

Formal, Free and Informed Consent

We are hereby requesting your cooperation in the research project Project that deals with the application / performance and prevention of Physical Therapy at the level of postural habits performance in children aged 9 to 16 years, of the 2nd and 3rd cycle of basic education.

The following project will be carried out in the field of school health under the guidance of Professor Doctor Gustavo Desouza.

Their participation represents an important contribution, not only for the study, but also for the adoption of ideal postures in the activities of daily life and in the school context.

If you agree to participate, you must sign both copies of this document, one of which will be in your possession and the other in the possession of the responsible investigator.

Before you consent, it is important that you read the following information.

1. Procedures

This text briefly describes the objectives of the study, the experimental procedures, the risks and benefits of their participation, and the confidentiality terms of the data collected.

The study has 4 phases, being the first phase of the sample selection, being performed a global characterization of the selected population through the application of personal identification questionnaires, evaluation of musculoskeletal pain in the spine, the postural behavior visible through the questionnaire and the Protocol. Data Collection by Image Collection (Still and Standing Static Photography) and Flexibility Test.

After, in the 2nd phase, will be made a selection of the sample of volunteers, the participants will be subdivided into three groups (experimental videogames, experimental physiotherapy and control), about 40 per school year (5th and 6th year of the 2nd cycle and 7th and 9th primary school), through prior contact and subsequent formal consent by the parents / guardians, will be carried out in the second experimental videogames) with postural intervention applied through videogames built for the purpose, and another through postural education (experimental physiotherapy) to the randomly selected groups and by convenience due to the level of pain presented in the first phase and the other participants, later designated control group, will receive only future questionnaires. The third phase includes the mid-term evaluation performed 6 weeks after the beginning of the intervention and, at the end of the intervention period, in the 4th and last phase, the application of questionnaires and Data Collection Protocol will be performed with the respective data analysis and analysis. final conclusions of the study.

1.1 Risks and discomfort

This study has no invasive methods, nor does it pose any health risks to its participants. However, they may feel some musculoskeletal discomfort due to the practice of specific exercises, which are minimized by the continued participation of the study.

1.2 Abandonment of experience without penalty

Participation in this survey is **VOLUNTARY**, so all participants may give up and withdraw their consent at any stage of the study without penalty or any financial or personal harm.

1.3 Data Confidentiality

All data collected is confidential with collective and anonymous results. Each participant will be identified by a code, assigned by the responsible researcher who will not disclose the personal identification or individual opinion of any of the participants. Image rights will also be reserved and all image and video registrations will be disguised. The results will be used only for academic and scientific purposes.

All expenses for the feasibility of the research and any damages resulting from it will be the responsibility of the researchers.

2. Contacts

For further clarification or questions related to this research you may contact the responsible investigator:

Research project advisor: Gustavo Desouzart - e-mail: gustavodesouzart@gmail.com / 911973370

All researchers who participate in this project are committed to ensuring the confidentiality and anonymity of the participants in this study and all its publications.

Thanks for your collaboration.



(Ph.D. in Human Kinetics and responsible Researcher)

3. Consent Form

I declare that I have become aware of the experimental procedures, objectives, risks and benefits involved in the study conducted by the lead researcher Professor Doctor Gustavo Desouzart, and accept that my student _____ will participate in this study, as a volunteer and I do not object, provided that the conditions of confidentiality of my data, personal opinions and images collected are guaranteed.

I further declare that I will maintain absolute confidentiality and will not disclose to my colleagues or family members the procedures performed, the results obtained or any other information that compromises the results of this study.

Full name of parent or guardian: _____

Signature: _____