**UMHB – IRB**

**Research Study Application**

Name: \_\_\_\_\_\_Miguel A. Benavides\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Title of Proposed Study: \_\_\_Searchable Questions and Strategies to Improve Athletic Training Students’

Attitudes toward evidence-based practice\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please provide answers to all of the following questions (attach additional pages as needed). Forward in triplicate, along with the signed cover pages and accompanying informed consent form(s), and proposal if available. Be sure to include your name and title of proposed study at the top of each page. Number your pages \_\_1\_ of \_\_6\_.

1. PURPOSE AND OBJECTIVES OF THE RESEARCH

The purpose of this study is to investigate if an introductory lesson about evidence-based practice (EBP) that teaches how to formulate a searchable question using the PICO Format and how to locate pre-appraised randomized clinical trials navigating the PEDro Database improves athletic training students’ attitude toward implementing EBP measured by the Evidence-Based Practice Attitude Scale.

An objective of this study is to investigate differences in improved attitude toward implementation of EBP between athletic training students (ATS) who have completed a research methods course and ATS who have not completed a research methods course. The development of and implementation of EBP is a focus of the National Athletic Trainers’ Association and strengthening the requirement for ATS to be proficient consumers of research will position athletic trainers for this challenge.

1. DISCRIPTION OF PARTICIPANT POPULATION(S)
2. Who are the participant groups and how are they recruited?

The participants are undergraduate athletic training students enrolled in two private and two public universities accredited by the Commission on Accreditation of Athletic Training Education in Central Texas. The universities that will be involved in the study are the University of Texas at Austin, Texas State University-San Marcos, The University of Incarnate Word in San Antonio, and the University of Mary Hardin-Baylor in Belton. Students will be randomized into a treatment and control group. After attaining permission from each

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university, students will be introduced to the study early in the fall 2009 semester and given the opportunity to read and complete a consent form.

1. Approximate number of participants in each group to be used:

The University of Texas will have approximately ten students who can participate. Texas State University will have approximately 30 students who can participate. The University of Incarnate Word will have approximately ten students who can participate. The University of Mary Hardin-Baylor will have approximately 6 to 8 students. Based on the demographic data collected from the participants, they will be randomized into two groups.

1. If advertising for participants, include a copy of the proposed advertisement.

No advertisements will be used.

1. What are the criteria for selection and/or exclusion of participants?

Sophomore through seniors who are enrolled in the athletic training education program of the four universities and who have completed the consent form will be selected for participation. Any of the participants who have been taught to formulate a searchable question using the PICO Framework and/or who have use the MEDLINE/PubMed via PICO beta page will be disqualified. Also, any participant who has been taught the PEDro appraisal system and is familiar navigating the PEDro Database will be disqualified.

1. If special populations are being used, please justify.

Not using any special populations.

1. ACTIVITIES INVOLVING HUMAN PARTICIPANTS
2. Describe the activities involving each participant group. Include the expected amount of time participants will be involved in each activity and where the activity will be conducted.

Each participant group will attend a regularly scheduled athletic training course at their respective university where they will be taught either the treatment lesson plan or the

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control lesson plan. The amount of time each group will spend with this study is approximately 70 minutes. The introduction to the study, completion of the demographic sheet and consent form will take approximately 20 minutes. The lesson plans will be prerecorded on DVD at the approximate run time of 40 minutes. Instructions will precede and follow the actual lesson comprising a total of 10 minutes.

1. How will the data be collected (check):

\_x\_ questionnaires? (submit a copy)

\_\_\_ interviews? (Submit sample of questions)

\_\_\_ observations? (Briefly describe)

\_\_\_ standardized tests? (If yes, list names)

\_\_\_ other (describe)

1. DATA
2. How will the data be recorded (notes, tapes, computer files, completed questionnaires or tests, etc.) ?

Demographic sheets, informed consent and survey information will be recorded on paper.

1. Who will have access to the gathered data and how will confidentiality be maintained during the study, after the study, and in reporting of the results?

Data will be collected by course instructor and/or the researcher. The researcher will pick up data from the instructor on the same day as collected. All gathered data will be stored in a locked file cabinet in the researchers locked office. All data will be handled in a confidential manner not identifying participants by name. Participants will be assigned a number that will be used to blind data. The participant numbers will be used only to analysis results. These numbers will be keep in locked storage in the researchers office.

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1. What are the plans for the data after completion of this study and how and when will data be maintained or destroyed?

All data sheets will be shredded as required by law at the end of a three year period.

1. BENEFITS, RISKS, COSTS
2. What are the potential benefits to humanity?

There are no risks or costs associated with this study. The benefits to the researcher and the profession of athlete training are an increased awareness about the importance of incorporating the best evidence available into clinical practice and improved skills to consume research.

1. What are the potential benefits to the participants?

The potential benefits to the participant are the learning of efficient and important knowledge, skill, and improved attitude for finding and implementing evidence-based practices.

1. What compensation, if any, will be offered to the participants and how will payment be scheduled throughout the study?

A request for funding is being sought to enumerate the participants $10.00 at the completion of the study. I have not received approval as of this date.

1. What risks to the participant are most likely to be encountered, and at what level?

There is no or minimal risks to the participants.

1. What safeguard will you use to eliminate or minimize these risks? If participants experience adverse reactions, how will they be managed?

Participants will be given the opportunity to withdrawal from the study at any time.

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1. What are the costs if any to participate (monetary, time, etc.)?

There are no expected costs to the participants.

OTHER COMPLIANCE ISSUES

1. If this project may be subject to other regulations, such as state or local laws protecting special populations or the use of a new drug or device, please identify and discuss.

There are no other regulations that may affect this study.

1. INFORMED CONSENT
2. How will the study be explained to the participants and by whom?

The study will be explained by the researcher on a prerecorded DVD and played at each university. The researcher will be available in person or by telephone during the explanation.

The study will be explained as follows: I would like to conduct a research study to investigate whether undergraduate athletic training students change their attitudes toward implementing evidenced-based practices after a lesson that teaches them how to formulate a searchable question and how to navigate databases of pre-appraised empirical studies.

1. Attach informed consent form(s) you will use in the study.

See the attached informed consent form.

1. Indicate rationale for any special conditions relating to informed consent.

There are not special conditions relating to informed consent.

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1. If informed consent is not necessary, please provide brief explanation of why it is not required for your study.

Informed consent will be provided.

1. DOCTORAL DISSERTATIONS
2. Attach Research Proposal Approval Form documenting committee approval to move forward with your doctoral dissertation study.

CERTIFICATION:

In submitting this proposed project and signing below, I certify that: I have read and understand the University of Mary Hardin-Baylor’s manual regarding human research studies and the universities Institutional Review Boards procedures regarding this matter.

Signed: \_\_\_Miguel A. Benavides\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_ Date: \_\_August 7, 2009\_\_\_\_