Information Sheet for Participation in a Research Study

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Study Title: PACER Study

Overview of the Research

You are being asked to provide consent to complete a brief survey that will assess your eligibility for inclusion in a research study funded by the National Institutes of Health (NIH). Participation is voluntary. You can say yes or no. If you say yes now you can still change your mind later. Your participation in this study will not affect any proceedings related to your Student Code violation/alcohol infraction (if you have one). Your participation will not affect your right to UConn Student Health and Wellness services. Some key points to consider are summarized in this overview, but you should consider all of the information in this document carefully before making your decision.

Goal of the research: This screener will assess your eligibility for inclusion in a research study. That study will examine what interventions are most effective at helping college students manage their stress better. If the screener determines you are eligible for the study, more information about the study will be provided after you complete the screener.

Duration of participation: This screener will take approximately 5-10 minutes of your time.

What you will do: You will complete a survey. In addition to asking your date of birth and your willingness to participate in future study procedures, questions will assess your drinking behaviors and the way you handle stress and your emotions.

Possible risks or inconveniences: There is a small risk that some of the survey questions you answer might cause you to feel uneasy.

Possible benefits: You are not expected to benefit from completing this screener. Your participation will help us carry out a research study. We hope this study will help us better understand how colleges and universities can help students manage their stress better.

A more detailed description of this research follows.

Introduction

You are invited to complete a brief survey to determine if you are eligible to participate in a research study. You are being asked to participate because you are a student at UConn.

Why is this study being done?

The purpose of this screener is to determine if you are eligible to participate in a research study. The research study aims to determine what interventions are most effective at helping college students manage their stress better.

What are the study procedures? What will I be asked to do?

- If you agree to participate, you will be asked to complete a brief survey online using your personal computer, phone, or tablet.
- The survey is expected to take about 5-10 minutes.
- This survey will ask your date of birth and your willingness to participate in future study procedures. Questions will also assess your drinking behaviors and the way you handle stress and your emotions.
- If the screener determines you are eligible:
    - You will be invited to participate in the research study. You will be directed to the informed consent form, which will provide a full description of the study procedures. You will be asked if you agree to participate.
- If the screener determines you are ineligible:
    - You will be directed to a thank you message informing you that you are ineligible. At this time, your participation is complete. You will not be contacted again by research staff except to email you a copy of this Information Sheet and a list of resources.

What are the risks or inconveniences of the study?

Some of the survey questions might cause you to feel embarrassed or uneasy. If you feel upset by any of the questions, you can do any of the following: You can choose not to answer any question. You can take a break and continue later. You can choose to stop the survey at any time. If you are negatively affected by the survey, you should let someone from Student Health and Wellness know so you can be referred for counseling. Immediately after you finish the survey, you will be emailed a copy of this Information Sheet along with a list of resources and their contact information. It may be helpful for you to reach out to these resources if you are feeling upset at any point during or after the survey.

A possible inconvenience of this study is the time it takes to complete the survey. The survey should only take 5-10 minutes. It can be completed at a time and place that is convenient for you, on your personal device (phone, computer, or tablet).

What are the benefits of the study?

You are not expected to benefit from completing this screener. Your participation will contribute to our ability to carry out this study, which we hope will help us better understand how colleges and universities can help students manage their stress better.

If the screener determines you are eligible for the research study and you decide to participate, there are possible benefits for your participation in the study. You may develop skills to improve your general stress management. Other possible benefits include increased relaxation and concentration as well as reduced alcohol abuse.

Will I receive payment for participation? Are there costs to participate?

There are no costs and you will not be paid to complete this screener. If the screener determines you are eligible for the research study, you will have the opportunity to earn $60-$140, paid to you in gift cards.

How will my personal information be protected?

All electronic data will be collected and stored on secured severs supported by the University of Connecticut Information Technology Services (UITS); UITS servers are backed up daily. The computing facilities where data and software will be hosted include the latest technologies and secure environments for conducting data collection for research. The computing facilities were designed with policies and rules that meet or exceed HIPAA and other Federal information security regulations. Only authorized members of the research team will have access to data through individual user IDs and passwords.

The research team will keep any information you give us confidential, and will not share it with anyone outside of the research team, including program providers, with certain exceptions. To help keep information about you private and confidential, we have obtained a Certificate of Confidentiality from the National Institutes of Health (NIH). This Certificate does not imply that the NIH approves or disapproves of the project. This Certificate will protect the researchers from being forced to give information about you to others, even under a court order or subpoena. Even with a Certificate of Confidentiality, we are required to report to the police or other appropriate authority if you disclose information that you may cause immediate harm to yourself or another person.

A description of this clinical trial will be available on *http://www.ClinicalTrials.gov*, as required by U.S. Law. This website will not include information that can identify you. At most, the website will include a summary of the results. You can search this website at any time.

Study records including identifiable information will be kept in REDCap for three years from the end of the study period (September, 2022). Thereafter, de-identified datasets will be downloaded from the University server and stored on the lead researcher's University-issued, password protected computer. The project will be deleted and scrubbed from University servers.

The following procedures will be used to protect the confidentiality of your data. The researchers will keep all study records (including any codes to your data) stored in a secure drive. Research records will be labeled with a code. A master key that links names and codes will be maintained in a separate and secure location in a secure drive. The master key and any other files containing identifying information will be destroyed after 3 years. All electronic files (e.g., database, spreadsheet, etc.) containing identifiable information will be password protected. Any computer hosting such files will also have password protection to prevent access by unauthorized users. Only

the members of the research staff will have access to the passwords. Data that will be shared with others will be coded as described above to help protect your identity.

At the conclusion of this study, the researchers may publish their findings. Information will be presented in summary format and you will not be identified in any publications or presentations.

We will do our best to protect the confidentiality of the information we gather from you but we cannot guarantee 100% confidentiality. Your confidentiality will be maintained to the degree permitted by the technology used. Specifically, no guarantees can be made regarding the interception of data sent via the Internet by any third parties.

You should also know that the UConn Institutional Review Board (IRB) and Research Compliance Services may inspect study records as part of its auditing program, but these reviews will only focus on the researchers and not on your responses or involvement. The IRB is a group of people who review research studies to protect the rights and welfare of research participants.

Can I stop being in the study and what are my rights?

You do not have to be in this study if you do not want to. If you agree to be in the study, but later change your mind, you may drop out at any time for any reason. There are no penalties or consequences of any kind if you decide that you do not want to participate. You do not have to answer any question that you do not want to answer.

You may or may not have been referred to BASICS because of a Student Code violation/alcohol infraction. Your decision to participate or not participate in the study will not affect any proceedings related to this Student Code violation (if you have one). Your decision to participate or not participate in the study will not affect your right to UConn Student Health and Wellness services in any way.

You will be notified of all significant new findings during the course of the study that may affect your willingness to continue.

At any time, you can email the researchers to withdraw your information from the study at crystal.park@uconn.edu, beth.russell@uconn.edu, or michael.fendrich@uconn.edu.

Whom do I contact if I have questions about the study?

Take as long as you like before you make a decision. We will be happy to answer any question you have about this study. If you have further questions about this study or if you have a research-related problem, you may contact any of the principal investigators:

- Crystal Park at 860-486-3520/crystal.park@uconn.edu.
- Beth Russell at 860-221-8414/beth.russell@uconn.edu
- Michael Fendrich at 959-200-3612/michael.fendrich@uconn.edu

If you have any questions concerning your rights as a research participant, you may contact the University of Connecticut Institutional Review Board (IRB) at 860-486-8802