

# Participate in Research

The Meaning of Health and Wellness in Adolescents and Youth with Spina Bifida



## Principal Investigator:

Dr. Amy McPherson

## Centre for Leadership:

Participation and Inclusion



## CONTACT INFORMATION:

### TO ASK QUESTIONS OR TO SIGN UP CONTACT:

Celeste Lumia, MSc Student

416-425-6220 ext. 3087

[clumia@hollandbloorview.ca](mailto:clumia@hollandbloorview.ca)

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**Are you a young person with spina bifida between 10-24 years of age?**

**Would you like to talk about what health and wellness means to you?**

**Consider participating in our study!**

### What is this study about:

We want to explore what health and wellness means to young people with spina bifida. We want to hear about what sort of things you do or think you could do to be healthy and feel good.

### Who can participate?

- Adolescents and youth between 10-24 years
- Diagnosed with spina bifida
- Can communicate in English and take part in a conversation
- Have home internet connection
- Have access to a camera (or cellphone with inbuilt camera)

### What's involved?

- Take 3-4 photos per week for 2 weeks that show what 'health' and 'wellness' means to you
- Share your photos with us during a 45 min-1 hour interview that will take place online using a free, secure meeting program
- The study will take about 2 weeks of your time
- You will not be required to travel to Holland Bloorview to participate

### Potential Benefits?

- Learning about your views of health and wellness will help develop new ways to promote healthy lifestyles in young people with spina bifida

Participants may apply for volunteer hours.

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