

A SINGLE SESSION OF POLE DANCE REDUCES BLOOD PRESSURE IN
WOMEN

Document date: 22/07/2022

INFORMED CONSENT FORM
FEDERAL UNIVERSITY OF SANTA CATARINA
DEPARTMENT OF PHYSICAL EDUCATION
SPORTS CENTER
BACHELOR'S DEGREE IN PHYSICAL EDUCATION

INFORMED CONSENT FORM

“BLOOD PRESSURE RESPONSE AFTER A POLE DANCE SESSION IN FEMALE PRACTITIONERS”.

We would like to invite you to voluntarily participate in the Final Course Project of student Giulia Pereira Cavaleiro, under the guidance of Prof. Dr. Aline Mendes Gerage, from the Physical Education course, Sports Center, Federal University of Santa Catarina. The research is titled “BLOOD PRESSURE RESPONSE AFTER A POLE DANCE SESSION IN FEMALE PRACTITIONERS” and will be conducted at the Regiane Rosso Pole Studio, located in the city of Florianópolis-SC. If you decide to participate in the study, you will need to be aware of the potential risks and benefits and confirm your participation through this informed consent form.

This document clarifies the study you wish to participate in. If you have any questions, please feel free to contact the team responsible for conducting the study, and we will clarify your doubts. This research is based on Resolution 466/2012 of the National Health Council, and the researchers are committed to complying with all its items.

The objective of this research is to evaluate the acute blood pressure response after a pole dance session in women who practice the modality. There is still little research involving the topic of pole dance, requiring more investigations into the effects of the modality on body physiology and its benefits. Furthermore, it is known that this practice has characteristics that indicate a strong potential to influence blood pressure, such as increased handgrip strength. If the hypotensive effect of a pole dancing class is proven, the modality could be indicated as an alternative in the prevention and treatment of hypertension. That said, your participation is very important.

Your participation would take place through two visits to the Regiane Rosso Pole Studio, on alternate days, with each session lasting approximately two hours. The date and time of the visits will be scheduled according to the availability of both (researcher and participant), preferably between April 2023 and June 2023. On your first visit, all the procedures to be carried out will be explained in detail, anthropometric measurements (height and weight) will also be collected, and you will answer a questionnaire regarding your sociodemographic and health information (anamnesis). After this, you will be referred to the experimental session or the control session, depending on the randomization of the order of the sessions, which will be done by a researcher with no relation to the data collected.

In the experimental session, you would participate in a pole dance class lasting 60 minutes, while in the control session, you would remain at rest without performing any type of physical exertion. It is important to emphasize that your participation is required in both sessions (experimental and control), only the order in which they are performed will be randomly selected. In both sessions, blood pressure will be measured at five different times using a digital sphygmomanometer. These measurements will be taken before the start of the session, immediately after the session, and 15, 30, and 45 minutes after the session.

Your participation is entirely voluntary, and you may refuse or even withdraw from participating at any stage of the research without incurring any burden or loss to you. There is no financial compensation or cost related to this research, and you will be reimbursed if you incur any recurring expenses from participating in this study. Furthermore, in the event of any material or immaterial damages arising from the research, you will be entitled to compensation as stipulated by current regulations.

The information obtained in this research will be analyzed together with that of other participants, and your identity will not be disclosed at any time, thus guaranteeing the confidentiality of the data. Even if unintentional, there is a possibility of breach of confidentiality. The researchers involved in this study will take the necessary steps and make every effort to prevent this from happening. You are also guaranteed the right to withdraw from the study at any time without any prejudice, and any information or questions will be clarified at any point during the study.

You will not receive any benefit from participating in this research, although it is expected that the practice of pole dancing will promote, in a single session, hypotensive effects on blood pressure, demonstrating clinical importance in the prevention or treatment of hypertension, being beneficial to the cardiovascular health of practitioners, including you.

This study may present physical risks to you, considering that the modality practiced during the session is subject to falls, skin discomfort, bruising, among other risks inherent to the practice of physical exercise, but nothing different from what you are used to as a practitioner of the modality. In addition, in case of any occurrence during the data collection, there will be a

team prepared to offer assistance and take appropriate measures for your safety and health. This study may also present risks related to stress considering the excessive time you will spend at rest for blood pressure measurements. However, the research team is willing to listen to you and continue the research only with your permission if you so wish.

This document is written in duplicate and must be initialed on all its pages by you and the responsible researcher and signed at its completion. One copy will remain with you, guaranteeing all your rights as a research participant, as well as contact information and procedures performed, so keep it safe.

If you have any questions or need further clarification on the ethical issues surrounding the research, you can contact the Research Ethics Committee Involving Human Beings (CEPSH-UFSC), located in the Reitoria II Building, 4th floor, room 701, at Rua Desembargador Vitor Lima, nº 222, Trindade, Florianópolis, Contact phone number: (48) 3721-6094. We clarify that CEPSH is an interdisciplinary, deliberative, consultative and educational collegiate body, linked to the Federal University of Santa Catarina, created to defend the interests of research participants in their integrity and dignity and to contribute to the development of research within ethical standards. For other questions about the research, you can contact the responsible researcher.

CONTACT INFORMATION OF THE RESPONSIBLE RESEARCHER:

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Under these terms, and considering myself free and informed about the nature and objective of the proposed study, I consent to my voluntary participation, affirming that I have read and clarified all doubts with the responsible researcher.

Full name: _____

Signature: _____

Signature of the responsible researcher: _____

Date of signature: Florianópolis, ____ of _____ of _____.