CONSENT FORM

Title:  Is resistance training beneficial or a risk to eye health?

Investigators:
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This form will be held for a period of six years.

1. I have read and I understand the information sheet for volunteers taking part in this study, which investigates the effect of resistance training on intraocular pressure (IOP)
2. I have had the opportunity to ask questions and I am satisfied with the answers that I have been given.
3. I have had sufficient time and the opportunity to discuss this project with Family/Whanau or a friend to help me ask questions and understand the study.
4. I understand that taking part in this study is voluntary (my choice) and that I may withdraw from the study at any time.
5. I understand that my participation is confidential and that no material that could identify me will be used in reports on this study.
6. I understand that data from this study will be stored securely and that the data will be destroyed after 6 years.
7. I have had time to consider whether to take part.
8. I understand that this study involves imaging of my both eyes with Icare Tonometer and Optical Coherence Tomography (OCT), which are non-invasive clinical imaging modalities
9. I know whom to contact if I have any questions about the study.
If you would like to receive a Summary of Results, please include your email address here___________________________.

I hereby agree to take part in this research.

Signed: ________________________________

Name (please print): ________________________________

Date: ________________________________

Approved by the University of Auckland Human Participants Ethics Committee on 14-Feb-2019 for three years, Reference Number 022578