

We have asked some people to look at our research and they think it is interesting and important to do.

We hope this research will give us information to help other girls and boys in the future.

**BUT** you can tell us any time your thoughts and how you are feeling.

If you have any concerns about the way the research is carried out please ask Mum/Dad/ your carer to contact the research team and/ or the Manager, Academics Committee:

Mr Gary Witte  
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If you are willing to participate please ask Mum/Dad/your carer to contact us for more information.

### Contact details

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Centre for Health, Activity,  
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# Vision and standing balance in children

## RESEARCH TEAM

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## WHAT IS 'RESEARCH' AND WHAT IS THIS STUDY ABOUT?

Research is learning new things by studying them and we want to see if how children see things makes balancing tricky.

To do this, we want to test your vision and balance four times! Not all at once, but over 18 months' time.

## WHAT WILL HAPPEN IF I TAKE PART?

First you will have a vision test so we learn about how you see things. You sit in a comfy chair and tell us what you can see.

A week later, you will come for some balance tests.

We have some questions to ask you about yourself. Mum/Dad/your carer will stay with you all the time and will be answering some questions for us too.



This paddle is hiding the girl's eye during the test and you will use one too!

Photo: National Eye Institute, National Institutes of Health  
Source: <https://www.flickr.com/photos/nationaleyeinstitute/7543733296>

## WHAT ARE THE BALANCE TESTS?

We want you to stand in a machine like the one in the photo.

It has a special floor that shows us how you are balancing. For some of the tests we put you in a sling to make you feel safe, a bit like keeping you safe in the car with your car seat/seatbelt.

Other tests, not in the machine, are standing on one foot with your eyes open and then with your eyes closed.

If you wear glasses, you can keep them on for all of the balance tests.

## CAN I JOIN THE STUDY?

Yes, if you....

- Are aged between 5 and 9
- Can listen carefully and help us by doing some balance tests

## WHAT NEXT?

If you think this sounds a fun thing to do, we will ask you to write your name on a form to show you know what is going to happen. You will have a copy of this form for yourself.

You can ask Mum/Dad/your carer about the research; they have lots of information, AND you can ask us too!

You don't have to take part. It is up to you and nobody will mind.

Even if you said "Yes" and came for any of the tests, it is ok to say "No, thanks".



Thank you very much  
for reading this.  
Do you have any questions?