# LIVERPOOL JOHN MOORES UNIVERSITY
# PARTICIPANT INFORMATION SHEET

**Title of Project** Right ventricular structure and function comparison in athletes that meet the task force criteria for ARVC, athletes who do not meet the criteria, healthy controls and participants with ARVC.

**Name of Researcher (Student): Benjamin Fisher**

**Name of Research Supervisor: Keith George**

**School of Sport and Exercise Science, Faculty of Science, LJMU**

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You are being invited to take part in a student research study into a disease of the heart called Arrhythmogenic Right Ventricular Cardiomyopathy. Before you decide it is important that you understand why the research is being done and what it involves. Please take time to read the following information. If there is anything that is not clear or if you would like more information feel free to ask any questions you may have. Take time to decide if you want to take part or not.

## 1. What is the purpose of the study?

In this study, we are looking at Arrhythmogenic Right Ventricular Cardiomyopathy (ARVC), which is a disease, which affects a small minority of individuals that leaves them more susceptible to a sudden cardiac death with often little/no symptoms, and seeing how they compare to healthy individuals and athletes.

## 2. Why have I been invited to take part?

You have been invited to take part because you may suit our inclusion criteria; being healthy, being aged 21-40, and having no history of any major heart problems/diseases within any immediate family. You will not be able to take part if you have had or have any heart problems, or if you're not aged 21-40 or you if you are engaged in systematic athletic/sports trainng.

## 3. Do I have to take part?

Participation is voluntary - it is up to you to decide whether to take part. You should read this information sheet and if you have any questions, you should ask the research team. You should not agree to take part in this research until you have had all your questions answered satisfactorily. If you agree to take part you will be asked to sign a consent form. You are still free to withdraw at any time and without giving a reason.

## 4. What will happen to me if I take part?

If you take part, you will only be needed for a single hour testing session in the Tom Reilly Building, Byrom Street, Liverpool John Moores University. When you arrive, you will be asked to complete a consent form and a health based questionnaire, to be collected by me before we start the measurements. From there, we will measure your height, weight and blood pressure. After, we will perform an electrocardiogram to assess the electrical activity in your heart and an echocardiogram so we can get a view of your heart to measures size and function .

**5. Are there any risks, discomforts, benefits involved?**

There are no foreseeable risks or discomforts. All the procedures undertaken are extremely low risk, non-invasive and performed at rest. There should be no distress for any participants.

**6. Will my taking part in the study be kept confidential?**

Your taking part in the study will remain confidential. Your fulfilled questionnaire and the results of each procedure will be noted in each participant's individual folder which will remain anonymous as we will assign each person their own number, which will in turn be looked in my project supervisor's office in a filing cabinet. With only the researcher and the research supervisor with access. We may break confidentiality if your results mean we have to direct you to visit your GP.

**This study has received ethical approval from the School of Sport & Exercise Sciences Research Ethics Committee** *(insert REC reference number and date of approval)*

**Contact Details of Researcher**

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**Contact Details of Academic Supervisor**

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**If you any concerns regarding your involvement in this research, please discuss these with the researcher in the first instance. If you wish to make a complaint, please contact SPSethics@ljmu.ac.uk and your communication will be re-directed to an independent person as appropriate.**

**Note: A copy of the participant information sheet should be retained by the participant with a copy of the signed consent form.**