

CONFIDENTIALITY AND PRIVACY

All blood samples and health information are pseudonymised. This means that a unique GMI study number is used to label your samples and data, instead of your name or date of birth. The Research Team at the Institute for Sport and Health, UCD are the only individuals who can link your name to the GMI study number.

As part of this study, researchers from Ireland and other countries (EU and non-EU) may access information in the GMI database, to increase the chance of important discoveries. These groups may include University researchers, pharmaceutical or biotechnology research groups and for-profit companies.

Your pseudonymised information may also be used for comparison in other health-related studies undertaken by GMI to help researchers identify genes contributing to multiple health conditions.

WHO IS ORGANISING AND FUNDING THIS RESEARCH?

This study is being organised at the Institute for Sport and Health by both University College Dublin and Genomics Medicine Ireland (GMI). Genomics Medicine Ireland (GMI) is a for-profit life sciences company who undertakes genomic research together with major clinical and commercial partners.

Please read the accompanying Participant Information Leaflet for more detailed information about this research study



What's your Fit Factor?



Investigating the Genomic Basis of Fitness and Health

FOR MORE INFORMATION
about the research study, please contact:

Call: 087 113 2875
Email: genofit@ucd.ie
Drop by: GenoFit Research Clinic
Institute for Sport & Health, UCD



Institute for Sport & Health
www.ucd.ie/instituteforsportandhealth/

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In collaboration with
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WHAT IS THE PURPOSE OF THIS RESEARCH PROJECT?

The purpose of this study is to better characterise and understand the relationship between health and genetics. Our genetic code is like a complete instruction manual containing the information needed to make, run and repair each person. Differences in our genetic code can provide protection against health conditions while others can contribute to our risk of developing health conditions.

This study will involve the collection of fitness and health measurements, lifestyle factors and the full genome sequence for each participant. This will enable us to search for variations in our genetic code that influence our health and fitness levels.

It is hoped that the information obtained from this study will help us to better understand how fitness and lifestyle choices contribute to our health, as well as our underlying genetics.

WHO CAN TAKE PART?

You may participate in this study if you are 18 years of age or older and have the ability to make your own decision about taking part. For the fitness test, you must pass a Physical Activity Readiness Questionnaire.

WHAT WILL HAPPEN IF I VOLUNTEER?

You will be given as much time as necessary to think this over and to ask questions. If you agree to take part in this study, you will be asked to do the following at your appointment:

- ▶ **sign a consent form** (you do this once at the beginning of the study)
- ▶ **complete a short health and life-style questionnaire** (approximately 10 minutes in length)
- ▶ **give approximately 1.4 tablespoons** (approx. 20ml) of blood (only one needle required)
- ▶ **complete a short fitness test** called a Physical Work Capacity test using a stationary bike ergometer and a simple muscle strength test.
- ▶ **allow quantitative measurements** such as external and visceral body fat percentage and bone mineral density to be taken with a total body DEXA scanner (Dual Energy X-ray Absorptiometry)
- ▶ **allow the Research Personnel to take the following measurements** - height, weight, hip and waist circumference, blood sugar and blood pressure levels.

WILL I RECEIVE MY RESULTS BACK?

You will not receive any feedback relating to your genomic results. However, you will be informed of your health measurements (height, weight, hip and waist circumference, blood sugar and blood pressure levels), aerobic fitness results and your DEXA scan results obtained during your appointment. If you wish, you can then make a follow-up appointment as per your usual arrangements with your General Practitioner to discuss your results.



WHAT ARE THE RISKS INVOLVED IN TAKING PART?

The only risks to you are the normal risks associated with taking a blood sample.

Bloods will only be taken by trained people such as a Phlebotomist or Nurse who are experienced in drawing blood.