

A. IRC Certificate

**MANIPAL COLLEGE
OF HEALTH PROFESSIONS**
MANIPAL
(A constituent unit of MAHE, Manipal)

Institutional Research Committee (IRC)
Manipal College of Health Professions
Manipal Academy of Higher Education, Manipal

APPROVAL FOR THE RESEARCH PROPOSAL

Ref: MCHP-Mpl/IRC/PG/2024/073

Date: March 25, 2024

Name of the Investigator : Mehak Shakya

Roll No. : 231199020

Department : Clinical Psychology

Guide : Ms. Samyukta Vaidyanathan

Co-Guide : Dr. Priyesh C

Title of the Project : "Exploring the Romantic Experiences of Young Adults from Indian Military Families"

The candidates have presented the protocol for the above-mentioned study before the IRC on March 1, 2024 and the proposed suggestions have been incorporated in this version of the proposal.

Dr. Manikandan N.

Chairperson, IRC

Chairperson
Institutional Research Committee
Manipal College of Health Professions
MAHE, Manipal - 576104

B. IEC Certificate



KASTURBA HOSPITAL MANIPAL

(Teaching hospital of KMC Manipal, a unit of MAHE)

Kasturba Medical College and Kasturba Hospital Institutional Ethics Committee - 2 (Student Research)

(DHR Registration No. EC/NEW/INST/2021/1707)

Members present at the meeting

Mr. S S Prasad (Chairperson & Legal Expert)
Prof. Surendranath Shetty (Social Scientist)
Mrs. Sanjana S Bakkannavar (Lay Person)
Ms. Sidhiprada Mohapatra (Scientific Member)
Dr. Yogish Subraya Kamath (Clinician)
Dr. Seema M Shetty (Clinician)
Dr. Chetana Chandrashekar (Basic Medical Scientist)
Dr. Dinesh M Nayak (Clinician)
Dr. Priyanka (Scientific Member)
Dr. Veena Nayak (Basic Medical Scientist)
Dr. Irayal D'Souza (Scientific Member)
Dr. Ranjitha S Shetty (Member Secretary & Clinician)
Ms. Shashi (Legal Expert)
Dr. Jayesh Mudgal (Clinician)
Dr. Vikram Palfumar (Clinician)

Standing Instructions

- * The PI and all members of the project shall ensure compliance to current regulatory provisions (NDCT Rules 2019 and ICH-GCP), Ethical Guidelines for Biomedical Research on Human Participants by ICMR, and the SOP of IEC including timely submission of Interim Annual Report and Final Closure Report
- * Participant Information Sheet and a copy of signed Informed Consent shall be given to every research participant (for all prospective studies)
- * Inform IEC in case of any proposed amendments (change in protocol / procedure, site / Investigator etc.)
- * Inform IEC immediately in case of any Adverse Events and Serious Adverse Events
- * Members of IEC have the right to monitor any project with prior intimation.
- * If CTRI/ HMSC/ CDSCO registration: Ensure registration and clearance from the respective authorities before the enrolment of the first participant. The IEC to be notified about the same within 7 days of successful registration/ clearance.

Communication of the decision of the Institutional Ethics Committee Saturday 13th April 2024 IEC2: 349/2024

Project title	: Exploring the Romantic Experiences of Young Adults from Indian Military Families.
Primary Student Researcher	: Miss. Mehak Shakya
Guide	: Ms. Samyukta Vaidyanathan
Co-Guide	: Dr. Priyesh C
Name & Address of Institution	: Department of Clinical Psychology, Manipal College of Health Professions, MAHE, Manipal.
Status of review	: New
Date of review	: 12.04.2024
Decision of the IEC	: Approved with modifications till 30.06.2025.
IEC Approval Date	: 14 JUN 2024

Dr. Ranjitha S Shetty
MEMBER SECRETARY – KMC & KH - IEC -2 (Student Research)



(SOP: The chairperson endorses the comments before communicating to the investigators. The Member Secretary signs on behalf of the Chairperson on the IEC certificate)

IEC Secretariat, Room No. 25, Ground Floor, Faculty Room Complex, Kasturba Medical College
Manipal - 576 104, Karnataka, India

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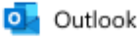


(Yoga and Ayurveda services are excluded from the scope of NABH accreditation)

C. CTRI Registration Number and Approval

4/3/25, 10:46 PM

Mail - MEHAK SHAKYA - 231199020 - MCHPMPL - Outlook



CTRI Trial Registration

From adm-ctri@nic.in <adm-ctri@nic.in>
Date Tue 7/2/2024 1:40 PM
To Array

Dear Concerned,
Trial REF/2024/06/087300 has been registered. The registration number for this trial is CTRI/2024/07/069823. Kindly note the same for your records. You are requested to update the trial every 6 months.

Regards
CTRI Team

D. Participant Information Sheet

PARTICIPANT INFORMATION SHEET

Protocol title: Exploring the Romantic Experiences of Young Adults from Indian Military Families

IEC Protocol No.: IEC2-349-2024

Principal Investigator: Mehak Shakya

Designation: Post Graduate Student

Contact number: 9158718748

Please read this form carefully. If you decide to volunteer to take part in this study you must sign the informed consent document below.

You are invited to participate in this study / research because you are currently engaged in a romantic relationship and you are from a military family. The study will look at trust, intimacy and infidelity experiences of the participants. The study explores the influence of military culture on the romantic experiences of the participants. We are trying to understand if there are specific challenges unique to the military culture that shapes an individual's romantic experiences.

