UNIVERSITY OF WASHINGTON
CONSENT FORM
Project Ping

Researchers:

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We are asking you to be in a research study. This form gives you information to help you decide whether or not to be in the study. Being in the study is voluntary. Please read this carefully. You may ask any questions about the study. Then you can decide whether or not you want to be in the study.

PURPOSE OF THE STUDY

Mood disorders are a growing public health concern. Our social life is deeply intertwined with our mood. However, little is known about how our 'everyday' interactions with others are associated with changes in mood. The purpose of this study is to better understand the association between mood and our social interactions with others as they occur in normal everyday life.

STUDY PROCEDURES

There are two parts to this study: the baseline visit (today) and the experience sampling phase (the next 14 days). The baseline visit will take about an hour, and each following day will take about 15 minutes per day.

Baseline Visit

Today is your initial baseline visit. There are two parts to this visit:

Part 1
The survey question portion of this visit will take 30-45 minutes to complete. You will answer questions about yourself such as your age, race, relationship status, and political orientation, your mood (e.g., "feeling down, depressed, or hopeless") and thoughts (e.g., "thoughts that you would be better off dead or of hurting yourself in some way"), your mental health (e.g., "Have you been diagnosed with a mental health disorder from a medical professional" and "Are you currently receiving mental health services?") and physical health (e.g., "Do you have any chronic health conditions"), your social relationships (e.g., "Do you have one particular person whom you trust and to whom you can go with personal difficulties?"), and stressors within the past year (e.g., "Did any of your family members or close friends die?"). You may refuse to answer any question you do not wish to answer.

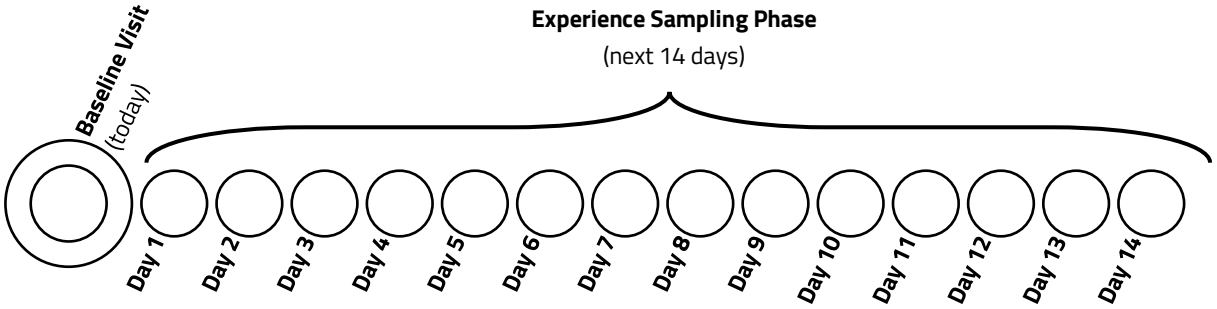
Part 2
After completing the survey portion of this visit, a researcher will explain the next phase of the study (the Experience Sampling Phase) in detail and help you enroll in the text message delivery

program for this study at https://projectping.org. . This part will take about 15 minutes to complete.

Experience Sampling Phase

The experience sampling phase of this study involves answering questions about your mood and social interactions on your smartphone. You will receive 5 survey links by text message every day for 14 days. The text messages will be randomly sent within the following 5 time intervals: 9:00am-11:30pm, 11:30am-2:00pm, 2:00pm-4:30pm, 4:30pm-7:00pm, and 7:00pm-9:30pm. For example, on the first day of the study you may get text messages at 10:13am, 12:23pm, 4:01pm, 6:59pm, and 8:45pm. You will have 1 hour to complete each survey, although it is best if you complete them as soon as you can. You will receive a reminder text message every 15 minutes (up to 3 reminders; 1 hour) if you do not complete the survey immediately.

Each survey will ask you questions about your current mood (e.g., "I feel lonely" and "I feel depressed"), your social interactions (e.g., "Are you alone or with others right now?" and "I felt that others were not interested in me"), and other factors (e.g., "How would you rate the quality of your sleep last night?" and "What is your level of stress right now?"). These surveys will take 2-3 minutes to complete. You may refuse to answer any question you do not wish to answer.



RISKS, STRESS, OR DISCOMFORT

We will ask you questions about your mood, your mental and physical health, and your daily social behavior. These questions may make you feel uncomfortable or otherwise cause you distress to think about. These questions may also be viewed as an intrusion of privacy.

