

**Refer to the Consent Template document for more details about what information should be included in the consent form.**

**This document should serve ONLY as an example document.**

**Do not assume that the text is applicable to all studies.**

**The example text is provided as ONLY an example. You must modify the text to be applicable to your study.**

**This example document may NOT include all of the content areas needed for your specific study.**

**The consent form must have a concise summary of information followed by sections with more information.**

**This example document provides sections and headings that are applicable to many studies. You may adjust the sections to fit your study or change the headings to fit your study as long as the required content is included.**

**Text in brackets [ ] represents information about your study that you should add (in plain text). Add text and remove the brackets.**

**Consent to Participate in a Research Study**

Title of the Project: Stress in College Women

Principal Investigator: [Name, credentials, institutional affiliation]

Co-investigator: [Name, credentials, institutional affiliation]

You are invited to participate in a research study. Participation in this research study is voluntary. The information provided is to help you decide whether or not to participate. If you have any questions, please ask.

**Important Information You Need to Know**

* The purpose of this study is to explore how stressful events impact female college students and what coping skills are used.

* We are asking female, college students who are age 18 and older to complete several questionnaires about stressful experiences and what they do to deal with or handle stress. This is a two (2) part study that includes a visit to the research lab and a second online component.
* You will complete questionnaires on a lab computer that will take about 30 minutes and then 4 months later, we’ll send you and email to invite you to complete another set of questionnaires that will also take about 30 minutes.
* Following the completion of the lab visit, you will receive a $5 Starbucks gift card. We will send you a second $5 Starbucks e-gift card after you complete the second set of questionnaires.
* The questionnaires ask personal questions that may be sensitive. For example, we’ll ask you about the types of stressful experiences you’ve had as well as questions about your relationship with your family and friends.
* You may experience some mild emotional discomfort. You may choose to skip a question you do not want to answer. You will not personally benefit from taking part in this research but our study results may help us better understand how college females deal with stress.

Please read this form and ask any questions you may have before you decide whether to participate in this research study.

**Why are we doing this study?**

The purpose of this study is to better understand the relationships among different types of stressful life events, coping, and psychological well-being in an ethnically diverse college female sample.

**Why are you being asked to be in this research study?**

You are being asked to be in this study because you are a female, age 18 and older, and are an undergraduate student at UNC Charlotte.

**What will happen if I take part in this study?**

If you choose to participate you will complete questionnaires twice. Once during an in-lab session and the second time, online. For the first part of this study, you’ll come to our research lab and complete questionnaires on a lab computer. The questionnaires will ask questions about your background (age, relationship status etc.), factors associated with psychological well-being and coping (e.g., self-esteem, eating habits, etc.) along with your experiences with interpersonal stress in your family and friend relationships (e.g., negative attitudes, conflicts, etc.). Then four (4) months later, you’ll receive an email inviting you to take part in the second part of this study. The email will include a url link to click on that will take you to the online questionnaires. You’ll be asked to complete the same questionnaires again. Your total time commitment if you participate in this study will be one (1) hour; 30 minutes for the first part and 30 minutes for the second part of the study.

**What are the benefits of this study?**

You will not benefit directly from being in this study. Others might benefit because it is important to understand the associations between interpersonal conflict and psychological well-being in college women in order to help design and make available more effective campus resources for students.

**What risks might I experience?**

The questions we’ll ask you are personal and sensitive. For example, we’ll ask you about the types of stressful experiences you’ve had questions about your relationship with your family and friends. You might experience some mild emotional discomfort when answering these questions. We do not expect this risk to be common and you may choose to skip questions you do not want to answer.

**How will my information be protected?**

We will do our best to keep study data safe and confidential but we cannot make any absolute promises. You are asked to provide your email address as part of this study. We will use your email address to link your questionnaires responses from the lab-session to the responses you provide four months later. To protect your privacy (identity), we’ll assign a study ID code to your questionnaires responses. Once we do this, we’ll delete the email address from the questionnaire responses so the responses will only have the study ID code. Finally, once you are given your incentive, we’ll delete your email address. While the study is active, all data will be stored in a password-protected University drive that can be can be accessed by the primary researcher.

Other people may need to see the information we collect about you, including people who work for UNC Charlotte and other agencies as required by law or allowed by federal regulations. For example, university staff sometimes review studies such as this one to make sure they are being done safely and appropriately. If a review of this study takes place, your records may be examined. Your privacy will be protected should this study be reviewed.

**How will my information be used after the study is over?**

After this study is complete, study data may be shared with other researchers for use in other studies without asking for your consent again or as may be needed as part of publishing our results. The data we share will NOT include information that could identify you.

**Will I receive an incentive for taking part in this study?**

You will receive $10 total in Starbucks gift cards. You will receive a $5 gift card after completing in-lab session (part 1). After you complete the online questionnaires (part 2), you’ll receive another $5 gift card.

Incentive payments are considered taxable income. Therefore, we are required to log/track the names and emails of individuals receiving a gift card as required by the University’s Financial Services division. This log is for tax purposes only and will be kept separate from the research data. This means that the Financial Services division will not have access to the study data.

**What other choices do I have if I don’t take part in this study?**

[Describe any appropriate alternative procedures or courses of treatment that might be advantageous to the subject.]

There may be other ways to treat your condition if you choose not to be in this research.

**Who is sponsoring this study?**

The study team and/or UNC Charlotte is receiving [financial support OR describe other type of support] from [insert sponsor’s name].

**What are my rights if I take part in this study?**

It is up to you to decide to be in this research study. Participating in this study is voluntary. Even if you decide to be part of the study now, you may change your mind and stop at any time.

**Who can answer my questions about this study and my rights as a participant?**

For questions about this research, you may contact [PI name, email, phone (and faculty advisor if PI is a student)].

If you have questions about your rights as a research participant, or wish to obtain information, ask questions, or discuss any concerns about this study with someone other than the researcher(s), please contact the Office of Research Protections and Integrity at 704-687-1871 or uncc-irb@charlotte.edu.

**Consent to Participate**

By signing this document, you are agreeing to be in this study. Make sure you understand what the study is about before you sign. You will receive a copy of this document for your records. If you have any questions about the study after you sign this document, you can contact the study team using the information provided above.

I understand what the study is about and my questions so far have been answered. I agree to take part in this study.

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Name (PRINT)

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Signature Date

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Name & Signature of person obtaining consent Date