



Most brain research for people with Cerebral Palsy (CP) focuses on early brain development. More research is needed to understand how the brain changes through the teenage years and into adulthood.

The **MyStory Project** will study physical health (fatigue and pain), mental health (anxiety and depression), chronic stress and overall well-being in adolescents and young adults with CP between the ages of 13-30.

If I decide to participate, what will I be asked to do?

Complete surveys and send in a sample of your hair for analysis (from home)

A package will be mailed to you with instructions to complete online or paper surveys about your experiences related to anxiety, depression, fatigue, quality of life, pain, family functioning, etc. You will also be provided instructions on how to submit a sample of hair (~50 strands) to McMaster. We are looking at how these things are changing over time. We will ask you to do this 3-4 times (approximately once every year). You will receive a \$20 gift card for each year you participate.

If you are 13-30 years old, have CP, and are interested in participating or if you have questions, please contact the research assistant:

Phone: 905-525-9140 ext. 27854 Email: hopmansn@mcmaster.ca



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