There is also risk of that breach of confidentiality occurs. This means that, although your data are stored separately from your personal information (name, phone, email) and are securely encrypted, these data could fall into the wrong hands and potentially be traced back to you.

ALTERNATIVES TO TAKING PART IN THIS STUDY

There are no alternatives to participating in this study.

BENEFITS OF THE STUDY

There are no known personal benefits to participating in this study, however it is possible that you may enjoy the surveys and learn more about yourself during your participation. Your participation in this study will benefit society insofar as we are able to better understand the role that our everyday social interactions play in our mood and inform treatments for individuals with mood disorders (e.g., depression).

CONFIDENTIALITY OF RESEARCH INFORMATION

Your data will be kept confidential. This means that your responses will be linked to a study ID number unique to you instead of linking it directly to your personal identifying information (name, phone number, email). Your study ID number will be linked to your information in a separate, encrypted file. If you indicate in the baseline visit that you have been having frequent thoughts of suicide, we will follow up with you to assess your immediate safety and well-being. If we become concerned that you are at immediate risk of suicide and are unwilling to take steps needed to maintain your safety (e.g., calling a crisis line, visiting an emergency department), we may need to report this to the authorities.

All surveys for this study will be hosted on an online application called Qualtrics (https://qualtrics.com). Qualtrics uses a technology known as 'TLS encryption' to securely transfer your responses from your phone to their servers. Qualtrics servers are independently audited for privacy and security using the industry standard SSAE-18 method and have obtained 'SOC 2 Type II' certification for data security.

We will use custom software to deliver the text messages to your phone. This software (https://projectping.org) is hosted on a cloud server and uses a third-party service (https://twilio.com) to deliver the text messages. The custom software will store your name, phone number, email address, and study ID and will not have access to your survey responses. The third-party service (Twilio) will have your name, phone number, and (if you request surveys by email) your email address for the purpose of delivering the survey links to you.

Government or university staff sometimes review studies such as this one to make sure they are being done safely and legally. If a review of this study takes place, your records may be examined. The reviewers will protect your privacy. The study records will not be used to put you at legal risk of harm.

USE OF INFORMATION AND SPECIMENS

Using Your Data in Future Research

The information we obtain from you for this study might be used for future studies. We will remove anything that might identify you from the information. This de-identified information may then be used for future studies or given to another investigator without getting additional permission from you. We may also post the de-identified data on an online repository (https://osf.io). This allows other researchers to verify our work and conduct their own research. You will not be able to withdraw your information after it has been submitted to the repository.

Returning Results to You

We do not have plans to give you personal results from your participation in this study. However, you can request a copy of your personal data by emailing Adam Kuczynski at adamkucz@uw.edu.

OTHER INFORMATION

You may refuse to participate and you are free to withdraw from this study at any time without penalty or loss of benefits to which you are otherwise entitled. If you wish to withdraw, please contact the researcher listed on the top of this consent form (adamkucz@uw.edu).

We will pay you for your participation in this study. You will receive $25 for completion of the baseline visit and $1 for each experience sampling survey you complete. We will also give you $30 if you complete 90% or more of the experience sampling surveys. Thus, you can receive up to $125 for participating in this study. All payments will be issued in the form of an Amazon gift card delivered to you by email. Payment for the baseline visit will be issued within 7 days after completion of that phase. Payment for the experience sampling phase will be issued within 14 days after completion of that phase. If you drop out of the study you will be paid for the visit and surveys that you have already completed.

To participate in this study you need a smartphone with a text-messaging and data (i.e., internet) plan. We will not provide these for you.

A copy of the consent form will be emailed to you at an email address that you provide. It will be a "PDF" document. Most computers already have PDF viewer software installed, which will allow you to open, read, or print the consent form. The email we send you will include a link to PDF viewer software (such as Adobe Acrobat Reader) in case your computer doesn't already have it. If you would prefer to receive a paper copy of the consent form at no cost to you, please contact the researcher listed at the top of this consent form (adamkucz@uw.edu).

RESEARCH-RELATED INJURY

If you think you have been harmed from being in this research, contact Adam Kuczynski at adamkucz@uw.edu or Jonathan Kanter at jonkan@uw.edu.

Subject's statement

This study has been explained to me. I volunteer to take part in this research. I have had a chance to ask questions. If I have questions later about the research, or if I have been harmed by participating in this study, I can contact one of the researchers listed on the first page of this consent form. If I have questions about my rights as a research subject, I can call the Human Subjects Division at (206) 543-0098 or call collect at (206) 221-5940. I will receive a copy of this consent form.