



UNIVERSITY of LIMERICK

OLLSCOIL LUIMNIGH

## Department of Physical Education and Sport Sciences

### Participant Information Sheet

**Title of the Project:** The effects of Pilates on mood among people with Multiple Sclerosis

Dr. Matthew Herring and Karl Fleming from the Department of Physical Education and Sports Sciences and Prof. Susan Coote from the Clinical Therapies Department are seeking your participation in this research project.

**What is the project about?** The purpose of this study is to assess the effects of an eight week Pilates intervention on persons with Multiple Sclerosis.

**What will I have to do?** You will be asked to attend a preliminary session which will involve you completing a series of questionnaires relating to depression, anxiety, and fatigue. You will then be randomly allocated to either the Pilates group, Home based Pilates or Wait List group. For the next eight weeks, you will continue your normal routine or follow the exercise plan for your group, which may involve participation in the Pilates class of one hour duration twice weekly, which will be free of charge or doing Pilates at home with the help of a DVD. Those who are randomised to the Wait List will be offered their choice of home or class based Pilates at the end of the study. The questionnaires will take thirty minutes to complete and will be repeated both pre, during and post intervention. Additionally in weeks one and eight, the depression, anxiety and fatigue questionnaires will be completed pre and post the first weekly session to determine acute effects of Pilates on the aforementioned variables.

**What are the benefits and risks?** The information gathered will be useful in identifying the effects of Pilates for people with Multiple Sclerosis and determine its possible application across the MS Ireland community as a whole. The risks of taking part are no greater than taking part in any other exercise. You may experience some minor muscular discomfort and fatigue following the early stages of the study, as you will be introduced to a type of physical activity that your body will not be used to, but this should reduce considerably as you advance through the training intervention and this will be minimized as we will use a health screening questionnaire (PAR-Q) at the start of the study.

**What happens to the information?** Any results we write down or are recorded on line will have a code rather than your name on them so you will remain anonymous. When we present the results, they will be averages so you will not be able to be identified. We will let the MS Society what the average results were and will present them to conferences. We will be writing research papers about the results also. At the end of the study, we can tell you your own results, but not anyone else's.

**Who else is taking part?** Other members of MS Ireland.

**What happens at the end of the investigation?** All data relating to this project will be kept for a period of 10 years then destroyed. Results from this study will be submitted for report and/or future publication in an educational journal but your identity will not be disclosed. Additionally, it may be used in combination with data from other studies for further analysis.

**What happens if I change my mind during the project?** Participation is voluntary and you have the right to withdraw from the project at any time with no consequences.

**Contact name and details of Project Investigators:** If you have any further questions or don't understand something, please contact either of us at your earliest convenience.

Karl Fleming  
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*This study has been approved by the Faculty of Education and Health Sciences Research Ethics Committee (APPROVAL #2017\_03\_17\_EHS ). If you have any concerns about this study and wish to contact someone independent, you may contact The EHS Research Ethics Contact Point of the Education and Health Sciences Research Ethics Committee, Room E1003, University of Limerick, Limerick. Tel (061) 234101 / Email: [ehsresearchethics@ul.ie](mailto:ehsresearchethics@ul.ie)*