



## Is MS impacting your everyday life?

If you are over 18 years old, this study may be for you.

# Virtual Reality Exergaming: An MS rehabilitation study

We're looking for adults  $\geq 18$  years with multiple sclerosis to explore your views/perceptions about using virtual reality (VR) exergaming (exercise with VR games) to improve your physical function and cognition.

This research seeks to explore participants' priorities to design more participant-oriented methods of rehabilitation.

Participants will be asked to participate in:

- 1 individual interview
- A VR gaming experience during your first interview
- 1 group interview

Participant will receive:

- Small koha of a \$10 voucher for participating in each of the individual interview and the focus group

You'll receive 2 vouchers if participate.

The study has received ethical approval from the University of Canterbury Human Research Ethics Committee.

### Location

- The first in-person interview and VR exergaming experience is available at the **UC Campus**.
- Your second interview can be in-person or virtually by Zoom or Skype.

### Are you eligible?

- Experience multiple sclerosis
- $\geq 18$  years
- Able to walk 300m unassisted without resting
- Normal vision
- No MS attacks in the last 3 months
- Lack of other chronic medical illnesses
- You do not need to have prior experience of virtual reality

To participate, or if you're unsure if you meet the requirements call or email:

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