

UNIVERSITY OF LIMERICK RESEARCH ETHICS COMMITTEE

Risk Assessment Form – Procedures Involving Human Subjects

Procedure No

Title of Procedure

Name of Assessor(s) Assessment Date

Does this procedure already have ethical approval? (Delete as appropriate)

If YES, enter ethical number and expiry date

1 Please provide a brief description of the procedure

The ERAIQ (Emotional Responses of Athletes to Injury Scale) is a 24-part questionnaire designed to establish what the athlete feels, thinks and does in relation to injury. It will be used in pre and post-intervention assessments as a guide during interview of the athlete.

2 Location in which the procedure may take place

3 Eligibility of subject(s) to be used

4 Potential risks. To be explained before obtaining consent

5 Action to be taken in the event of an foreseeable emergency

No foreseeable emergency is expected as a result of this questionnaire.

6 Level of supervision required for procedure

- PESS lecturing/research staff
- PESS postgraduate researcher
- PESS undergraduate students (4th year)

7 Other documentation required for this assessment?

- Pre-test subject questionnaire
- Scoring for ERAIQ
- Informed consent form

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8 Approval of procedure

Others, please specify

Comments/conditions

Signed: _____ Date: _____

(Head of Department)

The Emotional Response of Athletes to Injury Questionnaire (ERAIQ)

Name: _____ Age: _____ Date: _____
 Address: _____ Clinic: _____
 City: _____ State: _____ Zip: _____ Height: _____ Weight: _____
 Telephone: Home: _____ Business: _____ Date of Birth: _____
 Interviewer: _____

1. If you could be anything you wanted in life, what would that be? _____
2. List in order of preference the sports and activities you participate in: _____
3. What are your reasons for participating in sport? Rank 10 = high, 0 = low (in declining order of importance):
 Stress management _____ Competition _____ Socialisation _____
 Pursuit of excellence _____ Fitness _____ Personal improvement _____
 Fun _____ Self-discipline _____ Outlet of aggression _____
 Weight management _____ other (i.e. well being) _____
4. Would you describe yourself as an athlete?
 1 _____ 2 _____ 3 _____ 4 _____ 5 _____
 (Absolutely not) (Absolutely yes)
5. What specific goals do you have in sport? _____
6. Have they changed since the injury? _____
7. What is the nature of your injury? _____
8. What sport were you injured in? _____
9. When did the injury occur?
 Before season _____ mid-season _____ end-season _____
10. Are you encouraged in sport by significant others? Yes _____ no _____
11. Do you interpret this support as: pressure _____ reluctant support _____ just right _____
12. Who exerts the most pressure? Self _____ mother _____ father _____
 Coach _____ other _____
13. How much time (in hours) per week were you spending at sport practice and competition before injury?
 0-2 _____ 3-5 _____ 6-10 _____ 11-15 _____ 16-20 _____ 21-25 _____ 26-30 _____ 31+over _____
14. Were you under any recent stress (change)? Yes _____ No _____
 If yes, what? _____
15. How have you been feeling emotionally since the injury? _____
16. How would you rank these emotions in significance as to how you're feeling now because of the injury? Rank 10 = high, 0 = low
 Helpless _____ Angry _____ Frightened _____
 Tense _____ Frustrated _____ Optimistic _____
 Bored _____ Shocked _____ In pain _____
 Depressed _____ Discouraged _____ Relieved _____
 Other, please describe _____
17. What percentage of recovery have you made to your pre-injury status: tick one:
 10% _____ 20% _____ 30% _____ 40% _____ 50% _____ 60% _____ 70% _____ 80% _____ 90% _____ 100% _____
18. When is your estimated date of return to sport? _____
19. Do you have fears about returning to sport? _____ If so, what are they? _____
20. Do you plan to return to the same sport in which you were injured? Yes _____ No _____
21. Are you a motivated person for exercise? (1=not at all, 10 = extremely)
 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9 _____ 10 _____

22. What is your current rehabilitation programme: exercises _____
_____ Times per week _____
23. Are you able to work out on any other exercise equipment or modalities? _____
24. Do you have a strong family support system or close friends who know about your injury? _____
