TO: Texas State Institutional Review Board

FROM: Ashlee Dozier, Health Education Coordinator, Student Health Center

DATE: January 12, 2010

RE: American College Health Association’s National College Health Assessment II

**Requested Review Category: Expedited**

**Rationale**

The purpose of this project is to participate in a national survey that will measure Texas State University students’ health beliefs and behaviors and compare the findings to that of other universities. This survey will allow Texas State University to:

* Better understand students’ health beliefs and behaviors,
* Identify potential health risks and develop appropriate health education programs,
* Use the information as baseline data to compare to future NCHA survey results to see if ongoing programming at the university has made an impact,
* And identify programming and intervention needs.

**1. Sources of Potential Subjects**

Subjects for this study will include a stratified-random sample of full-time, currently enrolled undergraduate Texas State students, eighteen years of age or older, based on race, ethnicity, and gender.

**2. Procedures for Recruitment of Subjects/Consent**

A random sample of 4,800 full-time, currently enrolled undergraduate Texas State students, eighteen years of age or older, will be generated from the Texas State Registrar’s Office. This sample of students will receive an e-mail explanation of the voluntary survey, the survey and an explanation of incentives. The initial randomized e-mailed survey will be followed with another e-mail to those subjects who have not yet completed the survey.

**3. Potential Risks**

This study poses little to no risk to the subjects. Subjects will be asked questions regarding health status and health behavior, but the surveys will be kept entirely confidential. The survey will not contain any identifying information on the study participants and no specific answers will be linked to any one participant.

**4. Minimizing Potential Risks**

When the data is analyzed, there will be no connection to any identifying information for the survey participant. At no time will results from an individual survey be released. Subjects’ names and tracking numbers will be held at Texas State University by the principal investigator. After the surveys are compiled, the list of names and tracking numbers will be destroyed.

**5. Potential Benefits**

The primary potential benefit of the study is that the data collected will help Texas State plan health programs prioritize campus needs, allocate resources, design strategies for intervention, and identify protective and risk factors associated with academic performance.

**6. Risks in Relation to Benefits**

Since there is little to no risk for the subjects, the benefits outweigh any potential risks.

**7. Specific Sites**

There will be no outside sites used. De-identified data will be sent to the American College Health Association for analysis. Their address is P.O. Box 28937, Baltimore, MD 21240-8937. Information about the national survey can be found at <http://acha-ncha.org>.

**8. Not Applicable**

**9. Not Applicable**

**10. Previous IRB Review**

This is the fourth submission to the IRB. The previous reference numbers are 02-0292, 04-0565, and 2007-64579.

**11. Individuals with Access to Unpublished Results**

Staff members at the American College Health Association will analyze the data and send a report to the Student Health Center. Final results will be shared with the Director, Assistant Director, and Health Education Staff of the Student Health Center, the Vice President for Student Affairs and selected Texas State departments. Aggregate data from the final report may be cited in class presentations and in reports about the health of the student body.