

# **INFORMED CONSENT**

## **The University of South Dakota**

**TITLE:**

Health in Undergraduate Students

**PROJECT DIRECTOR:**

Christopher R. Berghoff, Ph.D.

**PHONE #:**

605-658-3710

**DEPARTMENT:**

Psychology

**WHAT IS THE PURPOSE OF THIS STUDY?**

You are invited to participate in a research study that examines the relations between stress, educational activities and health behaviors. You were selected as a possible participant because you are a student member of the USD campus.

The purpose of this research study is to explore how perceived stress and participation in various learning exercises are connected to health behaviors over the course of a two-week timeframe.

**HOW MANY PEOPLE WILL PARTICIPATE?**

Approximately 200 individuals may complete this study.

**HOW LONG WILL I BE IN THIS STUDY?**

You will need to attend one in-person online session conducted through the Zoom platform. Participation in this session will last approximately 60 minutes. Then, you will be asked to complete a brief survey (5 minutes) nightly for 14 days. Finally, you will be asked to complete a longer survey (approximately 30 minutes) from either your home computer or in the research laboratory at the University of South Dakota campus.

**WHAT WILL HAPPEN DURING THIS STUDY?**

The beginning of the study is presented online at the secure study website, [www.MyMindfulDays.com](http://www.MyMindfulDays.com). First, you will be asked to review the Informed Consent document (this form) and provide your consent to participate in the study. If you consent, you will be invited to schedule an online study session conducted through Zoom (Day 1; approximately 60 minutes), during which you will: a) create a personalized account on the study website; b) re-affirm your consent to participate; c) answer survey questions about your mental health (e.g., depression, anxiety, stress), eating habits, and quality of life, among other topics; and d) participate in an audio-based learning task or no task.

Following the online study session, you will be asked to complete a brief survey every night for 14 days (Days 2 – 15; approximately 5 minutes nightly), which will ask about your opinions and behaviors that day.

Following completion of the daily surveys (Day 16), you will be asked to complete a larger survey (approximately 30 minutes) from your home computer or by visiting the laboratory. This survey will be largely identical to that completed during the initial online session.

### **WHAT ARE THE RISKS OF THE STUDY?**

There may be some risk from being in this study. You may experience frustration that is often experienced when completing surveys and tasks. Some questions and tasks may be of a sensitive nature, and therefore you may become upset as a result. However, your survey responses are stored separately from your personal information and personally identifiable links will be deleted as soon as possible. However, these risks are not viewed as being in excess of “minimal risk”.

Nonetheless, if you become upset by the study procedures, you may stop at any time or choose not to answer a question. If you would like to talk to someone about your feelings regarding this study, you are encouraged to contact The University of South Dakota’s Student Counseling Center at 605-658-3580, which provides counseling services to students at no charge, or The University of South Dakota’s Psychological Services Center at 605-658-3720, which provides counseling services at a discounted rate to students and community members.

### **WHAT ARE THE BENEFITS OF THIS STUDY?**

You may not benefit personally from being in this study. However, in the future, other people might benefit from this study, as the information found may help to improve the health behaviors of other college students.

### **WHAT ARE THE ALTERNATIVES TO PARTICIPATING IN THIS STUDY?**

If you are a USD student and choose not to participate in this study, you may earn course/extra credit in alternate ways. Please consult your instructor, who will provide you with comparable assignments that you may choose to complete, (e.g., writing assignments, participation in other research experiments, etc.).

### **WILL IT COST ME ANYTHING TO BE IN THIS STUDY?**

You will not have any costs for being in this research study.

### **WILL I BE PAID FOR PARTICIPATING?**

You will not be paid for participating in this study. However, you can earn up to 23 SONA research credits and up to 23 entries to win one of three \$200 gift cards for completing the study. The following table specifies how compensation will be credited:

<b>Study Task</b>	<b>SONA Credits</b>	<b>Drawing Entries</b>
In-Person Session (Day 1)	6	3
Daily Surveys (Days 2 – 15)	1 per day; 14 maximum	1 per day; 14 maximum
Final Survey (Day 16)	3	3
Bonus for Completing All Surveys	N/A	3
<b>Total</b>	<b>23 possible</b>	<b>23 possible</b>

## **WHO IS FUNDING THE STUDY?**

The University of South Dakota and the research team are receiving no payments from other agencies, organizations, or companies to conduct this research study.

## **ARE MY RECORDS CONFIDENTIAL?**

The records of this study will be kept confidential to the extent permitted by law. In any report about this study that might be published, you will not be identified. Your study record may be reviewed by government agencies, Office of Human Subjects Protection and The University of South Dakota- Institutional Review Boards.

Any information that is obtained in connection with this study and that can be identified with you will remain confidential and will be disclosed only with your permission or as required by law. Confidentiality will be maintained through several means. First, survey responses are collected through a fully secure, encrypted system on the study website and are stored in a password protected database accessible only to Dr. Christopher R. Berghoff and his research staff. Second, all identifiers that link your survey responses, account information, and compensation information will be deleted at the end of the study and before final data analysis occurs. Also, all account information will be deleted at the end of the study. This means there will be no way of connecting your account or compensation information and survey responses at the conclusion of the research study. Third, study data will be password protected, stored on secure servers provided by The University of South Dakota, and accessible by Dr. Christopher R. Berghoff and his personnel only.

If we write a report or article about this study, we will describe the study results in a summarized manner so that you cannot be identified.

## **IS THIS STUDY VOLUNTARY?**

Your participation is voluntary. You may choose not to participate or you may discontinue your participation at any time without penalty or loss of benefits to which you are otherwise entitled. You may also choose to not respond to a survey item. Your decision whether or not to participate will not affect your current or future relations with The University of South Dakota.

## **WHOM MAY I CONTACT IF I HAVE QUESTIONS?**

You may ask any questions you have now or later.

The researchers conducting this study are:

Christopher R. Berghoff, Ph.D.  
605-658-3710 during the day.

- You may call this number if you have questions, concerns, or complaints about the research.

If you have questions regarding your rights as a research subject, you may contact The University of South Dakota- Office of Human Subjects Protection at **(605) 677-6184**.

- You may also call this number about any problems, complaints, or concerns you have about this research study.

- You may also call this number if you cannot reach research staff, or you wish to talk with someone who is independent of the research team.

\*By selecting "Yes" below, you indicate that you have read the information provided above, that your questions have been answered, and that you agree to take part in this study.

- YES, I agree to participate in this research study
- NO, I do not want to participate in this research study