

Information Sheet for Project Balance in Research Studies

You will be given a copy of this information sheet.

Title of Project: Project Balance

This study has been approved by the NHS Research Ethics Committee (Project ID Number):

Name	Catherine Holloway , Gaynor Childs
Work Address	GM06, Chadwick Building, London, WC1E 6BT
Contact Details	<u>c.holloway@ucl.ac.uk</u> <u>gaynor.childs@stannah.co.uk</u> <u>aled.Falvey@wales.nhs.uk</u>

We would like to invite you to participate in this research project.

Details of Study:

‘Project Balance’ aims to make balance an actionable component of an individuals health, allowing a long term intervention via a monitoring and training of balance health much before a fall happens. We have designed an iOS application and belt for at home balance measurement. We would like to validate the device against a Berg Balance Scale which is the clinical standard in balance measurement. While you are being tested on the Berg Balance Scale by an NHS Physiotherapist, we would be taking concurrent measurements on the phone which would be placed securely around your waist with a belt. Five stances will be concurrently recorded: Standing unsupported, Standing unsupported with eyes closed, Standing unsupported with feet together, Standing unsupported one foot in front and Standing on one leg. Alongside this we would be asking you 2 questions about your balance.

This will take a total of 45 minutes.

Please discuss the information above with others if you wish or ask us if there is anything that is not clear or if you would like more information.

It is up to you to decide whether to take part or not; choosing not to take part will not disadvantage you in any way. If you do decide to take part you are still free to withdraw at any time and without giving a reason.

All data will be collected and stored in accordance with the Data Protection Act 1998. It will be anonymised.

Thank you for reading this information sheet and for considering take part in this research.