

## Participation in Research Study Looking at Concussion Outcomes

Dr. Carrie Esopenko from the School of Health Professions at Rutgers University, along with Drs. Ellen Anderson and Jennifer Buckman, are conducting a study to better understand how a history of concussion affects emotional well-being and the strategies used to cope with concussion.

### What does the study involve?

The study involves an online survey, which will take approximately 30-45 minutes to complete. The survey is completely anonymous and can be completed on any computer you have access to. The survey includes questions about your injury history, pre- and post-injury physical and mental health history, stress-level post-injury, access to social support, and strategies you use to cope with the injury. We will also ask you to provide your age, ethnicity, sex, and social status. Our aim is to recruit 300 individuals who currently are recovering from concussion or who have a history of concussion to complete the survey.

### Interested in participating?

If you have been diagnosed with a concussion or mild traumatic brain injury and are interested in participating, please click on the link provided at the bottom of the screen which will take you to the Mind Garden© website where the survey is hosted. At this site, you will be asked to create an account Mind Garden© with your email address, which you will use to log into the survey. This is done so that only you can access the survey you are completing. When the study personnel are provided with the data from the survey, your email **will not** be associated with the survey data, but rather stored via an identification number that is not linked to your personal information. Once you have logged on to the survey, you will be given more details of the study and asked to provide informed consent before continuing. If you feel uncomfortable with a question, you can skip that question or withdraw from the study altogether. If you decide to quit at any time before you have finished the survey, your answers will NOT be recorded.

### Compensation:

All participants who take part in the study will be entered to win one of ten \$50 gift certificates for Amazon.com. Mind Garden to randomly select ten winners and email the gift certificate to the winners.

If you have questions about participating in the research study, please email the research study personnel: [esopenkolab@shp.rutgers.edu](mailto:esopenkolab@shp.rutgers.edu) or contact Dr. Carrie Esopenko: [carrie.esopenko@rutgers.edu](mailto:carrie.esopenko@rutgers.edu), (973)-972-0143.

Thank you for your interest in the study,

Carrie Esopenko, PhD

[transform.mindgarden.com/login/key/34ba-593032d2c2af8](https://transform.mindgarden.com/login/key/34ba-593032d2c2af8)



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