

Project Title: **Measure More, Miss Less: A Community-Based Blood Pressure Screening Program in Canada 2026**

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What is a research study?

A research study is a way to find out new information about something. Children do not need to be in a research study if they don't want to.

Why are you being asked to be part of this research study?

You are being asked to take part in this research study because we are trying to learn more about high blood pressure in children. Sometimes, our blood can push a little too hard against the walls of our tubes (arteries) that carry it around. We are asking you to be in the study because some people have a tendency for their blood to push a little harder in their bodies. About 45 children will be in this study.

If you join the study what will happen to you?

- We will ask you a few questions about your health and your hobbies.
- We will check how hard your heart is pumping, with a little squeeze on your arm to see how strong your blood is flowing.
 - A band, called a cuff, will be placed around your arm.
 - The cuff will be puffed up, making your arm feel a little squished, but it won't hurt.
 - The cuff will be deflated slowly, and then a number on a machine will tell us how strong your blood is flowing.
 - Checking this pressure helps us make sure everything is working okay in your body.

We want to tell you about some things that will happen to you if you are in this study.

- You will be in the study for today only.
- We will ask you some questions about your health and your hobbies.
- We will check your blood pressure.

Will any part of the study hurt?

We will check your blood pressure with a little squeeze on your arm to see how strong your blood is flowing. Your arm might feel a little squished, but it won't hurt.

Will the study help you?

If we find out that your blood pushes too hard on the walls of your tubes (arteries), we will recommend something to make it better.

Will the study help others?

This study might find out things that will help other children with high blood pressure someday.

What do you get for being in the study?

You will not get anything for participating in this study.

Do you have to be in the study?

You do not have to be in the study. It's up to you. No one will be upset if you don't want to do this study. If you join the study, you can change your mind and stop being part of it at any time. All you have to do is tell us. It's okay, the researchers and your parents won't be upset.

What choices do you have if you say no to this study?

You do not need to be in the study to have your blood pressure checked. This study is extra, so if you don't want to do it nothing else will change.

Do your parents know about this study?

This study was explained to your parents, and they said that we could ask you if you want to be in it. You can talk this over with them before you decide.

Who will see the information collected about you?

The information collected about you during this study will be kept safely locked up. Nobody will know it except the people doing the research.

The study information about you will be given to your parents. The researchers will not tell your friends or anyone else.

What if you have any questions?

You can ask any questions that you may have about the study. If you have a question later that you didn't think of now, either you can call or have your parents *call Dr. Stephanie Gysel at 587-879-2997*.

Other information about the study.

- If you decide to be in the study, please write your name below.
- You will be given a copy of this paper to keep.

Yes, I will be in this research study.

No, I don't want to do this.

Child's name

Signature

Date

Person obtaining Assent

Signature

Date