Consent Form

Researcher: Susan Bradley, Master of Education with Specialization in Exercise Science Thesis Student at Texas State University. Contact via email: [sb1485@txstate.edu](mailto:sb1485@txstate.edu) .

Supervisor/Committee Chair: Dr. Carlos Cervantes, PhD. [cc85@txstate.edu](mailto:cc85@txstate.edu) , 512-245-9691.

This consent form is to obtain information from you to be used in research. The information will be obtained by answering questions on a survey. There is no funding that has been provided for this research. The purpose of this research is to explore what barriers might exist to keep or encourage daily physical activity in adult women (age 21 or older) who are full-time Administrative Assistants employees at Texas State University.

You have been chosen to participate because you are a woman who is 21 or older, are employed full-time as an Administrative Assistant at Texas State University in San Marcos, Texas.

Completion of this survey will require approximately 10 minutes of your time. There are 30 questions included in the survey. The questions involve information about your current level of physical activity. An example of a survey question is “How many minutes per day are you physically active” You would respond by choosing from the answer options: 10 minutes, 20 minutes, 30 minutes, more than 30 minutes. You may choose not to answer any question(s) for any reason.

This is a onetime survey. There are no other experimental procedures or treatments involved in this research.

One of your benefits to participation is knowledge that you have contributed to the expanding body of scientific research on the relationship between barriers and facilitations to physical activity. A second benefit for you is knowing you helped another woman achieve her personal goal.

The researcher believes there is no personal physical or psychological risk to you.

There are no physical or tangible compensations for participation in this research.

This is a completely voluntary participation. You have the right to choose not to continue your participation or to have your data removed from this study at any time. There are no consequences for not participating. Non-participation will NOT jeopardize your standing or work with the University.

Any pertinent questions about this research should be directed to the IRB chair:

Dr. Jon Lasser, 512-245-3413, [lasser@txstate.edu](mailto:lasser@txstate.edu)

Or

Ms. Becky Northcut, Compliance Specialist, 512-245-2102

All information obtained is kept confidential. There will be no identifying information kept that will be connected to you personally once the survey is completed. The survey data will be kept on the computer server of Texas State University and archived on a jump drive kept in the possession of Susan Bradley until January 15, 2011.

A summary of the findings from this research will be available to you, upon completion of this study, if you request from the researcher. You may contact Susan Bradley at [sb1485@txstate.edu](mailto:sb1485@txstate.edu) December 2010 for results.

The Texas State University IRB approval number is:

I agree that by signing this consent form that I understand its content and agree to participation in the survey. If you are participating in the survey on line, please make a copy of this consent form for your records before submitting agreement.

Signature of Participant Date

Researcher: Susan Bradley Date