Participate in Research

The Relation between Brain Activity and Nutritional Status in Children and Youth

Principal Investigator:
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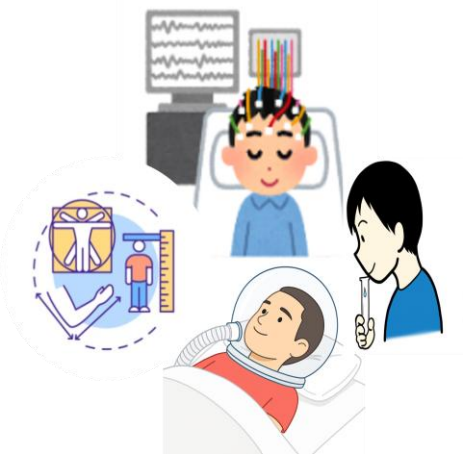
Centre for Leadership:
Applied Innovation



Do you want to help us understand the relationship between brain activity and nutrition in children and youth? Consider participating in this research study.

What is this study about?
This study is about investigating the relation between brain activity and nutritional & metabolic status.

Who can participate?
We are looking to recruit 20 children and youth **with or without disabilities** with the following profile:

- Are 8-24 years of age
- Weighs more than 15 kg (33 lb)
- Can remain still and tolerate fNIRS cap for about 10 minutes
- Can understand English and follow instructions
- Can abstain from food for at least 4 hours prior to session
- Can provide ~ 2 ml of saliva
- Can breathe spontaneously and regularly (no mechanical ventilation, no severe respiratory distress)

What's involved?

- You will attend one Zoom meeting to provide your consent and some demographic information.
- You will record your daily food and supplement intake for three days using the Automated Self-Administered 24-hour (ASA24) Dietary Assessment Tool before the onsite data collection.
- You will attend one onsite session for 90 minutes at Holland Bloorview Kids Rehabilitation Hospital.
- You will be instructed not to eat or drink (except water) for at least 4 hours, and not to chew gum, brush your teeth, or use mouthwash for at least 1 hour prior to the session.
- You will be asked to avoid taking glandular supplements (e.g., adrenal extract, liver, pancreas, spleen, thymus, & thyroid products or any supplement or protein powder containing hormones, and hormone creams for at least 24 hours before saliva collection.
- You will provide your saliva sample.
- Your weight, height, and skinfold thickness will be measured.
- You will lie on your back while wearing a headcap with probes that will record your brain activity during a 10-minute rest period. During this time, a transparent canopy hood will also cover your upper body to measure your resting-energy expenditure.

Potential benefits?
You will help us understand the relationship between brain activity and nutrition. We hope that the information learned from this study can be used in the future to develop a non-invasive nutrition assessment tool.

Potential risks?
The light used in the fNIRS headcap may heat the skin, but the level of heating is very low and safe.

Participants will receive a small token of appreciation and a volunteer hours certificate to thank them for their time to thank them for their time.

TO ASK QUESTIONS OR TO SIGN UP, CONTACT:

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