

# CONCUSSION AND BRAIN HEALTH (CBH)

## PROJECT 2021 – 2024



## PARTICIPANTS NEEDED FOR VITAL RESEARCH

The Australian Institute of Sport and Priority Research Centre for Stroke and Brain Injury at the University of Newcastle are recruiting former elite non-contact/collision sport athletes for a study investigating brain health and function.

### WHO WE ARE LOOKING FOR

- A retired elite male or female athlete (Commonwealth Games, Olympic Games, National representative levels) from a non-contact/collision sport such as rowing, swimming, track and field etc.
- Have not previously participated in organised contact or collision sports
- Over the age of 18
- Do not have a history of neurotrauma
- Able to undergo an MRI and are not claustrophobic (fear of enclosed spaces) or have any metal object in your body

### WHAT IS REQUIRED

- Neuropsychological assessment that includes tests of memory, attention, and cognitive functioning (60 minutes)
- A face-to-face psychological assessment (30 minutes)
- A blood sample to test for the APoE4 genotype (5 minutes)
- A magnetic resonance imaging (MRI) scan of your brain (60 minutes)
- A neurological assessment conducted by a staff specialist, neurology (20 minutes)

### WHEN AND WHERE

Testing is conducted in Sydney.

### BENEFITS FOR YOU

You will receive a comprehensive brain health assessment and feedback on your results. Other than that, there are no further direct individual benefits to you. Comparing data from retired non-contact/collision sport athletes to a general population and rugby league/union players will help build our knowledge of the impact concussions and benefit the future generations of athletes. You can request to receive an aggregate of the results at the completion of the study.

### HOW TO TAKE PART

Email [cbhproject@ausport.gov.au](mailto:cbhproject@ausport.gov.au) or visit [concussioninsport.gov.au](http://concussioninsport.gov.au).

This research has been approved by the Human Research Ethics Committee at the University of Newcastle. Protocol number: H-2018-0139

Testing is conducted in Sydney. Travel expenses (e.g. flights or fuel and accommodation) costs are compensated for interstate participants.

