



## Information about the study you should know

### Why is this research study being done?

The goal of this research study are to learn if a behavioral intervention program can reduce the risk of sport-related traumatic brain injuries in high school football athletes. As part of this study we will also examine head impact forces and their effects on clinical and behavioral changes in high school football athletes.

### Who can be in the study?

A total of approximately 240 athletes from up to 4 high schools will take part in this study including approximately 60 athletes from this school.

### What is being asked of participants:

1. Give permission for research team to obtain copies of the results of your/your child's school's sport related baseline and post-concussion testing, including tests of balance, memory, concentration and concussion history.
2. Complete a questionnaire that includes questions about concussions they may have had. This questionnaire should take no more than 15 minutes to complete.
3. Participating players' football helmets may be fitted with a device (accelerometer) that will measure how fast the helmet accelerates and decelerates during any impacts. These measurements will be taken during all practices and games during each of the seasons.
4. Participating players may be videotaped while playing football at home and away games.
5. You/your child may be eligible to:
  - ✓ Receive *Personalized mentoring* including personal coaching/counseling sessions with a research team member. These sessions may also include coach, and/or athletic trainer. These sessions may be in a small group (no more than 4 other players) or individual. These sessions will take approximately 20 minutes each and will occur 3 times.
  - ✓ Receive *Video Analysis of Level of Anticipation and Impact Location*: The research team will analyze team scrimmage and game video footage to look at level of anticipation at the time of head impact and the impact location. Video clips and suggested corrective measures for you will be provided to coaching staff. Videotaping will occur at all home and away scrimmages and games.
6. Post-Season you/your child:
  - ✓ Will complete a brief (10 minute) online survey about your experience and satisfaction with the program
  - ✓ May be invited to participate in an interview with a member of the research team about what you/they have learned (approximately 20 minutes)

### Are there any risks to being in the study?

- ✓ Helmet Accelerometers: There are no risks associated with the use of the helmet accelerometers. **The accelerometers do not affect the safety features of sporting helmets in any way, nor do they increase the helmet's ability to prevent concussion.**
- ✓ Video Clips: There is no known risk associated with the video assessment. The videos will only be accessible only to the members of the research team.
- ✓ Questionnaires/Surveys/Interviews: There are no risks associated with these. They do not impose any threat to your health or well-being.

### What if I have questions?

If you have questions or concerns, feel free to call us at (919) 966-9769 or email at [BeMod@unc.edu](mailto:BeMod@unc.edu).