



# ARE YOU PARTICIPATING IN AN ATHLETIC COMPETITION?

You may be eligible to participate in a research study.

- We are looking at the influence of competition stress on biometric signals such as heart rate, sweating rate (e.g. Galvanic Skin Response), breathing rate, and blood glucose variability.
- We will be studying these effects in *people with Type 1 Diabetes* and *people without Diabetes or Pre-Diabetes* who are eighteen years of age or older.
- This study will require a two visits to our office, two visits of the study investigator at a location you train, and 10 days of data collection wearing sports-monitoring devices and a continuous glucose monitor in which the study participant will compete in an athletic competition.
- The participant will be asked to manually record information about their meals and physical activities for that 10 day period.
- Participants will also be asked to answer short surveys.
- Compensation will be provided.

***If you are interested in participating or have questions regarding the study, please contact Nicole Hobbs at [nhobbs@hawk.iit.edu](mailto:nhobbs@hawk.iit.edu).***

The Principal Investigator of this study is Dr. Ali Cinar, Department of Chemical Engineering.  
This study has been approved by the Illinois Institute of Technology Institutional Review Board (IRB 2018-054).