

University of California, Los Angeles

INFORMATION SHEET TO PARTICIPATE IN RESEARCH

Is It Really A “Gut Feeling?”

INTRODUCTION

Bridget Callaghan, Ph.D. and her associates from the Psychology Department’s Brain and Body Laboratory at the University of California, Los Angeles are conducting a research study.

In order to participate, you must be 18 years of age or older and you must not have an uncorrectable vision or hearing problem, as you will be presented materials audiovisually.

Your participation in this research study is voluntary.

WHAT SHOULD I KNOW ABOUT A RESEARCH STUDY?

- Someone will explain this research study to you.
- Whether or not you take part is up to you.
- You can choose not to take part.
- You can agree to take part and later change your mind.
- Your decision will not be held against you.
- You can ask all the questions you want before you decide.

WHY IS THIS RESEARCH BEING DONE?

This study will explore the relationship between gastrointestinal activity and emotions utilizing electrogastronomy. The specific aims of this study are to (1) establish a relationship between psychological stress and somatic symptoms as assessed by our newly developed Somatic Symptoms of Negative Affect (somna) questionnaire, (2) investigate the individual differences that might influence the somatic and psychological response to stress (such as early life stress, social support, media consumption, diet and exercise, lifestyle habits, trait variables, etc.), (3) examine how specific somatic symptoms in the context of stress may relate to mental health, (4) establish a relationship between emotionally arousing movies and gastrointestinal responses by measuring stomach contractions using non-invasive electrode stickers, (5) investigate the individual differences that might influence the gastrointestinal response to stress (such as early life stress, current stress, depression, anxiety, etc.), and (6) determine how the gastrointestinal response coincides with other bodily markers measured through electrode stickers (such as heart rate and sweat response). Past research has determined that these factors have been previously associated with differences in the composition of gut bacteria, which contribute to gastrointestinal distress (Callaghan et al. 2019).

HOW LONG WILL THE RESEARCH LAST AND WHAT WILL I NEED TO DO?

This study consists of two parts. You may participate in both or either session.

Participation in part one will take a total of about two hours.

Participation in part two will take a total of about two and a half hours. One hour at home and one hour and 30 minutes in the laboratory. This session will be completed during the next academic quarter.

If you volunteer to participate in this study, the researcher will ask you to do the following:

In part one, participants will be asked to answer at home a list of questionnaires and surveys that relate to demographics, diet, health, gastrointestinal disorders, emotional health, stress, media consumption, and social support.

Before visiting the laboratory for part two, participants will be asked to answer at home a list of questionnaires and surveys that relate to demographics, diet, gastrointestinal disorders, emotional health, stress, and physical health. Participants will then visit the laboratory for a visit. At the lab, participants will watch three movie clips while wearing electrode stickers on their stomach, chest, and fingers. Data from the sticker sensors will be collected to study the interaction between emotional arousal and gastrointestinal activity. We will also make a video recording of participants while watching the movies to note any movement that might affect the reading of the physiology equipment.

ARE THERE ANY RISKS IF I PARTICIPATE?

There are no anticipated risks or discomforts.

ARE THERE ANY BENEFITS IF I PARTICIPATE?

Participants will not directly benefit from being in this study.

The results of this study may improve our understanding of how emotions are related to gastrointestinal activity and somatic symptoms. In addition, this study will help us understand what factors might mitigate or exacerbate the physical and psychological response to stress. This study will help us understand how gastrointestinal activity is related to other physiological indices such as heart rate and sweat response. It will also help us understand how early life experiences may contribute to these associations. This information might be used to better interventions and treatments for individuals who are suffering from anxiety, depression, and physical health problems, particularly in times of heightened stress or trauma.

What other choices do I have if I choose not to participate?

Your alternative to participating in this research study is to not participate.

HOW WILL INFORMATION ABOUT ME AND MY PARTICIPATION BE KEPT CONFIDENTIAL?

The researchers will do their best to make sure that your private information is kept confidential. Information about you will be handled as confidentially as possible, but participating in research may involve a loss of privacy and the potential for a breach in confidentiality. Study data will be physically and electronically secured. As with any use of electronic means to store data, there is a risk of breach of data security.

Use of personal information that can identify you:

The data will be labeled with a code that the research team can link to personal identifying information when acquired by the investigator for this research. This code will be kept on a non-networked encrypted hard drive and stored in a locked cabinet in the lab.

How information about you will be stored:

All data is stored on a secure server and locked in our lab. Data from this study that are completely deidentified will be publicly shared (e.g., Open Science Framework) with other researchers. This practice enables other scientists to check our work to verify our findings, as well as use these data to answer questions of their own (e.g., the data can be pooled across multiple labs to answer novel research questions, or can be used for novel purposes such as validating questionnaires etc.). The practice of 'open science' is becoming necessary for publication in many journals, and facilitates scientific discovery and transparency.

People and agencies that will have access to your information:

The research (data collection and analysis) will be conducted in private settings (the research lab in Pritzker Hall and in private rooms at research assistants' homes). Only research staff trained or training in the study protocol will be present in the room during the conduct of the research procedures and have access to the data obtained.

The research team may have access to study data and records to monitor the study. Research records provided to authorized, non-UCLA personnel will not contain identifiable information about you. Publications and/or presentations that result from this study will not identify you by name.

Employees of the University may have access to identifiable information as part of routine processing of your information, such as lab work or processing payment. However, University employees are bound by strict rules of confidentiality.

How long information from the study will be kept:

Identifiable information in the form of video recordings will be after data collection for this study is complete. They will be stored on a secure server separate from other deidentified data. They will also be locked in a secure location within the lab.

USE OF DATA FOR FUTURE RESEARCH

Your data, including de-identified data, may be kept for use in future research.

WILL I BE PAID FOR MY PARTICIPATION?

You will receive two credits for participating in the first part of this research study. You will receive three credits for participating in the second part of this research study.

WHO CAN I CONTACT IF I HAVE QUESTIONS ABOUT THIS STUDY?

The research team:

If you have any questions, comments or concerns about the research, you can talk to the one of the researchers. Please contact:

Dr. Bridget Callaghan
(310) 909- 7083
bcallaghan@ucla.edu
BABLab, 5581 Pritzker Hall
Los Angeles, CA 90095-1563

UCLA Office of the Human Research Protection Program (OHRPP):

If you have questions about your rights as a research subject, or you have concerns or suggestions and you want to talk to someone other than the researchers, you may contact the UCLA OHRPP by phone: (310) 206-2040; by email: participants@research.ucla.edu or by mail: Box 951406, Los Angeles, CA 90095-1406.

WHAT ARE MY RIGHTS IF I TAKE PART IN THIS STUDY?

- You can choose whether or not you want to be in this study, and you may withdraw your consent and discontinue participation at any time.
- Whatever decision you make, there will be no penalty to you, and no loss of benefits to which you were otherwise entitled.
- You may refuse to answer any questions that you do not want to answer and still remain in the study.

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