



## If You Decide to Participate

- You might be more likely to connect with others with SCI that share similar interests with you.
- You might also decide to engage in recreational or physical activities that make you feel stronger.
- You will provide information on your social support and physical activity levels at the beginning and end of the study by phone with train study staff.

## Contact the Study Team

If you might be interested in participating or have questions about this research study, please contact study staff:

- Dr. Shannon Hernon at 525-617-9143 or [shernon@bwh.harvard.edu](mailto:shernon@bwh.harvard.edu)

Men's Health, Aging, and Metabolism Research Unit

221 Longwood Ave, BLI-5<sup>th</sup> Floor  
Boston, MA 02115

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**A Health and Wellbeing Study  
Using a Physical Activity Social  
Networking Mobile App  
Designed for People with Spinal  
Cord Injury**

## A new way to connect with other people with SCI

- This is a pilot test to study and evaluate a new mobile app, called SCI-Lynx.
- SCI-Lynx is a new physical activity social networking mobile app designed specifically for people with spinal cord injury.
- SCI-Lynx allows people with SCI to:
  - Connect with others with SCI
  - Support each other in physical activity and other health goals
  - Track physical activities and set personalized goals
- We want to find out if this app can improve social support for physical activity and change physical activity participation in people with SCI.



### You may be eligible to take part in the study if:

- You are at least 1-year post spinal cord injury
- You use a wheelchair as your primary mobility mode
- You have access to a smartphone to download and use the SCI-Lynx app

Financial compensation of \$40 will be provided upon completion of the intervention.



*“Moving Forward Together”*

## Study Overview

- This study will take place remotely for 1 month. There will be no in-person activities.
- Half of the people in the study will download and use the SCI-Lynx app and half will receive their usual care.
- At the end of the study, those who received their usual care will be provided instructions on how to download the app.
- If you are assigned to use the SCI-Lynx app, you will be encouraged to log on daily. You will be asked to provide information on your experiences using SCI-Lynx.





**SCI-LYNX**

*Moving forward, together.*

Apple iOS Store



Android Google Play Store

