



Participation Invitation Letter for a Research Study

Dear invitee,

My name is Munseef Sadaqa, I am a doctoral student at the Doctoral School of Health Sciences of University of Pécs. I am kindly requesting your participation in a doctoral research study that I am conducting with the supervision of Dr. Hock Márta and Dr. Prémusz Viktória; members of the Doctoral School of Health Sciences at University of Pécs. The study titled: Effectiveness of Multicomponent Exercise Programme on Fall Incidence and Physical Health Outcomes Among Elderly Nursing Homes Residents in Hungary.

The study's goal is to assess the effectiveness of exercises in improving older adults' musculoskeletal strength, balance and mobility, reducing or preventing falls and falls-related injuries, enhancing or maintaining functional independency, promoting physical activity as well as improving quality of life and wellbeing.

The study follows intervention method; that upon agreeing in participating in the study, participants will be divided into two groups. One group will participate in a 12-week exercise programme consisting of strengthening, balance, and mobility interventions. The second group will keep their own daily routine and not participating in any exercise intervention. All participants will be tested using some measures related to the study. Tests will be conducted pre- and post- intervention. Additionally, the study involves completing sociodemographic questionnaire that also includes general information on current health status, previous illnesses, and habits.

After the study is completed, participants in both groups will be informed about the findings and recommendations of the study. Recommendation on practice will be shared with health care workers at the nursing home as well.

Participation is completely voluntary and anonymous, and you may withdraw from the study at any time without any cost and this would not affect care, services, or benefits to which you are entitled. There is no cost for participating in the study, neither the participants will be compensated for participation in this study. All data we collect, and you provide will be coded, kept confidential and saved securely and anonymously without any identifying information; from which statistical analysis will be performed, and no one other than people involved in this study or future studies will have access them. Findings, records and observations found during the study will be merely used for scientific research, educational and presentation purposes.



PÉCSI TUDOMÁNYEGYETEM

*Egészségtudományi Kar
Egészségtudományi Doktori Iskola*

After reading the participation invitation letter above and if you would like to participate in the study, please indicate your consent and sign below.

Thank you for your time and participation.

Sincerely,

Munseef Sadaqa, Doctoral student, Doctoral School of Health Sciences, University of Pécs.
Email: munseef.sadaqa@etk.pte.hu

CONSENT

Name:

I have read and I understand the provided information and have had the opportunity to ask questions. I understand that my participation is voluntary and that I am free to withdraw at any time, without giving a reason and without cost. I understand that I will be given a copy of this consent form.

I voluntarily agree to participate in this research programme

☐ **Yes**

☐ **No**

Date:

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Signature