

ADULT CONSENT TO PARTICIPATE IN RESEARCH

EMPOWERING STUDENTS THROUGH POSITIVE MENTAL HEALTH LITERACY EDUCATION

Principal Investigator: Laura Gomez Anez, Undergraduate student.

Institution: DePaul University, Chicago, Illinois, USA

Department, School, College: Honors Program, Psychology, College of Health and Science

Faculty Advisor: Jocelyn Carter, Professor of Clinical Psychology, Associate Chair, PhD, College of Science and Health.

Key Information:

What is the purpose of this research?

We are asking you to be in a research study because we want to learn more about the effectiveness in creating an educational workshop on Positive Mental Health Literacy. This study is being conducted by Laura Gomez Anez, a student at DePaul University. This research is being supervised by her faculty advisor, Jocelyn Carter.

We hope to include about 30 people in the research.

Why are you being asked to be in the research?

You are invited to participate in this study because you are an international student at DePaul University. You must be age 18 or older to be in this study. This study is not approved for the enrollment of people under the age of 18.

What is involved in being in the research study?

Participation in this study means attending a workshop and completing a short survey. If you agree to take part, you will sign this consent form and join a two-hour session that includes a one-hour Positive Mental Health Literacy workshop in a classroom setting. During the workshop, you will learn strategies for stress management, emotional regulation, and problem-solving. Afterward, you will be asked to complete a brief satisfaction survey.

Are there any risks involved in participating in this study?

You are at minimal risk since you will remain in the same place, and it is a non-invasive methodology consisting of a one-hour educational workshop followed by a brief survey to assess satisfaction and learning outcomes.

This is a workshop with a discussion on holistic wellness strategies, if a participant discloses psychological distress, which is highly unlikely since the study does not focus on discussing vulnerable information about an individual's psychological state, they can withdraw the study at any time and resources will be provided for them. At the end of the presentation, there will be a

slide presented with contact information of confidential and confidential resources participants can reach out to for more information if interested.

Are there any benefits to participating in this study?

Through a structured psychoeducational presentation on PMeHL, you will learn strategies for emotional regulation, stress management, and competence in problem solving. This framework shifts the focus on psychopathology to a holistic state of well-being, which can create a sense of empowerment and increased motivation in managing your mental health. Moreover, you will become aware of other on-campus resources available at DePaul.

How much time will this take?

This entire study will take about 2 hours. Time given to get settled and complete this form, the 1hr workshop and following time to complete the survey for data collection.

Other Important Information about Research Participation

Can you decide not to participate?

Your participation is voluntary, which means you can choose not to participate. There will be no negative consequences, penalties, or loss of benefits if you decide not to participate or change your mind later and withdraw from the research after you begin participating.

You may withdraw from the research component, meaning you can choose not to complete the survey at any point without penalty after the workshop. If you prefer to stay for the workshop but do not participate in the study, you may do so. Leaving the workshop entirely is also optional, and you can exit the session at any time without consequence. However, if you want to complete the survey (research component) you are required to be present at the workshop.

Your decision whether or not to be in the research will not affect access to mental health services.

Are there other options to my being in the research?

The University Counseling and Psychological Services (UCAPS) is available if you who choose to not participate. UCAPS can provide mental health support and treatment for students. The Office of Health Promotion and Wellness (HPW) also have various resources and confidential staff to support students. Participation in this study is not a substitute for mental health care, but students who ask for mental health treatment, will be referred to UCAPS.

Who will see my study information and how will the confidentiality of the information collected for the research be protected?

The research data will be acquired and stored in Qualtrics (password-protected). To protect the confidentiality of the research data and participants, no names, only demographic information such as gender, age and race/ethnicity, will be collected on survey. Only the PI will manipulate data, but the faculty director will have access as well.

The research records will be kept and stored securely. Your information will be combined with information from other people taking part in the study. When we write about the study or publish a paper to share the research with other researchers, we will write about the combined information we have gathered. We will not include your name or any information that will directly identify you. Some people might review or copy our records that may identify you in order to make sure we are following the required rules, laws, and regulations. For example, the DePaul University Institutional Review Board.

Please be aware that disclosing experiences with sexual or relationship violence during the course of research does not constitute a formal report to the University and will not begin the process of DePaul providing a response. If you are seeking to report an incident of sexual or relationship violence to DePaul, you should contact Public Safety (Lincoln Park: 773-325-7777; Loop: 312-362-8400) or the Dean of Students and Title IX Coordinator (Lincoln Park: 773-325-7290; Loop: 312-362-8066 or titleixcoordinator@depaul.edu). Individuals seeking to speak confidentially about issues related to sexual and relationship violence should contact a Survivor Support Advocate in the Office of Health Promotion & Wellness for information and resources (773-325-7129 or hpw@depaul.edu). University Counseling and Psychological Services (UCAPS) at DePaul University provides, confidential, free, mental health support for students, reachable at 773-325-CARE for 24/7 support or DePaulUCAPS@depaul.edu. More information is available at <http://studentaffairs.depaul.edu/hpw/shvp.html>. Individuals are encouraged to take advantage of these services and to seek help around sexual and relationship violence for themselves as well as their peers who may be in need of support.

If you do disclose an experience with sexual or relationship violence, we will also provide you with a resource sheet containing this information at the end of the study.

Who should be contacted for more information about the research?

Before you decide whether to accept this invitation to take part in the study, please ask any questions that might come to mind now. Later, if you have questions, suggestions, concerns, or complaints about the study or you want to get additional information or provide input about this research, you can contact the researcher,

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Faculty Advisor: Jocelyn Carter, JCARTER9@depaul.edu, (773) 325-4840

This research has been reviewed and approved by the DePaul Institutional Review Board (IRB). If you have questions about your rights as a research subject, you may contact Research Protections in the Office of Research Services at 312-362-7388 or by email at orp@depaul.edu.

You may also contact DePaul's Office of Research Services if:

- Your questions, concerns, or complaints are not being answered by the research team.
- You cannot reach the research team.
- You want to talk to someone besides the research team.

You will be provided a copy of this information to keep for your records.

Statement of Consent from the Subject:

I have read the above information. I have had all my questions and concerns answered. By signing below, I indicate my consent to be in the research. By completing this form, you are indicating your agreement to be in the research

Signature: _____

Printed name: _____

Date: _____