#### IRB SYNOPSIS OF PROPOSAL

Social Cognitive Correlates of Physical Exercise Participation

IRB REFERENCE NUMBER: 2008K610

1. Texas State University faculty and staff will be recruited to complete a questionnaire regarding their attitudes, perceived social pressure, and barriers or facilitators to participation in physical exercise through the Total Wellness health promotion program or to physical exercise, in general. The questionnaire will be consistent with items used by Ajzen (2006) and Francis et al. (2004). Approximately 120 volunteers (60 members and 60 non-members of Total Wellness), ages 18 and above, will be recruited from various university buildings, such as, the Jowers Center, J.C. Kellam, and the Albert B. Alkek Library. Only participants with a high school diploma or higher level of education will be included in this study. It is anticipated that age, gender and ethnicity will reflect that of the university faculty and staff population.
2. One Texas State graduate student will recruit volunteers from university buildings via face-to-face visits. Participants will be informed that the study will involve completing a questionnaire that assesses attitudes, social pressure, and barriers or facilitators to participation in physical exercise, and that the information gained will be used to develop a set of recommendations to improve participation in the Total Wellness program, a group physical exercise program available to university employees. Participants will be asked to read and sign the consent form and will receive a copy to keep. Participants will be informed that participation is voluntary and may be discontinued at any time without any penalty or prejudice.
3. Participants will receive written informed consent prior to receipt of the questionnaire. Participants will be told that the questionnaire will assess their attitudes, perceived social pressure, facilitators and barriers to physical exercise in general (for those participants who are unfamiliar with Total Wellness) and to physical exercise via Total Wellness group exercise classes (for Total Wellness participants). After participants have read the instructions, the researcher will answer any additional clarification questions they may have. Upon completion of the questionnaire, participants will be provided contact information for any subsequent questions or concerns.
4. Participating in this study could illicit minimal psychological risks such as thoughts about the participant’s health and wellness related to his/her lack of or minimal physical exercise participation. This psychological risk is unlikely to occur because according to risk perception research, individuals tend to hold highly optimistic beliefs about their likelihood of encountering negative health consequences (Weinstein, 1983). Therefore, after completing the research study questionnaire, participants are more likely to perceive their health status as stable or good, than they are to perceive it as unstable or poor. The likelihood of psychological risk is low.
5. Participating in this study could illicit minimal psychological risks such as thoughts about the participant’s health and wellness related to his/her lack of or minimal physical exercise participation. In the unlikely event that participants become distressed during the course of the study, they may be referred to the Assessment and Counseling Clinic, where they can receive counseling services based on a sliding scale fee, or they may contact the University Counseling Center where they can meet with a case manager who can refer them to a community counseling service that best suits their needs. However, participants will be informed that they can omit any questions that may cause discomfort and that they can withdraw from the study at any point without any penalty.

If the participant needs additional help, aside from the Assessment and Counseling Clinic, and the University Counseling Center, he/she may contact the researcher, Cecilia Montano.

Data for each participant will be assigned a code number, will be shared in the research anonymously and thus cannot be traced back to the participant.

1. There are no significant direct benefits to participants, though results may benefit the Total Wellness program by providing information to develop a set of recommendations regarding current Total Wellness program recruitment strategies and physical exercise communication that takes into account social-cognitive characteristics and perceived barriers to physical exercise of university faculty and staff, in order to improve program participation and the impact of this health promotion program.
2. N/A
3. A minimal risk of thoughts about one’s health status and wellness is anticipated, whereas the potential benefit to society includes a greater understanding and knowledge of barriers to physical exercise activity among the working population. Additionally, the information gathered through this study will be directly applied to the Total Wellness health promotion program, in order to assess current recruitment strategies, and develop a set of recommendations that may improve program participation.
4. N/A
5. As a graduate student in the Health Psychology Masters Program, the researcher is conducting the study to fulfill the thesis requirement. The supervising faculty member of this research project is Dr. Maria Czyzewska, in the Department of Psychology.
6. Dr. Maria Czyzewska has approved these documents.
7. This project has not been reviewed by another IRB.
8. Individuals who will have access, during or after completion, to the results of this study are Cecilia Montano (primary investigator), Dr. Maria Czyzewska (supervising faculty member), Dr. Randall Osborne and Dr. Bryan Miller(thesis committee members), and Carolyn Cook Clay (Total Wellness director).

**In addition to this synopsis, you are required to submit all relevant documentation for review. This may include, but is not necessarily limited to: 1) recruiting documents (e.g., flyers, letter, e-mails, brochures, etc.), 2) a consent form, 3) an assent form, 4) letters of approval from relevant organization(s), 5) surveys/instruments/questionnaires, esp. those created by the researcher, 6) a list of questions that the researcher may ask (e.g., focus groups questions, questions for qualitative studies, etc.), and 7) all documents in translated versions.**