

A STUDY QUESTIONING THE FACTORS THAT INFLUENCE REGULAR EXERCISE COMPLETION

Researchers at Monash University are looking for people with ataxia for a research study to evaluate whether certain factors influence regular exercise completion in people with ataxia. Psychological factors such as stress, resilience and self-efficacy and external barriers such as physical ability, social supports and distance from an exercise facility, will be examined.

The study involves a 30 minute online questionnaire.



Who can participate?

- Individuals with ataxia
- Have seen a clinician regarding exercise treatment
- Aged 18 years and above
- Can read English

What is involved?

- You will access the questionnaire through the link provided below
- The questionnaire will be completely anonymous, and contain questions regarding your demographics, how often you complete exercise, self-efficacy, stress, and resilience levels.
- It will take approximately 30 minutes.

This project has been approved by Monash Health Human Research Ethics Committee.

If you are interested in participating, please click this link to be directed to the questionnaire https://monash.azure.qualtrics.com/jfe/form/SV_4MjZiZz1pnp5GrH or contact the Principal Investigator, Sarah Milne, on (03) 8341 6228 or via email: sarah.milne@monash.edu.