

Participant Information and Consent Form

Study Title

Experiences in Equestrian Sport for Riders with ADHD

Invitation to Participate in Study and Allow Use of Data Collected

My name is **[REDACTED]**, I am currently undertaking **[REDACTED]** at Hartpury University, and I would like to invite you to take part in a research study.

Before you decide, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and discuss it with others if you wish. Please do not hesitate to contact me or ask any questions if any of the information is unclear. Please take your time to decide whether or not you wish to take part. Thank you for your time in considering my study.

Purpose of the Study

This study aims to understand the experiences of riders with ADHD and their motivations for participating in equestrian sports. You will be asked in a one-to-one interview to discuss your experiences being involved with the equestrian sector and how you feel to be a part of this community. You will also be asked to discuss the benefits and challenges of being a rider with ADHD, and your motives to participate within horse riding.

Do you have to take part?

It is up to you to decide whether to take part in this study. If you do decide to take part, you will be given this information sheet to keep and be asked to sign the consent form attached to this document. If you decide to take part you are still free to withdraw without giving a reason up to when the data has been analysed **[REDACTED]** by contacting the research team.

If you take part, what will you have to do?

- You can participate in this study from a location of your choice. The interview will take place on Microsoft Teams.
- All information and experiences shared will be kept confidential. All participants in this study will be anonymous.
- A mutually convenient date and time for the interview will be agreed between the researcher and the participant.
- The interview should be no longer than 1 hour.
- The interview will be audio and video recorded to allow for transcription and analysis of the data.
- Once you are ready the researcher will ask you some questions about yourself and your experiences as a rider with ADHD.
- During the interview you have the right to ask any further questions about the process, questions being asked, or the outcome of the data collected.

- Once the researcher has asked all their questions, they will ask you if there is anything else you would like to add. This is an opportunity for you to provide your insight to topics relating to the research area that the researcher may not have asked you about.
- Once you are happy that you have provided all the relevant information that you would like the interview will be over.

Possible risks of participation:

The psychological risk of participation is stress, anxiety or emotional discomfort invoked by discussing experiences of ADHD as a rider.

If you feel that you have been impacted by anything discussed within the interview, I recommend seeking professional support using some of the resources provided below:

- Local GP: <https://www.nhs.uk/service-search/find-a-gp>
- Mind: <https://www.mind.org.uk/>
- Riders' minds: <https://ridersminds.org/>

Possible benefits of participation:

Your involvement will help to gain understanding of the experiences of riding with ADHD.

Participation in this study will help to develop industry resources designed to raise awareness and increase understanding of riders with ADHD as well as increasing support for these individuals.

What if something goes wrong?

If you are unhappy at any stage of the study please contact my supervisor, **[REDACTED]** at Hartpury to raise your concerns.

You are also free to withdraw from the study up to the designated point of withdrawal **[REDACTED]** without giving a reason by contacting me **[REDACTED]**, or my supervisor **[REDACTED]**,

Confidentiality

All information which is collected about you during the course of the research will be kept securely with the researcher. Any information which enters the public domain will be anonymised so that you cannot be recognized from it.

What will happen to the results?

The results will be presented as my dissertation and a paper and electronic copy will be kept at Hartpury; additionally I aim to publish the research in an appropriate journal.

What to do next?

I sincerely hope that you may be willing to participate in my research. Please complete the attached consent form if you wish to continue with the research.

Thank you for taking the time to read this information sheet.

Participant Consent Form

Study Title: **Sport Participation and Identity in Riders with ADHD**

Participant Name/s:	
Address:	
Contact number/s:	
Email address:	

Age	
Gender	
Years experience in riding	
Are you formally diagnosed with ADHD?	Yes / No (delete as appropriate)
ADHD Type	Inattentive/ Hyperactive/ Combined Type / Unsure
What type of diagnosis do you have?	Medical / Educational / Self-Reported* (delete as appropriate)
(If medical/educational) When where you diagnosed?	
(If self-reported) When did you first feel you identified yourself with ADHD?	

*If you have selected self-report, please complete the Adult ADHD Self-Report questionnaire attached on the next page.

I in the capacity as the individual listed, hereby give my permission for **[REDACTED]** and associates to undertake an interview discussing my experiences as a rider with ADHD.

In addition to granting consent for participation in this research, I also grant consent for the data obtained from this to be used and analysed over the course of the research study.

I understand that data collected will be coded to ensure anonymity and I have the right to withdraw from the study before **[REDACTED]**

I am aged over 18 years.

Signature: _____

Please print name/s: _____

Date: _____

Thank you for your participation in my research.

Adult ADHD Self-Report Scale Questionnaire

Please complete the following questions by marking an X in the box that most closely represents the frequency of occurrence for each of the questions:

	Never	Rarely	Sometimes	Often	Very often
1. How often do you have trouble wrapping up the final details of a project once the challenging parts have been done?					
2. How often do you have difficulty getting things in order when you have to do a task that requires organisation?					
3. How often do you have problems remembering appointments or obligations?					
4. When you have a task that requires a lot of thought, how often do you avoid or delay getting started?					
5. How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?					
6. How often do you feel overly active and compelled to do things, like you were driven by a motor?					
7. How often do you make careless mistakes when you have to work on a boring or difficult project?					
8. How often do you have difficulty keeping your attention when you are doing boring or repetitive work?					
9. How often do you have difficulty concentrating on what people say to you, even when they are speaking directly to you?					
10. How often do you misplace or have difficulty finding things at home or at work?					
11. How often are you distracted by activity or noise around you?					
12. How often do you leave your seat in meetings or other situations in which you are expected to remain seated?					
13. How often do you feel restless or fidgety?					
14. How often do you have difficulty unwinding and relaxing when you have time to yourself?					
15. How often do you find yourself talking too much when you are in a social situation?					
16. When you're in a conversation, how often do you find yourself finishing the sentences of the people you are talking to, before they can finish them themselves?					
17. How often do you have difficulty waiting your turn in situations when turn taking is required?					
18. How often do you interrupt others when they are busy?					