APPENDIX – A

HEALTH HISTORY QUESTIONNAIRE

Research Title: INFLUENCE OF EXERCISE MUSIC AND MEDITATION ON PERSONALITY ANGER AND FRUSTRATION DIMENSION AMONG ADOLESCENT GIRLS

Investigator: D.T.VEDAGNANAM
Part Time Ph.D. Scholar
Tamil Nadu Physical Education and Sports University
Chennai

This questionnaire is designed to obtain information on the health status of the subjects participating for the research study. The information will be kept strictly confidential.

I. Demographic Information

Date __________________

Subject's Name _______________________

Phone (Home) ______________

Address: _______________________________________

_______________________Pin Code: ____________

Personal Physician ____________________

Phone _______________ 

Age ______ Date of Birth _____ Month _____Day _____ __Year

Class _______________________________

Institution ____________________________

Phone ( )

In case of emergency, contact:

_________________________________Phone _______________

Health Insurance Carrier ________________________

Policy Number _________________________

II. Medical History

Identify any medical problems (cardiovascular, respiratory, neuromuscular, metabolic) that you had:

___________________________________________________________

___________________________________________________________
III. Surgical History

Indicate any operation that you had (Be Specific)
_________________________________________Date__________
_________________________________________Date__________
_________________________________________Date__________

IV. Medications

Are you taking any prescription medicines? If so, name them below:
Name of the Drug Dosage _________________________
________________________
________________________
________________________

V. Indicate any other risk factors:
_______________________________________________________

Signature: _______________________
Name of the Subject: __________________
APPENDIX – B

PHYSICAL ACTIVITY QUESTIONNAIRE TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI

D.T.VEDAIGNANAM

Investigator's Name       Code
________________________             Age   _________

Subject's Name             Years

What type of physical activity/activities do you participate in? Please check the activities that you compete in.

☐ Running
☐ Walking
☐ Endurance or Short Distance Training
☐ Others (please specify) __________________________________________

State the number of years you have been training in Handball.

_____________________ (years and months)

How many hours per week do you train or participate in your sport?
____________________________________________(hours per week)

Have your recently stopped your training due to an injury or for any other reason(s)?

Yes / No.

If yes, for how long? ____________________________

I, ____________________________ certify that the information given above is correct.

________________________ __________________________ Date Signature of the subject
APPENDIX – C

CONSENT TO PARTICIPATE VOLUNTARILY IN
RESEARCH INVESTIGATION
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY,
CHENNAI

Investigator's Name : D.T. VEDAGNANAM
Supervisor : Dr. J. GLORY DARLING MARGARET

THESIS TITLE:

INFLUENCE OF EXERCISE MUSIC AND MEDITATION ON
PERSONALITY ANGER AND FRUSTRATION DIMENSION AMONG
ADOLESCENT GIRLS

You are being asked to participate in a research investigation as described in this form below. All such investigating projects carried out are governed by the regulations for research on human beings. These regulations require that the investigator obtain from you a signed agreement (consent) to participate in this project.

The investigator will explain to you in detail the purpose of the project, the procedures to be used, the potential benefits and the possible risks of participation. You can ask the investigator any questions that you may have about the investigation, and expect to receive satisfactory answers regarding the same. A basic explanation of the project is summarized below.

After discussion, if your agree to participate in the project, please sign this form in the presence of a witness and the investigator. You may discontinue at any time from the investigation if you choose to do so.

I. **Purpose and Procedures:**

The purpose of this research project is to find out the influence of exercise, music and meditation on personality, anger and frustration dimension among adolescent girls.
The subjects involved in this project will be sixty adolescent girls. Participation in this project would require you to perform a certain tests to measure personality, anger and frustration dimension.

II. Risks and the Safeguards:

The risks of this project are small. While administering the tests you may experience localized muscle fatigue in your thighs. You might feel some muscle soreness and fatigue during and after the cessation of the exercise tests.

We do not expect any unusual risks as a direct result of this project. Should any unexpected physical injury occur, appropriate first aid will be provided, but no financial compensations will be given.

III. Confidentiality:

The information obtained about you will be kept in confidence, although you are free to release it to your own physician. The information will be used only for scientific purposes without identifying you as an individual. Any significant new findings will be brought to your attention.

I CERTIFY THAT I HAVE READ AND FULLY UNDERSTAND THE ABOVE PROJECT. I WILLINGLY CONSENT TO PARTICIPATE.

Signature of Witness  Signature of Subject
Name:  Name:
Address:  Address:
Date:  Date:

I CERTIFY THAT I HAVE EXPLAINED FULLY TO THE ABOVE SUBJECT THE NATURE, THE PURPOSE, THE POTENTIAL BENEFITS AND THE POSSIBLE RISKS INVOLVED IN THIS INVESTIGATION.

Date:  Signature of Investigator