

## **The University of California, Los Angeles**

### **Student Experience Study Information Sheet**

The Brain and Body Lab in the Department of Psychology 502 Portola Plaza, Los Angeles, CA 90095

We are asking you to participate in a study conducted by Bridget Callaghan, Ph.D., and Alyssa Ortega from the Department of Psychology at the University of California at Los Angeles. Your participation in this study is completely voluntary.

#### **PURPOSE OF THE STUDY**

We are interested in understanding how the experience of being a student at UCLA relates to mental health outcomes. Specifically, we are interested if time restraints, physical proximity, personal obligations, and psychological factors (e.g., feeling overwhelmed) are related to mental health outcomes in students. In addition, we are interested if certain mindsets, use of institutional resources, and club involvement are related to the protection of mental health. We are collecting data from traditional students (those who recently graduated from high school) as well as from community college transfer students.

#### **PROCEDURES**

While participating in our online study, you will be asked to complete a series of surveys. The surveys will be completed in one sitting and will last approximately 1.5 hours.

#### **SURVEYS:**

You will be asked to fill out a series of surveys about yourself. The surveys will ask about demographic information, commuting time, social networks, UCLA community and club involvement, familial obligations, mental health, financial burdens, and psychological functioning. Some items will address symptoms of mental health including depression, anxiety and stress. You do not have to answer any questions that you do not want to answer and you can still remain in the study even if you do not answer every item. For the integrity of the study we ask that you try to answer all items unless they make you feel upset or uncomfortable. You will complete these surveys on a protected website called RedCap. Your name will not go on the surveys and there will be no

personally identifiable information associated with your responses. In other words, this study is anonymous.

## PAYMENT FOR PARTICIPATION

You will not receive payment for participating in this research study. However, you will earn course credit for your participation. For the survey, you will receive one (1) credit for every 60 minutes.

Should you complete the study combined in less than 120 minutes, but more than 60 minutes, then you will still receive two (2) credits.

## PRIVACY AND CONFIDENTIALITY

Any information that is obtained in connection with this study will not be identifiable as your information. We will not collect any personally identifiable information such as your name, birthdate, or address. For the sake of improving science, we might choose to share information from this study with other scientists. Specifically, making the data publicly available via the Open Science Framework, an online repository for data sharing. As mentioned above, as there is no identifiable information collected in this study, scientists within and outside of our lab would not know that you participated in this study.

## RISKS

Some of the survey questions may be upsetting to you, or you may feel uncomfortable answering them. If you do not wish to answer a question, you can skip it and go to the next question.

## POTENTIAL BENEFITS TO SOCIETY

You will not directly benefit from your participation in this research. However, the results of the research may benefit science by contributing to a greater understanding of the effects of first-year student experiences on mental health.

## PARTICIPATION AND WITHDRAWAL

Your participation in this research study is VOLUNTARY. If you choose not to participate or wish to end your participation, you may do so at any time. If you choose to

participate in this study, you may withdraw at any time without consequences of any kind.

## INVESTIGATORS

If you have any questions or concerns about the research, please feel free to contact: Dr. Bridget Callaghan or Alyssa Ortega at the Brain and Body Laboratory located in Franz Hall (room 5581) on the UCLA campus; Los Angeles, CA 90095-1563. Telephone: 310-909-7083. Email: [bablab.ucla@gmail.com](mailto:bablab.ucla@gmail.com)

## RIGHTS OF RESEARCH SUBJECTS

You may discontinue participation in this study without penalty. You are not waiving any legal rights because of your participation in this research study. 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 Office of the Human Research Protection Program (OHRPP) by phone: (310) 206-2040; by email: [participants@research.ucla.edu](mailto:participants@research.ucla.edu) or by mail: Box 951406, Los Angeles, CA 90095-1406.

If you become distressed from your participation in this study, please contact the UCLA Counseling and Psychological Services:

Phone: Main line, available 24 hours/day: (310) 825-0768

After-hours crisis counseling available by phone for urgent concerns.

Address: John Wooden Center West, 221 Westwood Plaza, Los Angeles, CA 90095-1556

Hours of Operation:

Monday: 8am-6pm

Tuesday: 8am-6pm

Wednesday: 9am-6pm

Thursday: 8am-6pm

Friday, 8am-5pm

(By appointment only after 4pm on weekdays) (Closed on University holidays)