

Determining preferences for physical activity programming in persons with neurological conditions

Location: Canada-wide

Number of participants: 200

Recruitment period: Until February 29, 2024

Language: English only

Description: Persons with neurological conditions often experience mobility impairments, which may impact physical activity (PA) participation (i.e., often programs or facilities may not fit the needs of these individuals). Limited PA participation can not only result in an increased risk of secondary complications, such as heart disease, but contributed to lower self-reports of general wellbeing. Embedding the preferences of those participating in the program may also increase their enjoyment of the program, and therefore increase their desire to participate. The main objective of this work is to determine the priorities for PA programming from the perspective of persons with neurological conditions through an anonymous survey. The survey will be available until February 29, 2024. It takes approximately 30 – 45 minutes to complete. The overall goal of this work is to use this information to develop a client driven physical activity program.

Language: English only (a French version of this study will be available in the winter of 2023-24)

Eligibility:

- The survey is open to adults (18+) across Canada.
- Participants must be able to read and write in English
- Participants must have been diagnosed with a neurological condition affecting physical mobility (e.g., stroke, spinal cord injury, cerebral palsy, multiple sclerosis, etc).

Participant requirements:

- The survey is anonymous and takes about 30 - 45 minutes to complete.
- Due to it being anonymous, a participant cannot exit and return to their previous responses.

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