Research Study Participation Form

"Effects of 6-week telerehabilitation exercise programme on chronic non-specific neck pain: a pilot randomized controlled trial"

We are glad to invite you to take part in our research study. This sheet will help you understand why the research done & what it involves. Take your time to read and ask us for any any clarifications, before you decide.

What is this study about?

Neck pain, particularly of chronic non-specific type, has become one of the most common musculoskeletal conditions. This is study will be utilizing physiotherapy interventions as a home-based programme for those experiencing chronic non-specific neck pain. The purpose of this study is to establish how effective telerehabilitation exercise intervention is in these by measuring the pain score, disability index, CROM, cervical muscle endurance and most importantly, adherence to exercise programme.

What will I have to do if I take part?

If you take part in the study, you will be asked to come to the University of Sharjah so we can get some measurements. You will be asked to fill a form with the demographic information, including as name, age, occupation, height, weight and contact details. You will be asked about your neck pain score on VAS pain scale and to complete the Neck Disability Index (NDI) questionnaire about your neck pain. Your neck range of motion and muscle endurance will also be measured. The physiotherapist will then give you a demonstration of the exercises you need to do during this 6-week programme. You will be required to complete 3 sessions each week, for about 30 minutes. Necessary follow-up will take place after week 2 and week 4. You will be given an exercise diary to keep track of when you do these sessions and for how long. On completion of all sessions after 6 weeks, the assessment previously done will be repeated.

Why have you been chosen?

You have been chosen as we are including residents of the UAE, aged between 18 and 45, who experience chronic non-specific neck pain.

Possible risks of taking part?

There are no risks from this study. All the information will be confidential and when the study is finished, they will be destroyed.

Are there any possible benefits?

There is expected benefit of the exercises on decrease of neck pain and improving range of motion and muscle strength.

Do you have to take part in this study?
No. taking part is your choice & you are free to refuse. If you take part and change your mind later, you can withdraw from the study any time.
Will my taking part in this study be kept confidential?
All the information taken from you will remain confidential and only the results will be used in the statistical analysis with the supervisor without using your name or address so you will not be recognized. At the end of the study, all personal

1

Name *

2

Age *

3

Occupation *

4

Contact number *

5

Email ID *

6

Height (in cm) *

7

Weight (in kg) *

8

Have you experienced non-specific neck pain, onset at least 3 weeks ago? *

- ◯ Yes
- ◯ No

9

Do you agree to volunteer participation in this study?
If you answer 'Yes':
-You confirm that you have read the information sheet and understand the nature of the study. Also, you have had the opportunity to ask questions.
-You have agreed to participate in the research as a volunteer, and were informed by the researchers that you can withdraw from the research at any time after signing the Revocation of Consent Form.
-You understand the purpose of this study, which has been approved ethically by the University of Sharjah.
- You hereby fully agree to take part in the study which has been fully explained to you by the researchers. *

- ◯ Yes, I understand the purpose of this study and I hereby fully agree to take part in it.
- ◯ No

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What will happen to the results of the research study?
You will be notified about the study results once the study has been completed.

Contact for further information:
Zaina Ahmed, Mobile: 0556529550, zzahur@sharjah.ac.ae
Thank you for your participation.

1

Name *

2

Age *

3

Occupation *

4

Contact number *

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Email ID *

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Height (in cm) *

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