**Consent Form**

**Study:**

Title: Psychosocial and perceived environmental influences on physical activity in full time female university administrative assistants.

**Researcher:**

Susan Bradley, Master of Education with Specialization in Exercise Science Thesis Student at Texas State University. Phone: (512) 757-2022, Email: [sb1485@txstate.edu](mailto:sb1485@txstate.edu) .

**Supervisor/Committee Chair:**

Carlos Cervantes, Ph.D., assistant professor, Health, Physical Education and Recreation.

This consent form is to obtain permission from you to gather and use information about you 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 employed at Texas State University.

You have been asked 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 such as: 10 minutes, 20 minutes, 30 minutes, or more than 30 minutes. Your participation is voluntary, thus 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.

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. There are no consequences for not participating. Non-participation will NOT jeopardize your standing or work with the University.

If you have any questions about the research you may contact me at [sb1485@txstate.edu](mailto:sb1485@txstate.edu). If you would like to ask someone from the Office of Responsible Research you may direct your questions to 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 and anonymous. 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.

The Texas State University IRB approval number is: ###

**Signing Consent**

I have read (or someone has read to me) this form and I am aware that I am being asked to participate in a research study. I have had the opportunity to ask questions and have had them answered to my satisfaction. I voluntarily agree to participate in this study.

I am not giving up any legal rights by signing this form. I will make and retain a copy of this form**.**

Signature of Participant Date

Researcher: Susan Bradley Date