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**Participants needed to share experiences of physical activity**

AUT is currently conducting a narrative study to explore the experience of physical activity of those people living with Multiple Sclerosis (MS), and in what ways you keep active and why. The research will be proactive in nature and capture information about positive habits.

The information you share will help design, prescribe, promote, and deliver physical activity programmes and support services that meet the needs and challenges of those with MS and to maximise their health outcomes.

The findings of this research may be used for academic publications and presentations.

If you are a person with MS, you have not been recently diagnosed with MS and your MS is stable, you are physically active and not undertaking any structured rehabilitation programmes you may be eligible to take part.

The level of physical activity you need to participate includes daily activities, completing household chores, engaging in participatory activities with others and self-transportation like walking and wheeling.

You will be asked to attend a one-on-one interview about your experience with physical activity (either in person at an AUT campus or online) and it will take approximately 1 hour. Your travel costs will be compensated, and you will receive $25 by way of koha.

Your participation in this research is voluntary (it is your choice) and you can withdraw from the study at any time.

This study has ethical approval from the Auckland University of Technology Ethics Committee

If you are interested in taking part, please contact:

**Debbie Skilton**

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**Approved by the Auckland University of Technology Ethics Committee on 9 June 2022, AUTEC Reference number 22/101.**