



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.

### Research Study:

#### 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 describing how 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 interested to see how these qualities are changing over time. We will ask you to complete the package 4 times (twice in the first year, and then once per year for two years).

You will receive a \$20 gift card for each set of surveys that you complete.



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

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