



Supporting Toddlers with a family connection
to autism or ADHD to develop strong
Attention, Regulation and Thinking skills

START Feasibility Trial: Heart Rate Measurement Participant Information Sheet

Ethics approval reference: R67115/RE001



During the study we would like to measure your child's heart rate. This is a useful indicator of attention and engagement – in other words, how interesting children find our games, and how much they are concentrating.

You may have seen doctors in hospitals or on television taking ECG (electrocardiography) readings of the electrical activity of the heart. We are doing a similar thing here using a portable wireless system. We place sticky sensors on your child's chest. These stickers have been approved for use with even newborn babies and should not cause any irritation but do let us know if your child has eczema or some other skin complaint, and we will avoid this area.

Heart rate monitoring is completely safe and non-invasive. If you are happy for us to proceed with this part of the study, this is what will happen: First we will stick 2 sensors on your child's chest. Then we will clip the recording device to the sensors where it will sit under your child's clothes during the rest of the session.

Generally, toddlers are quite happy having the sensors on, but if your child becomes upset or uncomfortable at any point, we can take them off straight away. The sensors are like mildly sticky plasters which we gently peel off using a spray to remove the stickiness when we have finished the recording.

If you have any questions, please don't hesitate to ask.