This study will include individuals between the ages of 18- 30 years who have at least one parent in the military, either still serving or retired. Additionally, they should currently be in a romantic relationship that has lasted for at least 6 months, regardless of whether it is a heterosexual or homosexual relationship. Participants should also have completed their schooling in military schools and have lived on military bases or cantonments from the age of 5 until at least 18 years. Individuals who have experienced relocation at least 6 times are eligible to take part in the study. The study excludes individuals who have been diagnosed with a mental health condition, those who are married and been in a relationship for less than 6 months.

Upon providing your consent to participate in the study, you will be contacted via telephone and email to verify your willingness to participate. Subsequently, an individual interview appointment will be scheduled based on mutual availability between the participant and the researcher. The interviews will be conducted online using Microsoft Teams. The interview session will consist of a single session during which the researcher will ask a series of questions and follow-up queries regarding your romantic experiences. Interview is expected to last for 50-60 minutes. The questions posed will be tailored specifically to your personal experiences in this domain.

Entering a research study is voluntary. You may decline participation without giving any reason. Your participation in this research will not bestow upon you any competitive academic or occupational advantage over other students or staff who do not volunteer, and we will not impose any academic or occupational penalty on those students or staff who do not volunteer.

If you have any questions about this form or any study related issue, you may contact the Principal Investigator as above.

E. Informed Consent Form

INFORMED CONSENT

Protocol title: Exploring the Romantic Experiences of Young Adults from Indian Military Families

I understand that my participation in this study is voluntary, and I can decline participation without giving any reason. I have been given sufficient opportunity to ask questions and received satisfactory answers. I understand that I am allowed to take a photograph of this signed and dated informed consent form as my reference copy.

I am willing to discuss about my romantic relationships. I agree to take part in the above study. I confirm that I have received a copy of the Participant Information Sheet along with this signed and dated informed consent form.

☐ : I consent for the audio recording of my interview understanding that the PI will ensure my confidentiality.

Name of the research participant: _____

Signature of the research participant: _____

Date: _____

F. Sociodemographic Data Sheet (Google Form)

1. Initials of the participant:
2. Age:
3. Gender:
4. Sexual Orientation:
5. How long have you been in your current romantic relationship? Please specify time duration:
 - 6 months to 2 years
 - 2 to 4 years
 - More than 4 years
6. Nature of current romantic relationship:
 - Long distance
 - Proximally close
7. Is your current relationship with a partner of the same sex or the opposite sex?
 - Same sex
 - Opposite sex
8. How many times have you experienced relocation up until this point?
9. Which parent is in the military?
10. Please specify whether they are currently serving or have retired.
11. Rank of the parent in the military
12. Are you presently diagnosed with a mental health condition?

G. In-depth Interview Guide

Rapport Building

1. Please tell me how the initial years were for you while you were growing up? (Can you share something about the places you and your family have been relocated to? How long did you reside in the mentioned places? Anything you would like to share about the neighborhood/cantonment where you stayed? Can you share how the transition process was for you after you would relocate to a different place? How did your connections with people get influenced due to multiple relocations?)
2. You had ticked on the form that you are currently in a romantic relationship. Could you share a bit about your romantic experiences so far? (How many relationships have you had in the past? For how long did each of them last? Please specify if the previous relationships were long-distance or geographically close. Would you like to share what led to the end of your previous relationships?)
3. For how long have you been romantically engaged with your current partner? (Can you please tell me more about your current relationship? How much time do you and your partner typically spend together? [could specify: offline or online])

Targeted Questions

1. Has your military background played a role in your approach to romantic relationships? (If yes, how? If no, how? Has your military affiliation played a role in how you feel about trust in romantic relationships? In what ways do you think relocation has shaped your relationship with building and maintaining trust? Has your military affiliation played a role in how you feel about intimacy in a romantic relationship? Has your military affiliation

played a role in your views about infidelity in a romantic relationship? Have you experienced any unique challenges that make military relationships more susceptible to infidelity? Does your background play a role in shaping views regarding same-sex versus opposite-sex romantic experiences? If yes, can you please share your views?)

2. Have you experienced any other challenges unique to the military lifestyle in your romantic life? (How do you cope with challenges related to romantic experiences? What has worked for you, and what has not worked for you?)
3. Does your background play a role in shaping views regarding same-sex versus heterosexual experiences? How so? (Do you believe there is any room for change or acceptance of same sex relationships within the military over time? What factors can play a role for the military to be more accepting of same sex relationships? How do you think your reaction to seeing a same sex couple would differ in a non-military setting compared to a military one? Do you think the views of senior military personnel significantly shape the attitudes of younger or lower- ranked members regarding same-sex relationships?)
4. Can you please describe any benefits your military lifestyle has had in your romantic life?
5. Has your parent's military rank played a role in your relationship dynamics and how you perceive relationships? (Has your parent's military rank influenced your expectations or preferences in romantic partners?)
6. Have you come across any misconceptions that people have about the military or individuals associated with the military?
7. If you were to compare your experiences with someone you know personally from a non-military family, how do you think the experiences would differ? (Would you like to share any differences in your experiences at the time when your parent was serving and now

when they have retired? Is there anything you wish could have been different or that you would have liked to change about your experiences of coming from a military family?)

8. Is there anything else you would like to share?