**Consent Form**

Project Title: The Association of the Presence of Insomnia and Excessive Daytime Sleepiness in a Veteran Population on College Campuses

IRB Number:

Principal Investigator: Amanda Martinez, BSRC, RRT-SDS

You are invited to participate in a research study at Texas State University-San Marcos performed by Amanda Martinez, a graduate student from Texas State University – San Marcos (512.753.2688, [am1316@txstate.edu](mailto:am1316@txstate.edu)). This research is being conducted under supervising faculty, Dr. Matthew Eichler (512.245.2115, [eichler@txstate.edu](mailto:eichler@txstate.edu)). This research project requires participants to be 18 years or older and complete two questionnaires. Participation for this research project is completely voluntary. Please completely read this form and feel free to ask any question that you may have concerning the research project before deciding to participate. Participants are chosen by veteran status at Texas State University – San Marcos.

Background Information:

The purpose of this study is to gain a better understanding of the presence of insomnia and excessive daytime sleepiness on a veteran population of college students. The Pittsburgh Insomnia Rating Scale Questionnaire and Epworth Sleepiness Scale are currently used as prescreening tools for persons who may suffer from sleep disorders. The Pittsburgh Insomnia Rating Scale is used to identify the level of insomnia of persons and the Epworth Sleepiness Scale is used to determine the level of a person’s daytime sleepiness.

Procedure:

If you agree to participate in this study, we will ask you to answer the Pittsburgh Insomnia Rating Scale (20 questions) and Epworth Sleepiness Scale (8 questions) as truthfully as possible. Participation time of the research project will take a maximum of fifteen minutes. An example of a question seen on this questionnaire would ask to rate the most appropriate number on a four-point scale with zero representing never dozing and three being a high chance of dozing in a situation such as watching television.

Potential Risk:

Participants may be asked questions that can potentially cause discomfort. Any participants experiencing anxiety related issues following the completion of the survey may contact any of the listed resources to discuss their discomfort issues.

Texas State Student Counseling Center

LBJ Student Center room 5-4.1

601 University Dr.

San Marcos, Texas 78666

Phone: 512.245.2208

E-mail: [counselingcenter@txstate.edu](mailto:counselingcenter@txstate.edu)

Web: <http://www.counseling.txstate.edu/>

Bluebonnet Trails Community MHMR Center

1009 Georgetown St.

Round Rock, Texas 78664

Main Phone: 512.255.1720

Crisis Hotline: 800.841.1255

Web: <http://www.bluebonnetmhmr.org/>

Austin Travis County MHMR Center

1430 Collier St.

Austin, Texas 78704

Main Phone: 512.447.4141

Crisis Hotline: 512.472.4357

Web: <http://www.atcmhmr.com>

The Center for Health Care Services

3031 IH 10 West

San Antonio, Texas 78201

Main Phone: 210.731.1300

Crisis Hotline: 210.227.4357

Web: <http://www.chcsbc.org/>

Possible Benefits:

Participants of the study will benefit by gaining a better understanding of the risk associated with excessive daytime sleepiness and level of insomnia. A summary of the findings will be provided to the participant if requested.

Confidentiality:

All information gathered during this study will be anonymous. The data will be collected by an online survey company entitled SurveyMonkey. This site allows for enhanced SSL encryption to protect survey link and survey pages during transmission. Only the researcher will have access to data. While the data given by participants will be held in privacy to the best of the researcher’s ability, there is no ultimate guarantee of confidentiality with any online survey.

If you decide to participate, you are free to withdraw at any time without prejudice or jeopardy of your standing with the University and any other relevant organization with which you are associated with. Participants may continue through the questionnaire and choose to not answer any question(s) for any reason.

Available Sources of Information:

You may ask any questions now by contacting the investigator Amanda Martinez at 512.753.2688 and/or [am1316@txstate.edu](mailto:am1316@txstate.edu). For future reference, questions or concerns, this consent form will be available to print prior to beginning the survey for contact information.

Pertinent questions about the research, research participants’ rights, and/or research related injuries to participants should be directed to the IRB chair, Dr. Jon Lasser, Department of Educational Administration and Physiological Services at 512.245.3413/[lasser@txstate.edu](mailto:lasser@txstate.edu) or Becky Northcut, Certified IRB Professional and Director of the Office of Research Compliance at 512.245.2314.

Statement of Consent:

“I have read and understand this consent form, I am 18 years of age or older and I agree to participate in this research study. I understand that I may print a copy of this consent form at this time for future reference. I voluntarily choose to participate, but I understand that consent does not take away any legal rights in the case of negligence or other legal fault of anyone who is involved in this study. I further understand that nothing in this consent form is intended to replace any applicable Federal, state, or local laws. I also understand that I may withdraw from this study at any time without penalty.”

* I am 18 years of age or older and give consent to participate in this research study.
* I do not give consent to participate in this research study.

\*Before proceeding to the survey, please take this time to print off a copy of this consent form for future reference.