CONSENT TO PARTICIPATE IN A RESEARCH STUDY

Title of Study: The Stress Reduction Study (MINDv2)

Principal Investigator(s): Lisa Jaremka, PhD

KEY INFORMATION

Important aspects of the study you should know about first:

- **Purpose:** The purpose of this study is to help researchers understand peoples' views about themselves and their romantic partner, and to test the impact of a stress-reduction program. **Procedures**: If you choose to participate, you will be asked to complete questionnaires about yourself and your relationship and a discussion task with your partner during 2 lab visits. You will also complete a 14-day stress reduction intervention at home on your smartphone in between visits.
- **Duration:** The first visit is 1.5 hours and the second is 2.5 hours. During the 14-day intervention, you will spend around 10-20 minutes per day for the stress reduction program.
- **Risks**: The main risk or discomfort from this research is that some people might find answering questions about themselves or their relationship or completing a discussion activity with their partner to be distressing.
- **Benefits:** The main benefit to you from this research is receiving the stress reduction program free of charge.
- **Alternatives:** There are no known alternatives available to you other than not taking part in this study.
- **Costs and Compensation:** If you decide to participate there will be no additional cost to you and you could be compensated up to $210 plus an additional $30 bonus compensation if you complete at least 13 of the 14 intervention days. We are also offering money for a cab or uber ride, along with up to $15 per hour in childcare for those who need it.
- **Participation:** Taking part or not in this research study is your decision. You can decide to participate and then change your mind at any point

Please carefully read the entire document. You can ask any questions you may have before deciding If you want to participate.

You are being invited to participate in a research study. This consent form tells you about the study including its purpose, what you will be asked to do if you decide to take part, and the risks and benefits of being in the study. Please read the information below and ask us any questions you may have before you decide whether or not you want to participate.

PURPOSE OF THE STUDY

The purpose of this study is to help researchers understand peoples' views about themselves and their romantic partner, and to test the impact of a stress-reduction program.

WHO IS BEING ASKED TO PARTICIPATE?

You are one of approximately 100 couples who may participate in this study. You are being asked to take part in this study because you are over 18 years old and you have been living with your romantic partner for at least 2 years. You have already been deemed eligible for the study based on your answers to the eligibility survey and your communication with the research team during the scheduling process.

PROCEDURES: WHAT WILL YOU BE ASKED TO DO?

This study has 3 components. The first component is today's visit, which will take 1.5 hours. During today's visit, you will complete questionnaires about your thoughts and feelings and you will be introduced to the stress-reduction program. You will also complete a discussion activity with your partner, and your blood pressure and heart rate will be assessed throughout the visit.

The second component is the 2-week stress-reduction program that you will complete at home using your smartphone. During this 2-week timeframe, you will complete one 10-20 minute lesson per day, along with a short follow-up activity (which takes around 3-10 minutes). The lessons will be completed online on your phone, and you will need to follow the instructions presented via the instructor. You will first be given instructions about the skill you are learning. Then you will go through a guided practice using that skill. Finally, you will complete self-guided practice. The research team has access to the program, and thus will be able to determine if you have completed the daily activities. If you miss more than 4 lessons, your participation in the study will be terminated by the researchers. If you complete at least 13 of the 14 activities, you will receive $30 bonus compensation, as described below.

The third and final component of the study is the second lab visit that is 2.5 hours. During this second and final visit, you will complete additional questionnaires and a booster session for the stress-reduction program. You will also complete brief computer tasks assessing your thoughts and attitudes about yourself and your partner. You and your partner will complete a discussion activity together, where you will discuss

topics of disagreement in your relationship. This discussion will be videotaped. Your blood pressure and heart rate will be assessed throughout this visit.

WHAT ARE POSSIBLE RISKS AND DISCOMFORTS?

Personal questions and the discussion activity with your partner may make you uncomfortable or could produce stress. The potential for discomfort is similar to what you would encounter in your daily life if you were to think about yourself or your relationship. When asked to discuss topics of disagreement in your relationship, you may experience distress or relationship dissatisfaction similar to that experienced during this type of discussion at home.

WHAT ARE POTENTIAL BENEFITS FROM THE STUDY?

The stress-reduction program could have a positive impact on how you feel about yourself or your partner. In addition, you will have the opportunity to learn about how psychological research is conducted. In the future, society may benefit from using the stress-reduction program and through dissemination of the research findings through publication and conference presentations.

