

Participant Information Sheet

Name of the project: Video game to improve attention in young soccer

Dear participant,

Thank you for considering participation in our research study on the impact of attention training in young football players using a video game. Before making an informed decision, it is important that you understand the details of the study and how it will be conducted.

Study Procedure:

Initial Assessment (Week 1): All participating players will undergo an initial evaluation of their decision-making skills in relation to football performance using the Game Performance Evaluation Tool (GPET).

Ongoing Assessment (Weeks 1-6): Periodic assessments will be conducted based on performance in a video game, electromyographic (EMG) activity during the test, and sweating level.

Regular Training Routine (Weeks 1-6): All participants will continue with their regular training routine, including 3 training sessions per week and a competitive match.

Control Group Intervention (CG): Participants in the control group will attend a room twice a week, where videos showcasing goals scored by the first team in past seasons will be shown for 15 minutes. After each video, a question will be posed to elicit a response.

Experimental Group Intervention (EG): Participants in the experimental group will attend a room where attention training will be conducted using a video game, with 15-minute sessions twice a week.

Reassessment (Week 6): At the end of the 6 weeks, a reassessment will be conducted of decision-making skills using GPET, along with performance in the video game, EMG activity, and sweat level during video game practice.

Final Interview (Week 6): A final interview with the coaching staff will be conducted to assess the subjective attention levels of each footballer, assigning a score ranging from 1 (very low attentional level) to 3 (optimal attentional level) in competitive situations.

Confidentiality and Consent:

All collected data will be kept confidential and used only for research purposes. Your participation is voluntary, and you can withdraw at any time without penalty.

Contact:

If you have any questions or concerns, please feel free to contact Adrián Feria at aferia1@us.es

We appreciate your interest in contributing to scientific research and look forward to your participation.

Sincerely,

Adrián Feria Madueño, PhD.

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