IRB Synopsis of Proposal

Attitudes towards Treatment of Mental Problems and the Effect on Willingness to Seek Treatment

1. Participants will be recruited from the undergraduate population of Texas State University and will consist of approximately 200 students, with roughly equal numbers of males and females. A wide range of ethnicities and backgrounds is expected because of the diversity of the university. All students can participate as there are no exclusion criteria in this study.
2. Participants will be recruited primarily through class announcements in undergraduate course in the Department of Psychology. However, efforts will be made to recruit from the Department of Music and other departments. This will provide me with a more diverse and representative sample of the entire university. We request a waiver of written informed consent for this study, as the only information tying participants to the study would be the consent form. No directly identifying information will be obtained from participants, meaning the sole risk of a privacy or confidentiality violation comes from the informed consent document. We will, however, obtain verbal consent for participation from all participants. Participants will be read a brief explanation of the study, of its risks and benefits, alternatives to participation, etc (i.e., the components of a written consent form) prior to participation. This explanation is appended here.
3. Participants will be asked to complete a 27 question survey. These have been created by the PI, with the exception of 3 questions taken from the Attitude Scale for Mental Illness. These are questions 11, 15, 21 on my surveys. The questions are designed to find out attitudes relating to mental health problems and treatment types.
4. Completion of questions regarding mental health history of the participant and family or friends could produce minimal anxiety. However, these questions are non-invasive and the surveys are anonymous. These pose only minimal risk to participants.
5. Given that participants will not provide identifying information, the anonymity of the survey should limit any type of stress or anxiety that may result from the questions asked. The top of the survey states that a participant should not write their name, this is bolded and underlined. Careful steps will be taken to ensure confidentiality. The PI has experience working as a research assistant and has been trusted with confidential information in the past.
6. To the participant, there are no direct benefits. Society may benefit from knowledge of negative attitudes in treatment types and if this affects the desire to seek treatment. Awareness of this matter could prove useful in creating new alternative ways to suggest and advertise treatment types to those diagnosed with mental health problems

1. Participants will be offered extra credit in their class for completion of a survey. Typically, the amount of extra credit is left to the discretion of the instructor of the course for which extra credit is requested. The amount of extra credit offered will be known by prospective participants prior to survey administration, allowing them to make a fully informed decision. The PI’s research supervisor, Dr. Ty Schepis, will be offering 5 points of extra credit on a regular examination to his students (~.5% of total grade). Other instructors in Psychology and other university departments will also be approached about their willingness to offer extra credit for participation.
2. The risks to participants are virtually minimal (i.e., are not expected to be above those of normal daily activities). The benefits could improve how the subject of treatment is approached by professionals diagnosing mental problems. If there is a lack of willingness to seek treatment further study could be conducted to find new ways to approach treatment.
3. All research will take place at Texas State University
4. This study will be in fulfillment of my thesis requirement for the Texas State University - Honors Program. I will be enrolling in the honors thesis course in the spring 2011 semester. I will be supervised by Dr. Ty Schepis ([schepis@txstate.edu](mailto:schepis@txstate.edu)) in the Department of Psychology; Dr. Schepis has extensive experience conducting successful research studies using survey methodologies.
5. Dr. Schepis will approve the protocol in the online system after it is submitted. He has edited and approved of all submitted materials.
6. The proposed study has not been reviewed or approved by another IRB.
7. Access to the data will be restricted to the PI and supervising professor. Michelle Oliver ([mo21@txstate.edu](mailto:mo21@txstate.edu)) of the department of Psychology has agreed to be a second reader of my thesis. This will consist of her receiving periodic rough drafts of my thesis, but not raw data. The Texas State University - Honors Program will receive a final draft of my thesis on completion of the course.