Views on High-Intensity Interval Training (HIIT) After Stroke

Researchers at Glasgow Caledonian University are inviting stroke survivors to take part in a survey exploring views and perspectives to participating in high-intensity interval training (HIIT) after stroke.

It does not matter if you have ever done HIIT or not - we want to find out what might help or hinder someone who has had a stroke take part in it.

The findings may help improve understanding of how HIIT programmes can be designed to better meet the needs of stroke survivors.



Who can take part?

You may be eligible if you:

- Are aged 18 years or older
- Have experienced a stroke of any severity
- Can understand written English (with or without the help of a carer)
- Can provide informed consent

What does participation involve?

Completing a one-off, 20 minute, **online questionnaire** about your **views and perceptions of exercise and HIIT after stroke.**

Participation is voluntary and all responses will be kept confidential.

Interested or would like more information?

Survey Link: https://forms.cloud.microsoft/e/6dXEK2yEJZ



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Recruitment closes

12pm 19th October 2026