the phone number below:

Dr Konstantinos Gerasimidis: Lecturer in Clinical Nutrition: 0141 201 6969

