



INFORMATION TO PARTICIPANTS

Research Title: The periodic evaluation of athlete health: determining health status and identifying determinants of health.

Principal Researcher:

Dr Liam Toohey, Sports Epidemiologist, Australian Institute of Sport
Email: liam.toohey@ausport.gov.au

We would like to invite you to participate in this original research project. You should only participate if you want to; choosing not to take part will not disadvantage you in any way. Before you decide whether you want to take part, it is important for you to understand why the research is being done and what your participation will involve. Please take time to read the following information carefully and discuss it with others if you wish. **If you are under 18 years old, we seek parental consent from a parent or guardian.** Ask us if there is anything that is not clear or if you would like more information.

What is the aim of this research?

This project aims to provide a population level summary of AIS coordinated Periodic Health Evaluation (PHE) data that were collected during 2018-2020. Population level characteristics that are associated with reduced health status will be investigated to provide evidence to direct and improve future PHEs that routinely occur across the Australian high-performance sector and provide high level health themes for the sector to address to improve athlete population health outcomes.

What are the benefits of this research study?

This project will provide a considerable opportunity for the Australian high-performance system to understand the extent to which health problems occur in elite athletes and what health characteristics are associated with them. This will lead to improvements in the future PHEs undertaken in the system and benefit both current and future athletes as NSOs gain greater insight into the factors that are associated with poor athlete health status. The results of this study will allow for the Athlete Performance Health team at the AIS to establish priority areas of action in which programs and strategies will be funded to address.

What is involved?

- Initially, you are provided with this plain language statement containing information about the study and invited to ask any questions about the study.
- We will use de-identified summary data that was previously collected during the PHE and already exists on the Athlete Management System (AMS). This includes data related to injury/illness occurrence and health characteristics.
- An AMS Technician external to the research team will extract data pertaining to all athletes who had a Periodic Health Evaluation between 2018 and 2020.
- All data will be de-identified (but linked by a unique athlete ID) prior to the AMS providing the data to the research team for analysis.
- **We ask that you opt-out if you do not wish to participate.** If you wish to opt-out, please reply to the information email by Monday 15 November, or contact ams@ausport.gov.au.
- If you wish to opt-out at some time in the future, please contact ams@ausport.gov.au.
- Nothing extra is required from you if you wish to allow the use of your data for this study.

Who are we recruiting?

To be eligible for use in the study, de-identified data is sought from athletes who:

- had a Periodic Health Evaluation between 2018 and 2020 and signed a collection and consent notice providing permission for AIS researchers to contact them for future use of their data.



Are there any adverse effects of participating and how can I withdraw?

As we will examine routinely collected AMS data, you do not need to do anything extra to participate in this study. There will be no effect on your training, competition or selection as a result of this study. Your decision whether to take part or not, will not disadvantage you in any way. You are free to withdraw your consent to the use of your data at any time, without giving a reason; however, once the data is de-identified and analysed, no athlete will be individually identifiable, and it will therefore not be possible to remove your data from the dataset.

Confidentiality:

An AMS Technician external to the research team will perform the initial search and data extraction. Data will be de-identified before it is provided to the research team for analysis. Data pertaining to treatment notes will not be explored. All data will be securely stored in accordance with AIS guidelines. Results will be reported at a population level, and no athlete will be individually identifiable.

Has this project obtained a research ethics approval?

This project has been approved by the Australian Institute of Sport Ethics Committee (Project number: 20211002). If you have any concerns regarding this approval, please contact the secretary of the AIS Ethics Committee via email at ethics@ausport.gov.au.

Further information:

If you require further information relating to any aspect of participation in this study, please contact the principal researcher, whose details are listed above.

