



Consent to Participate in a Research Study

KEY INFORMATION FOR THE RELAXATION AND ACADEMIC OUTCOMES STUDY

We are inviting you to take part in a research study about how the X relaxation method affects the grades of university students. This page is to give you key information to help you decide whether to participate. We have included detailed information after this page. Ask the research team questions. If you have questions later, the contact information for the research investigator in charge of the study is below. The study plans to enroll 25 healthy students that are not taking prescription or over-the-counter medication or supplements for anxiety or depression.

WHAT IS THE PURPOSE, PROCEDURES, AND DURATION OF THIS STUDY?

X is a relaxation method that uses controlled breathing and techniques to focus on physical sensations. By doing this study, we hope to learn how students' use of the X relaxation method affects grades. We will randomly place university students who agree to participate in one of two groups, (a test group and a control group). We will use a random number table to place you in one of the two groups. You will have an equal chance of being in either group

- We will teach the test group how to use the X relaxation method. They will also complete weekly logs of their use of the X method throughout the semester.
- The control group will not receive training on the X relaxation method.
- Participants in both groups will be asked to report grades at the end of the semester and complete a short opinion survey at the beginning and the end of the study.

Your participation in this research will last one semester (almost four months).

WHAT ARE REASONS YOU MIGHT CHOOSE TO VOLUNTEER FOR THIS STUDY?

Students in the test group may experience a sense of having more control over their lives and/or better academic focus. Some students may experience satisfaction from knowing they have contributed to research that may possibly benefit others in the future. Participants will be compensated for time involved in completing the opinion surveys. For a complete description of potential benefits, refer to the Detailed Consent.

WHAT ARE REASONS YOU MIGHT CHOOSE NOT TO VOLUNTEER FOR THIS STUDY?

You do not get to choose your study group. The control group will not receive instruction on the X relaxation method. Participation in the test group will require more time in completing weekly logs. Students in the test group have no guarantee that the X method will improve their grade or academic performance. You may not want to stop taking dietary supplements during the study. For a complete description of risks, refer to the Detailed Consent that follows.

DO YOU HAVE TO TAKE PART IN THE STUDY?

If you decide to take part in the study, it should be because you really want to volunteer. If you decide not to take part, you will not lose any services, benefits, or rights you would normally have. As a student, if you decide not to take part in this study, your choice will have no effect on your academic status or class grade(s).

WHAT IF YOU HAVE QUESTIONS, SUGGESTIONS OR CONCERNS?

The person in charge of this study is _____ of the University of Kentucky, Department _____. If you have questions, suggestions, or concerns regarding this study or you want to withdraw from the study, his/her contact information is:

If you have any questions, suggestions or concerns about your rights as a volunteer in this research, contact staff in the University of Kentucky (UK) Office of Research Integrity (ORI), Monday – Friday, between the business hours of 8am and 5pm EST, at 859-257-9428 or toll free at 1-866-400-9428.

Continue to the Detailed Consent