

MENTAL HEALTH AND PHYSICAL ACTIVITY

Starting Spring 2024

We are looking for youth (ages 15 - 24) with a neurodevelopmental disability (such as ASD, CP, Down Syndrome, FASD, and more) to help us learn about how physical activity habits can be changed; how it can help mental health; and to learn how community-based physical activity programs impact mental health for youth

Study participants will be asked to:

- ✓ Complete a set of surveys (three times throughout the study)
- ✓ Wear a physical activity monitor for 1 week (2 - 3 times throughout the study)
- ✓ Complete one physical literacy assessment
- ✓ You may be asked to take part in a 30 - 60 minute interview

Scan the QR code to learn more:



Questions?
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This study has been approved by the University of Calgary Conjoint Health Research Ethics Board (Ethics ID: REB24-0245)

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