

FAQ About the Testing and Study

Who is conducting this project?

- This project is being conducted by Drs. Rayna Hirst and Amie Haas of Palo Alto University (PAU), two licensed clinical psychologists. Dr. Hirst is an Assistant Professor and Director of the Neuropsychology Program at PAU, who completed her Ph.D. at the University at Albany, State University of New York, and her postdoctoral training at Dartmouth Medical School. She has had considerable experience in doing cognitive testing with both high school and college athletes, most notably with the Penn State Concussion study. Dr. Haas is an Associate Professor at PAU and Instructor at Stanford University who completed her postdoctoral training at UCSF. She has prior experience with testing players as part of the National Hockey League concussion study.

How much time will this testing take?

- The testing session will take about 2-2.5 hours for your child to complete.

What would be expected of me as a parent?

- As a parent, we will ask you to complete an online questionnaire about your child's history, as well as accompany your child to the appointment and complete a brief interview to provide additional details about his health to include in the report. The interview should take no more than 30 minutes to complete.

What kinds of tests will my child be taking?

- Your child will be asked to complete a variety of tests that will measure attention, memory, and other thinking skills that are affected by concussion-type injuries. Some of the tests will be pencil-and-paper, and others will ask him/her to solve puzzles or recall things from memory. These are the same kinds of tests that are used in concussion screenings now adopted by the National Football League, National Hockey League and National Collegiate Athletic Association and were developed for use with adolescents.

Who will be doing the testing?

- The tests will be administered by graduate student research assistants from PAU with specialized training in this kind of testing. All the testing and reports will be supervised by Drs. Hirst and/or Haas and reviewed for accuracy prior to being released to you.

What would be included in this formal report?

- Upon completion of the testing we will compile the results and give you a report documenting your child's cognitive capabilities at time of assessment. This report would contain a brief background of your child's relevant medical and psychiatric history and a summary of the test results. This report is comparable

to what you would receive if you paid a neuropsychologist to do this testing and could be directly given to a provider as documentation of your child's pre-concussion thinking skills in the event of a concussion at a later date.

Who will see this report or data on my child?

- This report will only be seen by the person administering the test, Dr. Hirst or Haas, and yourself. The reports will not be released to anyone else without your written permission.

How long will it take to get this report?

- The report will be completed within three weeks after you and your child have completed the testing and interview. In the event that you need the report sooner (i.e., your child sustains a concussion during this time) we will produce the report as quickly as possible so that it may be used in your child's treatment planning.

Is this a one-time deal or can we have additional testing done at a later date?

- We are intending for this study to run over the course of several years, and ask your consent to test your child at the beginning of each season so we can evaluate any changes in thinking that may have occurred over the past year. Because children develop so quickly, and different skills develop at different rates, we recommend annual testing. However, you are free to stop participating in this project at any point and can do so by notifying study staff via email.

The flier mentions a research study. How will my child's testing be used in research?

- Your child's test data will be de-identified (that is, all identifying information like name, address, birthday, etc. will be removed) and scores on the study tasks will be entered into a database as part of a study that is looking at rates of concussion and other health behaviors in young athletes. Data from this study will be aggregated (that is, put together) and used as information that may be published in scientific journals to better inform individuals about concussion risk in young sports players.

Will our responses be private/confidential?

- Yes! Your report will contain personal information so that you can use it in the event that you need pre-concussion data for your child. However, all data pertaining to the research will be de-identified (that is, we will remove all names, birthdates, addresses or any information that could uniquely identify you or your child) and used in aggregate for research.

How do I sign my child up?

- Sign up is easy! Just send us an email at our designated address, pausportstudy@paloutou.edu, and one of our research assistants will contact you within 2 business days.

I have additional questions. Who should I contact?

- Any additional questions can be directed to Dr. Rayna Hirst (rhirst@paloutou.edu) or Dr. Amie Haas (ahaas@paloutou.edu).

Thanks for your time and we hope you will join this important project!