University of North Texas Institutional Review Board

Informed Consent Form (for child participation)

Before agreeing to your child's participation in this research study, it is important that you read and understand the following explanation of the purpose, benefits and risks of the study and how it will be conducted.

Title of Study: An Examination of Adolescent Decision Making and Health Behaviors

Investigator: Renee M. Cloutier, M.S., University of North Texas (UNT) Department of Psychology. **Supervising Investigator:** Dr. Heidemarie Blumenthal, UNT Department of Psychology.

Purpose of the Study: You are being asked to allow your child to participate in a research study which involves the study of emotions and decision-making about health-related behaviors among adolescents. Specifically, this research is being conducted to assess the extent to which emotions (e.g., sadness, anxiety), parents, and peers might influence decision-making about different health behaviors (e.g., substance use, dieting behaviors, sleep).

Study Procedures: This study includes three main sections. First, your child will be asked to fill out several forms on the computer mainly asking about his/her typical emotions (e.g., "I worry I might look foolish"), ways of responding to stress (e.g., "I try not to feel anything"), physical development (e.g., "Do you think your development is earlier, about the same, or later than most other boys/girls your age?"), and health-related behaviors (e.g., substance use, sleep habits). This portion of the study will take approximately 1 hour. Second, your child will complete a brief interview with the researcher regarding emotions (for example, do you get nervous in social situations?) and specific health-related behaviors (e.g., substance use) over the past six months. The interview will be recorded and checked for accuracy; these recordings will be coded anonymously and destroyed after accuracy checks are completed. This portion of the study will take approximately 45 minutes. Third, your child will complete a computer task that involves making health-related decisions. During these procedures, your child will be regularly asked how they are currently feeling and we will continuously record his/her heart rate, palm sweating, and muscle tension using electrodes that will be attached to your child's skin using adhesive tape. In addition, breathing rate will be monitored using an expandable sensor that wraps around your child's chest. This portion of the study will take approximately 45 minutes. Short breaks will be scheduled between the different parts of the study, but your child will be allowed to take a break at any time, all s/he needs to do is let the researcher know. In total, this study should take about 2 ½ to 3 hours.

Foreseeable Risks: In the event your child expresses intent to harm self or others, or tells us of any situation that may constitute abuse, we will consult with a local clinical psychologist and authorities to devise a plan to ensure your child's safety. Also, we will provide referral information to local providers in the community with expertise in the treatment of such

problems; these referral sources will include the Psychological Clinic in the Department of Psychology (adjacent to the laboratory).

The only expected risk from participation in this study is that your child may experience temporary discomfort associated with answering some of the questions (e.g., "I frequently feel anxious/sad") as well as any stress or anxiety associated with the task; importantly, these feelings should go away shortly after completing each portion of the study. Finally, it is important to note that all questions and activities are entirely voluntary, and thus if you child wishes to skip a question or discontinue an activity s/he is free to do so at any time.

Benefits to the Subjects or Others: We expect the project to benefit your child by giving him/her the opportunity to learn about the process of psychological research and receive information regarding local mental health providers. Further, upon completion of the study, prior research regarding potential links between emotions and health-related outcomes will be discussed. More broadly, data collected in this program of research is aimed at informing the design of developmentally-sensitive intervention programs targeting the reduction and prevention of anxiety and substance use problems among teens.

Compensation for Participants: Your child will receive $30 upon completion of the study as compensation for his/her participation.

Voluntary Participation and Right to Withdraw: Throughout all portions of the study, your child will be informed that participation is completely voluntary. Your child can discontinue participation at any time without any negative consequences – no penalty to your child.

Procedures for Maintaining Confidentiality of Research Records: Any information about your child obtained as a result of participation in this research will be kept completely confidential (private) to the extent allowed by law and University policy. All data will be stored in a locked filing cabinet/computer database and data will be recorded anonymously using coded subject numbers. Only the researcher will know your child's name, but will not divulge it or identify answers to anyone (including yourself). As discussed above, however, confidentiality may be compromised if your child expresses intent to harm himself/herself, others, or provides any evidence of abuse. The confidentiality of your child's individual information will be maintained in any publications or presentations regarding this study.

Questions about the Study: If you have any questions about the study, you may contact the Student Investigator Renee Cloutier at ReneeCloutier@my.unt.edu or the Supervising Investigator Dr. Heidemarie Blumenthal at Heidemarie.Blumenthal@unt.edu, office telephone: 565 4716, office location: 357 Terrill Hall, University of North Texas Department of Psychology.

Review for the Protection of Participants: This research study has been reviewed and approved by the UNT Institutional Review Board (IRB). The UNT

IRB can be contacted at (940) 565-4643 with any questions regarding the rights of research subjects.

Research Participants' Rights: Your signature below indicates that you have read or have had read to you all of the above and that you confirm all of the following:

- Renee Cloutier (Student Investigator) has explained the study to you and answered all of your questions. You have been told the possible benefits and the potential risks and/or discomforts of the study.
- You understand that you do not have to allow your child to take part in this study, and your refusal to allow your child to participate or your decision to withdraw him/her from the study will involve no penalty or loss of rights or benefits. The study personnel may choose to stop your child's participation at any time.
- You understand why the study is being conducted and how it will be performed.
- You understand your rights as the parent/guardian of a research participant and you voluntarily consent to your child's participation in this study.
- You have been told you will receive a copy of this form.

_____
Printed Name of Parent or Guardian

_____ _____
Signature of Parent or Guardian Date

For the Student Investigator or Designee: I certify that I have reviewed the contents of this form with the parent or guardian signing above. I have explained the possible benefits and the potential risks and/or discomforts of the study. It is my opinion that the parent or guardian understood the explanation.

_____ _____
Signature of Student Investigator Date