



SCIENCE
DEPARTMENT OF
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Dear Sir/Madam,

Thank you for agreeing to distribute our research survey titled "Physical Activity Motivators and Benefits in People with Cervical Dystonia (CD)". The study is an online questionnaire consisting of different scales to measure aspects of motivation for physical activity and exercise in people living with CD. There is also an opportunity to participate in an interview with the researchers. People are eligible to participate if they are over the age of 18 years, have been diagnosed with CD by a neurologist and regularly engage in exercise or physical activity. The criteria for exercise is at least 2 ½ hours of moderate or 1 ¼ hours of vigorous physical activity spread throughout the week. The survey takes about 45 minutes to one hour to complete.

The link to the survey can be found here:

https://auckland.au1.qualtrics.com/jfe/form/SV_2aeVmCOIOmfJTMh

Thank you for distributing the survey via your newsletter, email list and social media accounts.

Kind regards,

Lynley Bradnam



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Approved by the University of Auckland Human Participants Ethics Committee on 2 October 2019 for three years. Reference number: 023636