**Consent Form**

**Brandi Barrera (**[**bb1491@txstate.edu**](mailto:bb1491@txstate.edu)**), a health psychology graduate student at Texas State University is the researcher conducting this study. Supporting psychology faculty members include: Dr. Maria Czyzewska (**[**mc07@txstate.edu**](mailto:mc07@txstate.edu)**), Dr. Kelly Haskard-Zolnierek (**[**kh36@txstate.edu**](mailto:kh36@txstate.edu)**), and Dr. John Davis (**[**jd04@txstate.edu**](mailto:jd04@txstate.edu)**).**

**The study for which you are volunteering to participate involves research. The purpose of this study is to investigate selected aspects of college student life style and perceptions about health. The study requires about 20-25 minutes of time. It will consist of two parts. The completion of both parts is required in order to receive extra credit participation points. For the first part, a paper and pencil survey consisting of 81 questions along with another brief survey consisting of 4 questions will be handed out. For the first survey, answers will be recorded on a scantron. For the second survey, answers will be filled out in the spaces provided. You may chose not to answer any question for any reason at any time, however we ask that you try to answer questions as honestly as possible as it adds to our knowledge of the health of college students. The second part will consists of attending of a brief measurement session in which your height and weight will be obtained. You will be measured individually and privately in a reserved research room. We will also ask you to provide basic demographic information (age, gender, and ethnicity).**

**A benefit to you from participation in this study is the extra credit received in your course. Also, you may become aware of lifestyle habits that need attention. A potential psychological risk to you as a participant is that you will become aware of your BMI (body mass index) which is a calculation of your weight and height. In the event that these risks are a problem for you, you are advised to contact the Texas State Counseling Center which offers free services to all current students (although the number of sessions allowed is limited), the student health center, or the 24 hour crisis hotline.**

1. **Please contact the Counseling Center, located in the LBJ Student Center Room 5-4.1; by phone: 512-245-2208; by email:**[**counselingcenter@txstate.edu**](mailto:counselingcenter@txstate.edu) **for further details.**
2. **You can also call 512.245.2167 to make an appointment at the student health center (free to students) for further concerns.**
3. **A **24 Hour Crisis Hotline** 1-877-466-0660 (Toll Free) is also available to you.**

**You are not under any obligation to participate in this project and you have the right to withdraw from the research at any time. Your instructor has arranged to give you some extra course credit for completing the study. The amount of extra credit is dependant upon your instructor. Your participation is voluntary, refusal to participate will involve no penalty or loss of benefits to which you are otherwise entitled, and you may discontinue participation at any time without penalty. If you choose not to participate, you may also obtain the same extra credit by writing a 1-2 page paper about research on eating behavior among undergraduate students. The alternative paper should be emailed to mc07@txstate.edu as a Word attachment no later than \_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**To assure anonymity, you will be assigned a research ID number that can be found at the top right hand corner of your surveys. To further assure confidentiality, data will be entered by participants' numbers, and only a group-statistical analysis will be performed upon the data. No individual's scores will be identified by name. There will be no way to connect your answers to your name. The confidentiality of data records will be maintained for all participants. Your name will not be recorded anywhere except for on this consent form, but it will not be linked to the data in any way. The survey data will be kept for possible future use and securely stored in the psychology research room.**

**At the conclusion of the study, you will be debriefed and informed about the exact questions the study examined and what anticipated results may occur. The debriefing with description of results obtained in this study will be made available through postings outside the Psychology Main Office. The summary of findings will be available for viewing for all participants interested in the study. In the event that you have any further questions, please contact Brandi Barrera (**[**bb1491@txstate.edu**](mailto:bb1491@txstate.edu)**) or Dr. Maria Czyzewska (**[**mc07@txstate.edu**](mailto:mc07@txstate.edu)**) at the Psychology Department, Texas State University.**

**Any questions regarding the research, research participant’s rights, and/or research related injuries to participants 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).**

**I have read and understand this informed consent statement. I voluntarily agree to participate in the research. I also certify that I am a college student 18 years or older.**

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Your Name (Printed) Date

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Your Name (Signature)

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Researcher Name (Printed) Date