**Consent Form**

As an undergraduate student enrolled at Texas State University-San Marcos, you are invited to be 1 of approximately 100 participants in a research study that aims to study the effects of music on pain. The research will be conducted by Christy Rosner ([cr1394@txstate.edu](mailto:cr1394@txstate.edu)), an undergraduate student in the psychology department, under the guidance of Dr. Crystal Oberle ([oberle@txstate.edu](mailto:oberle@txstate.edu)).

The invitation for participation in this study is open to approximately 100 Texas State undergraduate students because this information may be relevant to you as a student in everyday life as you encounter and cope with pain.

Participation in the study involves the following: You will first complete a short survey that will cover basic background information such as your gender and age as well as your general attitude towards pain. You will then complete a cold pressor task that is used in many psychological tests that involves placing one hand in a bucket filled with ice water. During this time, different forms of music will or will not be played in the background. You will keep your hand submerged in the ice water (approximately 40 degrees Fahrenheit) for as long as you can and remove it at any time. The length of time that you are able to leave your hand in the ice water will be kept and recorded. Throughout the experiment, you will have your blood pressure and heart rate monitored by a blood pressure machine (Dinamap PRO, model 100V2) to evaluate the physiological changes that occur throughout the study. Participation in this study will take no longer than 45 minutes.

The benefits that may be gained from this study include an increased knowledge about some factors that affect pain. If we find that a certain kind of music (major, minor, atonal, or pentatonic) increases the amount of time that participants are able to keep their hand submerged in ice water, you can apply this knowledge in your life to improve your overall well-being and your ability to cope with physical pain. You may also raise your awareness of your personal pain endurance. With consent of your instructor, you may also receive extra credit points for participating in this study. If you wish to receive the extra credit but opt to not participate in the study, and alternative to participation that will include reading and summarizing a journal article that covers music as it pertains to psychology.

Participation in this study is voluntary, and as such you are not obligated to participate. As a participant, you may freely choose to not answer any question for any reason. You may also withdraw from the study at any time without placing your standing with the University or your grade in the course from which your participation is being solicited in jeopardy.

Risks that may be involved in this study could include the unpleasant feeling associated with submerging your hand in ice water. This experience may be disagreeable or dislikable, but you may remove your hand from the water at any time during the experiment. In addition, time in the water will be limited to 3-4 minutes to eliminate the risk of tissue damage. If any problems occur or you begin to experience distress, the experimenter will intervene to ensure your safety. You may also experience discomfort from the blood pressure cuff, but no more than what you experience in a doctors’ office, and the discomfort will be temporary. Once again, you may opt out of the study at any time during the experiment.

All data collected will remain confidential and anonymous. Your name will appear only on the consent form. You will be issued a number for the remainder of the experiment that cannot, in any way, be linked to your name on the consent form, ensuring that your data will remain anonymous. The consent forms will be stored in a locked filing cabinet in Christy Rosner’s house and all other data will be stored in a separate locked filing cabinet at the same location. After five years, all information regarding this study will be destroyed via a paper shredder.

Directly following the study, you will be informed of the exact questions posed for this experiment and what anticipated results might occur. The information will be provided orally by Christy Rosner and in writing in an additional document given to you after completion of your participation. If you require any other information, please contact Christy Rosner at [cr1394@txstate.edu](mailto:cr1394@txstate.edu) or 979-421-0451 or Dr. Crystal Oberle at [oberle@txstate.edu](mailto:oberle@txstate.edu) or 512-245-3166. After all the data has 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 requested, a summary of the findings from this study will be provided to participants upon its completion. If you are interested in the results of the study, please send an email to Christy Rosner at [cr1394@txstate.edu](mailto:cr1394@txstate.edu) requesting a summary of the results after the completion of the study.

If you experience any distress from your participation in this study, you may want to contact the Texas State Counseling Center. Mental heath services at the Counseling Center are free to registered students, though the number of session 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](mailto: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.

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Participant Printed Name Date

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Participant Signature

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Printed Name of Researcher Date

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Researcher Signature

This research project has been reviewed by Texas State University-San Marcos’s Institutional Review Board (IRB): approval #0000000. 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 (512-245-2101).