CONFIDENTIALITY: WHO MAY KNOW THAT YOU PARTICIPATED IN THIS RESEARCH?

We will make every effort to keep all personally identifiable research records confidential. Your name, telephone number, and email address was used for recruitment purposes, and your name is on this informed consent. Your email address will also be used to track completion of the 14-day stress reduction activities. The rest of your data will only be identified by an arbitrary ID number. Your name, email address, phone number, and ID number will be linked together until 6 months of the completion of the study so that we are able to match the different forms of data and address any concerns you may have regarding the study. Hard copies of any information you provide will be stored in a room that is only accessible to trained research staff. All electronic data will be stored on a password-protected server to which only trained research staff have access. All study records—including your consent form and responses that you provide—will be stored at least 3 years and may be stored indefinitely. The videos of the discussion with your romantic partner may also be stored indefinitely and will be viewed by current and future research staff.

If we publish or present anything as a result of this research, no personally identifiable information (e.g., your name) will be shared. The confidentiality of your records will be protected to the extent permitted by law. Your research records may be viewed by the University of Delaware Institutional Review Board, which is a committee formally designated to approve, monitor, and review biomedical and behavioral research involving humans. Records relating to this research will be kept for at least three years after the research

study has been completed. If required, your records may be inspected by authorized personnel in the following groups and agencies who will also keep your information confidential: National Institutes of Health (NIH). A description of this clinical trial will be available on http://www.ClinicalTrials.gov, as required by U.S. Law. This Web site will not include information that can identify you. At most, the Web site will include a summary of the results. You can search this Web site at any time.

USE OF DATA COLLECTED FROM YOU IN FUTURE RESEARCH:

The videos we will be collecting from you during your participation in this study may be useful in other research studies in the future. Your choice about future use of your videos will have no impact on your participation in this research study. Do we have your permission to use in future studies the videos collected from you? Please write your initials next to your preferred choice.

_____ YES _____ NO

COSTS AND COMPENSATION

There are no costs associated with participating in this research.

You will receive $210 after completing all 3 portions of the study. If you complete at least 13 of the 14 days of stress-reduction activities, you will receive an additional $30 bonus compensation, bringing your total compensation to $240. You will also get free access to the stress-reduction program while participating in the study. We are also offering cab or uber fare money plus up to $15 per hour for childcare for those who need it to participate.

You will be paid in person at the end of your second lab visit. If you do not complete the entire study, you will be paid for the parts of the study you did complete. If you miss more than 4 of the stress-reduction daily lessons, your participation in the study will be terminated by the researchers and you will be paid for the parts of the study you did complete.

DO YOU HAVE TO TAKE PART IN THIS STUDY?

Taking part in this research study is your decision. You do not have to participate in this research. If you choose to take part, you have the right to stop at any time. If you decide later not to participate, or if you decide to stop taking part in the research, there will be no penalty or loss of benefits to which you are otherwise entitled. Your decision to stop participation, or not to participate, will not influence current or future relationships with the University of Delaware.

As stated above, if you miss more than 4 of the stress-reduction daily lessons, your participation will be terminated by the researchers. If, at any time, you decide to end your participation in this research study, please inform our research team by telling the investigator. If you, or the investigators, stop your participation in the study we will keep any data collected of you until that point. If you do not complete all procedures listed in this form, you will only receive compensation for the tasks you finish.

INSTITUTIONAL REVIEW BOARD

This research study has been reviewed and approved by the University of Delaware Institutional Review Board (UD IRB). If you have any questions or concerns about your rights as a research participant, you may contact the UD IRB at hsrb-research@udel.edu or (302) 831-2137.

CONTACT INFORMATION

If you have any questions about the purpose, procedures, or any other issues related to this research study you may contact the Principal Investigator, Lisa Jaremka, PhD at (302) 831-4591 or projectclose@gmail.com.

CONSENT TO PARTICIPATE IN THE RESEARCH STUDY:

I have read and understood the information in this form and I agree to participate in the study. I am 18 years of age or older. I have been given the opportunity to ask any questions I had and those questions have been answered to my satisfaction. I understand that I will be given a copy of this form for my records.

_____	_____	_____
Printed Name of Participant (PRINTED NAME)	Signature of Participant (SIGNATURE)	Date
_____	_____	_____
Person Obtaining Consent (PRINTED NAME)	Person Obtaining Consent (SIGNATURE)	Date

---