**Consent Form**

On the behalf of the Department of Psychology, I invite you to be 1 of approximately 120 participants in an experiment that aims to study the effects of music on anxiety levels and test performance. You are being given this invitation because this topic may be relevant to you as a student, and because the professor of your course, in which your participation is being solicited, is offering extra credit for your participation in psychological research studies. The research will be conducted by Jennifer Lilley ([jl1492@txstate.edu](mailto:jl1492@txstate.edu); 936-537-4679), an undergraduate with the psychology department, under the guidance of Dr. Crystal Oberle ([oberle@txstate.edu](mailto:oberle@txstate.edu); 512-245-3166).

Participation will include the following steps. First, you will complete a brief participant characteristic survey with five parts: demographic, academic, health, self evaluation, and attitudes on testing. The first three sections include 20 questions, assessing your basic census information, academic standing, and general health information. The last two sections include 40 questions that will determine your level of anxiety. Completion of the characteristic survey will take approximately 15 minutes. Second, you will read a short passage on mathematical reasoning. During this time, music either will or will not be played in the background. After reading the passage, you will then answer another set of questions to once again determine your level of anxiety. This second part of the study will take approximately 10 minutes to complete. Finally, you will take a 25 question test over mathematical reasoning including material covered in high school mathematics, college algebra, pre-calculus, and calculus. The time allotted to complete the test will be 10 minutes. Immediately after the performance test, you will answer another set of questions to determine your level of anxiety one final time. Throughout the entire course of the experiment, you will have your blood pressure and heart rate monitored by a blood pressure machine (Dinamap PRO, model 100V2) to assess the physiological effects that each stage of this study generates upon you. In total, your participation this study will take approximately 45 minutes.

From this study, you may gain insight into how much anxiety affects you during tests. You will learn if music affects your performance and how you can utilize that to your advantage. Your participation will contribute to ongoing research in educational and health psychology pertaining to stress, anxiety, effects of music, and testing abilities. In addition, extra credit will be given by your professor for participation in this study. The amount of extra credit points will be determined by your professor. If you do not wish to participate but still want to receive equivalent extra credit points, you may choose a segment from a selected article and write a short discussion relating at least two of the following topics: anxiety, stress, blood pressure, music, or academic performance. Your discussion shall be longer than ½ a page but no longer than one full page. This will take approximately 45 minutes at the most which is comparable to participation in the experiment.

Participation in this study is absolutely voluntary. You are not obligated to participate (even if you are on the sign up sheet) and may discontinue at any time during the study if you do choose to participate. You also have the right to leave survey questions blank if you deem necessary. These decisions will not jeopardize your standing with the University or your grade in the class which you signed up in.

To protect confidentiality, your name will only appear on the consent form. You will be issued a number for the remainder of the experiment that in no way can be linked to your name on the consent form. Thus, your identity will be confidential, and your data will be anonymous. The consent forms will be locked up in a cabinet in Dr. Oberle’s office and all other data will be kept in a separate locked cabinet in another location in Dr. Oberle’s office. In the event that this study is published, your name will not be printed and your identity will remain confidential. After five years, all information concerning this study will be disposed of through a paper shredder.

Risks that may be involved in this study may include a mild feeling of anxiety that is considerably less compared to a level one would experience prior to an exam, but more than a level normally associated with participation in a research study. In addition, you may feel slight physical discomfort from the blood pressure cuff, which is no different to that experienced when a nurse takes your blood pressure during a doctor appointment. Although these feelings of discomfort will be very short lasting, I must again stress that you may discontinue participation in this study at any time if you feel too uncomfortable to continue.

Immediately after the study, you will be informed of the exact questions posed for this experiment and anticipations of what results may take place. This information will be provided orally by Jennifer Lilley and in writing in an additional document given to you after completion of your participation. If you require any other information, please contact Jennifer Lilley at [jl1492@txstate.edu](mailto:jl1492@txstate.edu) or 936-537-4679 or Dr. Crystal Oberle at [oberle@txstate.edu](mailto:oberle@txstate.edu) or 512-245-3166. After all data have been collected for this study, by June 1, a written summary of the findings will be posted online at the following address: <http://www.psych.txstate.edu/research/debriefing.php>.

If you experience any distress from your participation in this study, you may want to contact the Texas State Counseling Center. Mental health services at the Counseling Center are free to registered students, though the number of sessions allowed may be limited. If you seek another mental health provider, any costs incurred for these mental health services are your sole responsibility. Contact information for the Counseling Center and for three outside mental health providers are provided below.

* Texas State Counseling Center / phone: 512-245-2208 / email: counselingcenter@txstate.edu / location: 5-4.1 LBJ Student Center on the campus of Texas State University in San Marcos, TX
* Kathie Cleveland, LPC / phone: 512-353-3103 / location: 829 N. LBJ, Suite #207 in San Marcos, TX
* Winston Haun, PsyD / phone: 512-396-1722 / location: 13 Pampass Pass in San Marcos, TX
* Trini Rodriguez, LPC / phone: 512-396-7170 / location: 205 Chetham St., Suite #1 in San Marcos, TX

Having read this form and asked any questions you may have had, please sign below if you are at least 18 years of age and if you voluntarily give your consent to participate in this study. A copy of this form will be given to you for your records.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your Printed Name You Signature Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Printed Name of Researcher Signature of Researcher Date

This research project has been reviewed by Texas State University–San Marcos’s Institutional Review Board (IRB): approval #???????. Pertinent questions about the research, your rights, and/or research-related injuries should be directed to the IRB chair, Dr. Jon Lasser (512-245-3413 or [lasser@txstate.edu](mailto:lasser@txstate.edu)), or to Ms. Becky Northcut, Compliance Specialist (512-245-2102).