Cover Page

Title:

The Neurocognitive Effects of Extended-Release Methylphenidate in Healthy Adults: A Review and Placebo-Controlled Randomized Controlled Trial

NCT Number: Not yet assigned

Date:

28 July 2026

Appendix D: Informed Consent (Adult participants)

The University of the Witwatersrand Centre for Exercise Science and Sports Medicine

Study Title: *Methylphenidate: Physiological, neurocognitive, balance, and physical performance effects*

- I hereby confirm that I have been informed by the study primary investigator, Demitri Constantinou, about the nature, conduct, benefits and risks of the clinical study: *Methylphenidate: Physiological, neurocognitive, balance, and physical performance effects*. I have also received, read and understood the Participant Information Leaflet regarding the study.
- I am aware that the results of the study, including personal details regarding my sex, age, date of birth, initials and diagnosis will be anonymously processed into a study report.
- In view of the requirements of research, I agree that the data collected during this study can be anonymously processed in a computerised system by the primary researcher Demitri Constantinou
- I may, at any stage, without prejudice, withdraw my consent and participation in the study. This will in no way affect the medical care I may be receiving for Attention Deficit Hyperactivity Disorder (ADHD)
- I have had sufficient opportunity to ask questions and (of my own free will) declare myself prepared to participate in the study.
-

PARTICIPANT:

Printed Name: _____Signature: _____

Date: _____

PRINCIPAL INVESTIGATOR

I, Demitri Constantinou, herewith confirm that the above participant has been fully informed about the nature, conduct and risks of the above study.

Signature: _____

Date: _____