

# Epidemiology of Musculoskeletal Injury across Amateur and Professional Squash: a cross-sectional survey including a retrospective component with regression analysis. (Participant Information Leaflet).

## Participant Information

We would like to invite you to take part in a research study, but before you decide, please read the following information to understand why the research is being done and what it would involve for you.

Thank you for taking the time to read this.

## What is the purpose of this study?

The primary objective of this epidemiological study is to analyse the prevalence and incidence of acute and overuse musculoskeletal injuries in both amateur and professional squash players.

The project also aims to identify risk factors associated with squash related injuries, to identify and describe the most common injury types in squash and identify the impact of these injuries on training and competition.

## Who is doing the study?

This study is being led by Matt Godson (BSc Hons Physiotherapy, MCSP) as an independent research project towards an MSc Musculoskeletal Physiotherapy degree, at the University of Bradford. The project is being supported by the Principal Supervisor, Dr Lisa Edwards (Faculty of Health Studies, University of Bradford).

## Why have I been asked to participate?

We are aiming to capture as large and diverse a data set as is possible. To achieve this, we are reaching out to all people who play squash at a competitive level, including both amateurs and professionals.

We can include people who:

- Are aged 18+
- Play competitive squash, starting at the lowest level from inter-club competition, up to and including elite professional standard.
- Are able to complete online, electronic forms on a PC, tablet, or smartphone.

## Do I have to take part?

No. Taking part is entirely voluntary. It is your choice to decide whether or not you would like to participate. If you decide not to take part, then you will not be affected in any way. No one will know that you have not agreed to take part in this study. Even if you take part now, you can withdraw at any time until 31<sup>st</sup> October 2025 at 5pm GMT (our deadline for data collection). You do not have to give any reasons.

## What will be involved if I take part in this study?

If you decide to take part, then you will be invited to complete an electronic survey that asks about any injuries you currently have that occurred while playing squash, as well as any you have sustained since June 2020. You will also be asked other questions about yourself and the circumstances

surrounding the injury, to help us to achieve our objectives. The survey should take approximately 15-30 minutes to complete.

#### What are the advantages of taking part?

There may not be benefits to you personally but the information you provide will help us to gain valuable knowledge and insight about the prevalence and incidence of injury in squash and the associated risk factors. The knowledge gained may help to guide improvements to equipment and training methods for competitive players in the future. Taking part may also provide some experience for you in participating in research.

#### What are the disadvantages/risks of taking part?

You would have to allow time to complete the questionnaire. There is a small risk that some people may find questions around the impact of their injury distressing. Protecting your psychological wellbeing is of utmost importance to us, so we have included details of outlets for help and support at the end of this leaflet in case you are feeling distressed.

#### Can I withdraw from the study at any time?

Yes. You can withdraw from the study at any time, and you do not have to give a reason. If you withdraw then we will not contact you again about this project. You can also request for any data that we already have about you to be destroyed if this request is made before the data collection deadline. Withdrawing from this project will not affect you in any way.

#### How will the information and personal data I give be handled?

All information you provide will be kept confidential and will not be shared outside of the project leader and the Principal Supervisor. Your survey responses will remain pseudonymous and will therefore only be associated with a unique Participant ID and not your personal details. Your name and personal details will be stored in a separate password-protected location to your survey data. This would allow us to destroy data held about you should you request this.

All data will be collected via password-protected, secure software platforms at the University of Bradford. Your data will only be accessed by the project leader and the Principal Supervisor, when there is a legitimate reason to access the data.

All data will be processed and stored in compliance with University of Bradford Data Protection Policy and the UK's data protection laws.

Details of your involvement in this project will not be shared with anyone outside of the project team.

Project data will be retained for a minimum of five years after the project has ended. Personal details will be held for up to one year after the study project ends.

For more information on data protection compliance, please visit: <https://www.bradford.ac.uk/data-protection/>

#### What will happen to the results of the study?

The data that you provide will be anonymised in any published work. The results of the project will be presented at conferences and submitted to scientific journals for publication. We will also send you a summary of findings if you wish. It will not be possible to identify you in reports or publications.

### Who do I contact in the event of a complaint?

If you have a complaint about the way you have been dealt with during this project, then this will be addressed. Please use the below contacts:

1. The project leader, Matt Godson [mjgodson@bradford.ac.uk](mailto:mjgodson@bradford.ac.uk) or the Principal Supervisor, Dr Lisa Edwards [l.edwards@bradford.ac.uk](mailto:l.edwards@bradford.ac.uk)
2. University of Bradford ethics committee: [ethics@bradford.ac.uk](mailto:ethics@bradford.ac.uk)
3. Matt Stephenson, University Data Protection Officer (for data protection complaints): [data-protection@bradford.ac.uk](mailto:data-protection@bradford.ac.uk)
4. Information Commissioner's Office: [www.ico.org.uk/concerns](http://www.ico.org.uk/concerns)

### Sources of support

If you feel distressed or would like some other healthcare support, then we advise you to use the resources below:

1. If you are in mental health crisis now, then call 999 emergency services.
2. The Samaritans are available 24/7 to provide confidential support to anyone who needs it by calling: 116 123
3. You can discuss concerns with your doctor who can support mental/physical health or wellbeing problems. You can search the NHS website for GP surgeries in your area: [www.nhs.uk](http://www.nhs.uk)
4. The NHS "Conditions" webpage provides a comprehensive directory of health conditions, symptoms, treatments, and procedures. It serves as a resource for patients and caregivers seeking reliable information on a wide range of medical issues, from minor ailments to chronic diseases. Each condition page includes details on symptoms, causes, diagnosis, treatment options, and when to seek medical advice. You can explore it here: [NHS Conditions](#)

Thank you for taking the time to read this information leaflet. To participate in this project, please click on the link to the electronic survey provided.