Application Number: 2008K610  
  
My responses to the reviewer’s comments are in italics below:

01/07/09 09:48:15   
1)      The researcher makes no mention that approval from the Total Wellness program has been sought or given. Approval from the program must be received before recruiting can begin. Verification of this is typically provided via a signed document.

*I have received approval of this research study by the Total Wellness program director, Carolyn Cook Clay. The document is uploaded on the IRB application in a PDF file. Becky Northcut also has a hard copy of the document. If you are not able to open the PDF file, or do not have access to Ms. Northcut’s copy, please contact me.*

2)      Though the researcher and her major professor could find no words that may be difficult for staff to understand (and by “staff”, I also include janitorial staff), I identified several and have included one sentence as an example. Please note that if no janitorial or facilities staff are to be included, then the reading level of the form can be somewhat higher. If this is the case, please state in the synopsis that only office staff (secretaries, etc.) will be included in study. Or, state in the consent form that subjects must have at least a high school diploma to participate.

*I added “*Only participants with a high school diploma or higher level of education will be included in this study*.” to item 1 of the Synopsis of Proposal.*  
a.      In the second paragraph of the consent form, the researcher writes, “The purpose of this research is to examine the attitudes and social pressure towards physical exercise participation, and to identify the barriers and facilitators to physical exercise participation in order to improve health communication and physical activity promotion for Texas State University employees.” This may be confusing to some. I recommend changing to: “I’m doing this research so I can better understand your attitudes about exercise and also learn whether you feel any pressure from friends, family or others to do exercise. I also want to look at what things make it harder for you to exercise and what things may make it easier for you to exercise. I’m looking at all of this in order to try to make it easier for Texas State employees to exercise and maybe make exercise more available to Texas State employees.” This example is only a quick attempt to demonstrate how language can be ! simplified. Please do so throughout. Again, however, if only office staff or those with high school diplomas are to be included, include this as characteristics of exclusion.

*Only individuals with a high school diploma or greater education will be included, therefore, I am excluded from this comment.*

01/06/09 13:53:49   
  
1. Consent Form: Please provide information about the specific location within the Psychology building. There needs to be an indication as to where the locked file cabinet will be stored within the building. For example: In the researcher\'s office?   In addition, federal law dictates that any consent form is kept for at least three years after the project therefore please provide a statement with this in mind.

*I added “All data collected will also be kept in a locked file cabinet in the research laboratory, room 312 of the Psychology building.” to paragraph 5 of the consent form.*

*I added “However, due to Federal Law requirements, this consent form will be stored in the locked file cabinet for three years.” to the end of 5th paragraph in consent form.*

2. Consent Form: The consent form is a legal document therefore when providing names please state the full name of the identified researchers.

*In paragraph 5 of the consent form, I updated the names of the researchers to “Researchers, Cecilia Montano, Dr. Maria Czyzewska, Dr. Randall Osborne, Dr. Brian Miller, and Carolyn Cook Clay….”*  
3. Consent Form: There is a statement about early withdrawal not affecting university relationships however typically there may also be emotional duress about refusal to continue participation affecting the relationship with the researcher. This does not just mean a business relationship.  An acceptable example statement would be the following: \"........without prejudice or jeopardy to my standing with the University or its affiliates.” which would include the researchers representing the university.  
  
*Added “You may choose to withdraw your participation at any time during the study without prejudice or jeopardy to your standing with the University or its affiliates” to paragraph 4 of the consent form.*