



## **Letter of Information**

**Project Title:** Assessing cognitive function in adult populations

### **Contact Information**

If you have any questions about the study, or would like more information, please contact us!

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Principal Investigator

Avital Sternin  
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You are being asked to participate in research to help us identify how cognitive abilities change as adults age. Cognitive abilities are brain-based skills we need to carry out any task from the simplest to the most complex. They have more to do with the mechanisms of how we learn, remember, problem-solve, and pay attention, rather than with any actual knowledge. You will be asked to complete 12 games that measure working memory, verbal ability, reasoning and attention. You will also be asked to complete a questionnaire, a Mini-Mental State Examination (MMSE) and a Montreal Cognitive Assessment (MoCA).

### **What is the point of this letter?**

We want you to be able to make an informed decision about whether or not to participate in our study. This letter will outline what our study is about, the techniques we will use to collect the data, and what your participation will involve. We encourage you to ask the researchers any questions you have regarding the study.

### **What will I be asked to do?**

In this study, you will complete a set of 12 cognitive games. These games are available online at Cambridge Brain Sciences, an academic initiative of the Principal Investigator, Dr. Owen. You will complete the games on a tablet provided by the researcher. You will also be asked to complete a demographic questionnaire, a MMSE, and a MoCA. In total, study participation should take no

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more than approximately 60-90 minutes. Throughout the session, short breaks will be offered between games and assessments. You are welcome to take breaks whenever you want or need one.

### **Voluntary Participation and Withdrawal**

Participation in this study is voluntary. You may refuse to participate, refuse to answer any questions, or withdraw from the study at anytime. If you choose to withdraw from the study before completion your data will also be removed from the study. Once you have completed the study, your name and data are separated and your data can no longer be identified and can therefore not be removed.

### **Risks**

There are no known or anticipated risks or discomforts associated with participating in this study. It is possible that you may become fatigued during the tasks. To reduce fatigue, you may take breaks or stop participation at any time.

### **Benefits**

You will not receive any direct benefit by participating in this study. Through this research, we will establish a better understanding of how cognition changes with age. The norms we plan to establish could then be used to compare and assess brain function in adults with clinical conditions.

### **Confidentiality**

All the information we collect is kept confidential and is only seen by members of the research team at the Brain and Mind Institute. Identifying information (your name and contact information) will be kept separate from the data we collect at all times. However, if you call with questions or call to obtain your results, we may have to collect your name and phone number to correspond. We will not link this information to your data and we will destroy the information as soon as your questions have been responded to.

Data will be collected using tablet computers. All data will be stored in encrypted files on encrypted disks in a secure server.

The results will be kept securely for a minimum of 7 years at the Brain and Mind Institute's data archive in accordance with good research practice. Representatives of the University of Western Ontario Health Sciences Research Ethics Board may contact you or may require access to your study related records



to monitor the conduct of the lab's research. Any report published about this study will not identify you by name.

### **Costs**

There is no cost to participate in this study. Reimbursement for potential out-of-pocket expenses (e.g. parking) will be discussed prior to your beginning the study.

### **Compensation**

As a thank you for your time you will be added to a raffle for prizes if you choose to provide contact information solely for the purposes of the raffle. The chance of winning one of the prizes is 1/100. To be entered into the draw, please leave your contact information with the researcher when you finish your study participation.

### **Rights as a Participant**

You do not waive any of your legal rights by signing the consent form.

### **Publication**

As this is a student project, the results will likely be published in a dissertation as well as a journal article. If the results of the study are published, your name will not be used.

### **Conflict of Interest Disclosure**

The Cambridge Brain Sciences Battery was created by Professor Owen. Although he has an unrestricted academic license to use this software he stands to gain nothing financially (or otherwise) from its use in this research project. The software was developed in his lab, primarily for research purposes, and is being used currently in numerous academic research studies. There is no conflict of interest.

### **Western University Ethics Office**

If you have any questions about your rights as a research participant you may contact the Office of Research Ethics (519) 661-3036, email: [ethics@uwo.ca](mailto:ethics@uwo.ca).



## Consent Form

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**Investigators:** Dr. Adrian Owen, PhD (Principal Investigator) and Avital Sternin, PhD Candidate (Co-Investigator) of the Brain and Mind Institute, Western University

I have read the Letter of Information, have had the nature of the study explained to me, and I agree to participate.

All questions have been answered to my satisfaction.

\_\_\_\_\_  
Participant's Name (Please Print)

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Experimenter's Name (Please Print)

\_\_\_\_\_  
Experimenter's Signature

\_\_\_\_\_  
Date