

Questions

1. What is the primary aim of the Participate CP 2 trial?
 - a) Improve gait speed in children with CP
 - b) Increase participation in physically active leisure goals
 - c) Reduce spasticity with botulinum toxin
 - d) Improve speech and communication outcomes
 - e) Enhance medication adherence

2. Which age range of children with CP are eligible for this trial?
 - a) 3–7 years
 - b) 5–10 years
 - c) 8–14 years
 - d) 12–16 years

3. How many participants are planned for this phase III RCT?
 - a) 37
 - b) 74
 - c) 100
 - d) 150

4. Which GMFCS levels are included?
 - a) I–II
 - b) I–III
 - c) I–IV
 - d) II–V

5. Participate CP 2 uses a double-blind design.
 - a) TRUE
 - b) FALSE

6. What is the intervention dose for Participate CP?
 - a) 6 weeks, 30 minutes each
 - b) 8 weeks, 45 minutes each
 - c) 12 weeks, 1 hour each
 - d) 16 weeks, 90 minutes each

Participate CP 2: Optimising participation in physically active leisure for children with cerebral palsy (Sakzewski et al., 2023)

7. What is the waitlist control group offered?
 - a) No therapy
 - b) Standard physiotherapy
 - c) Participate CP after 26 weeks
 - d) Home exercise only

8. Which tool is used to measure participation goal performance?
 - a) GMFM
 - b) GAS
 - c) COPM
 - d) PEDI

9. Daily time spent in MVPA is measured with:
 - a) Pedometer
 - b) ActiGraph accelerometer
 - c) Parent diary
 - d) Teacher reports

10. Which theory underpins Participate CP?
 - a) Cognitive load theory
 - b) Self-determination theory
 - c) Biopsychosocial model
 - d) Operant conditioning

11. The intervention includes 32 behaviour change techniques.
 - a) TRUE
 - b) FALSE

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12. Which barriers are addressed in Participate CP? (Select all that apply)

- a) Environmental barriers
- b) Attitudinal barriers
- c) Pain and fatigue
- d) Spasticity reduction via surgery
- e) a, b
- f) b, c
- g) c, d

13. Which questionnaires assess contextual barriers?

- a) CP QOL
- b) BPPA-Q
- c) PACQ
- d) CHU9

14. What is one secondary outcome?

- a) Participation frequency and involvement
- b) IQ test performance
- c) Spinal deformity correction
- d) Increased lung capacity

15. Which classification systems are applied to all participants?

- a) GMFCS
- b) MACS
- c) CFCS
- d) All of the above