

Musculoskeletal disorders in selected occupational groups A case study in the music industry

We are exploring musculoskeletal disorders in musicians. These disorders include pain, weakness, pins and needles, and numbness.

As part of this research, we are inviting South Australian musicians who are employed as performers (instrumental, vocal and/or conducting), instrumental or vocal teachers, and **university music students and staff**, as well as members of the Musicians' Union of Australia and Music Teachers' Association of South Australia to participate.

It is anticipated that this research may lead to recommendations which will help reduce the frequency musculoskeletal symptoms and the impact of these symptoms for musicians, and potentially other occupational groups. There will be no direct benefits for participants.

Other than the time taken to complete this questionnaire, there are no foreseeable risks or harms.

The questionnaire is available online from https://www.surveymonkey.com/r/Musculoskeletal_ElderCon2 or by scanning the QR code below. If you would prefer to complete a paper version of this questionnaire, please contact Jessica Stanhope (jessica.stanhope@adelaide.edu.au, Ph: 08 8313 1985) so that this can be sent to you, or you can collect a copy from the Elder Conservatorium Office, Level 2, Schulz Building. Please only complete the questionnaire once. The questionnaire takes approximately 15-20 minutes to complete, and those who complete and submit the questionnaire **by June 10, 2016** will go into a **DRAW FOR A \$250 GIFT CARD, OR ONE OF FIVE \$50 GIFT CARDS**. To go into the draw you must provide an email address or phone number must be provided. This will be removed from the questionnaire as soon as possible, to protect your anonymity.

Who is conducting the research?

This research is being conducted by Jessica Stanhope. This research will form the basis for the degree of PhD at the University of Adelaide under the supervision of Prof. Dino Pisaniello, Prof. Philip Weinstein and Dr. Rebecca Tooher.

Confidentiality and privacy

Once you complete the questionnaire, it will be collected by one of the researchers. All contact details provided will be removed from the questionnaire as soon as possible, and only the research team will have access to this. Following the prize draw all contact details supplied for this purpose will be destroyed. The contact details of participants wanting a summary of the research findings will be destroyed once these findings have been provided.

All electronic data will be stored on The University of Adelaide's server in password protected folders. Only the research team will have access to this data. Paper questionnaires will be stored securely within a locked filing cabinet, in a locked office within The University of Adelaide. These will also be scanned, and all data will be entered onto the computer to allow for analysis, and will be stored on The University of Adelaide's server in password protected folders. All data will be retained for five years following publication.

It is anticipated that results will be presented at conferences, in published papers, and within a PhD thesis. All data will be aggregated so that the identity of participants cannot be determined; thus protecting your privacy and confidentiality.



Consent and complaints

Participation in this project is completely voluntary. By completing and returning the questionnaire you are providing consent to be involved in the study. As this is an anonymous survey, you will not be able to withdraw your data once it has been submitted, unless you have provided your contact details for participating in future research, in which case you will only be able to withdraw up until data analysis has commenced. Non-participation or withdrawal from the study will not impact upon study or employment.

The study has been approved by the Human Research Ethics Committee at the University of Adelaide (approval number H-2015-279). If you have questions or problems associated with the practical aspects of your participation in the project, or wish to raise a concern or complaint about the project, then you should consult the Principal Investigator. Contact the Human Research Ethics Committee's Secretariat on phone +61 8 8313 6028 or by email to hrec@adelaide.edu.au. If you wish to speak with an independent person regarding concerns or a complaint, the University's policy on research involving human participants, or your rights as a participant. Any complaint or concern will be treated in confidence and fully investigated. You will be informed of the outcome.

Returning your paper questionnaire

Questionnaires can be returned to Jessica Stanhope directly, via the supplied reply-paid envelope, or by placing your completed questionnaire in the box marked 'Musicians Musculoskeletal Health Questionnaire' in the Elder Conservatorium Office (Level 2, Schulz Building).

Future research

As part of this project it is anticipated that interviews will be conducted with musicians. If you indicate your interest in participating in these interviews on the final page of the questionnaire, you may be conducted by the research team at a later date. A gift card will be offered to those participating in the interviews.

If you have any questions regarding the project, please contact one of the researchers.

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