

Would you like to take part in our Research on Mental and Physical Fitness in Older Adults

We would like to invite you to take part in a research project that is done as part of a Master's Degree in the Department of Psychological Sciences, Birkbeck University of London.

The purpose of this study is to investigate how people's physical fitness is related to their mental abilities such as memory and attention.

If you agree to participate you will be asked to complete questionnaires about:

- Your physical abilities, your leisure activities and general health
- Your everyday memory abilities

In addition, we will conduct computerised tasks that provide some insight in your attention and memory abilities. To measure physical fitness, we do short tests measuring the strength in your hands and legs and your pulse rate while you are relaxing

The study will take about 1.5 hours and you will receive **£15** for your time. You are free to stop the study and withdraw at any time without giving a reason. All the information you provide will be kept totally anonymous and confidential. The study has received ethical approval from the universities' ethics committee.

If you would like to take part please contact me via below number/email;

Gulsah: **0795 0560 346** lceti01@mail.bbk.ac.uk

The results of the study will be written up in a report of the study for my Master's Degree. The study is supervised by Dr. Eddy Davelaar. If you wish to contact the supervisor, contact details are: **e.davelaar@bbk.ac.uk**

Departmental address: Department of Psychological Sciences, Birkbeck University of London, Malet Street, London WC1E 7HX Tell: 0207 079 0807