

Medical after-care survey.

Dear Footballer,

You are being invited to take part in a research study investigating a medical after-care programme in Academy footballers. Before doing so, it is important for you to understand the purpose of the study, what will be asked of you, and how your information will be used. Please take the time to read the text below and if you have any further questions or queries, do not hesitate to get in contact with [redacted]

**Purpose of the Study:** Moving clubs can be a stressful time for Academy footballers, with lots of uncertainty. Currently, there is no guidance for medical staff as to how they can support this transition to improve the experience for players who are leaving the Academy. Through sharing key medical information and resources with players leaving the Academy, it is hoped that this will improve the experience for everyone. The aim of this study is to assess this approach, and whether it improves the experience for departing Academy players.

**Why have I been invited?:** You have been asked to take part in this study as you are a former Academy footballer who played with [redacted] during the 2022/23 season. Sharing your experience may help to improve medical care for current and future Academy players, and pave the way for further research in this area.

**Do I have to take part?:** Participation in this study is completely voluntary. If you decide that you wish to participate, we will ask you to agree via a short consent form below.

**What do I have to do if I choose to take part?:** Please answer the questions honestly. The survey is designed to take less than 5 minutes.

**What will happen with my information?:** All information shared with us will remain confidential and shared only amongst the investigators of this study. You may withdraw at any point during the questionnaire.

**What are the possible disadvantages and risks of taking part?:** There are no associated disadvantages or risks of partaking in this survey, apart from the time taken to complete it.

**What are the possible benefits of taking part?:** Your participation in this study will help to shape future policy for medical after-care in Academy footballers.

**What if I have concerns?:** If you have any concerns about the survey or its content, then please inform the principal investigator at your earliest convenience using the contact details stated above.

**Who is organising and funding this research?:** No funding has been provided for this study. This study is being conducted by the [redacted] medical team. Ethical Approval for this study has been granted by University of Amsterdam.

Please tick all of the boxes below if you agree with the statements and wish to partake in this study. Otherwise, we thank you for your time and you may close this without continuing.

- 1. I confirm that I have read and understood the information stated above.
- 2. I confirm that I have had the chance to ask any questions and these have been answered fully.
- 3. I understand that my participation is voluntary and I am free to withdraw at any point whilst completing the survey.
- 4. I consent to take part in the above study.

Survey:

1. Name:
2. Date of Birth:
3. Did you receive your medical after-care package from [redacted]? YES / NO
4. I felt satisfied that my medical information was shared with me:

Strongly Disagree / Disagree / Neither Agree nor Disagree / Agree / Strongly Agree

5. I feel more prepared for my next career steps considering the medical after-care information that has been shared with me:

Strongly Disagree / Disagree / Neither Agree nor Disagree / Agree / Strongly Agree

6. Having the medical after-care information at hand will be useful for any prospective football clubs who I go on trial with or sign for:

Strongly Disagree / Disagree / Neither Agree nor Disagree / Agree / Strongly Agree

7. I felt satisfied that my medical information has been shared with my General Practitioner (GP):

Strongly Disagree / Disagree / Neither Agree nor Disagree / Agree / Strongly Agree

8. I am aware of who I can contact at [redacted] should I have any Medical or Player concerns upon leaving:

Strongly Disagree / Disagree / Neither Agree nor Disagree / Agree / Strongly Agree

9. Based on the medical after-care information provided to me, I am aware of where to seek help should I have any mental health concerns:

Strongly Disagree / Disagree / Neither Agree nor Disagree / Agree / Strongly Agree

10. Based on the medical after-care information provided to me, I am aware of options to explore should I wish to pursue a career unrelated to playing football:

Strongly Disagree / Disagree / Neither Agree nor Disagree / Agree / Strongly Agree

11. The individual key medical recommendations I received were useful and relevant to my personal health and wellbeing:

Strongly Disagree / Disagree / Neither Agree nor Disagree / Agree / Strongly Agree

12. I am aware of when my next cardiac screening should take place:

Strongly Disagree / Disagree / Neither Agree nor Disagree / Agree / Strongly Agree

13. I would recommend that all Academy players receive a medical after-care package upon leaving their club:

Strongly Disagree / Disagree / Neither Agree nor Disagree / Agree / Strongly Agree

14. Do you have any recommendations for how this medical after-care intervention can be improved?

(Free-text box)