IRB SYNOPSIS OF PROPOSAL

The Association of the Presence of Insomnia and Level of Excessive Daytime Sleepiness in a Veteran Population on a College Campus

1. The source of the potential subjects is students that are enrolled in the fall 2010 semester with a veteran status at Texas State University – San Marcos. Subjects will not be excluded because of ethnicity or gender or state of health. They will have previously served in the United States Armed Forces and be adults aged eighteen years and older. The population will be approximately 1200 students and will hope to attain a sample size of at least 300 students determined by power analysis.
2. With granted permission from the office of Veterans Affairs at Texas State University – San Marcos, an email will be sent out to the enrolled veterans by the office of Veterans Affairs on my behalf. The information contained in the email will describe the study, invite persons to participate in this research along with a link to the questionnaire that the participants will be asked to complete. Once the link is clicked it will be directed straight to the consent form. The participant would then read the consent form and agree to participate or exit the survey. At this time, the participant will be prompted to print the consent form prior to leaving the page.
3. Once IRB approval has been granted an email will be sent out to all veterans enrolled at Texas State in the fall semester. Those that choose to participate will click on a link and complete a survey that consists of a collaboration of seven demographic questions and two short valid and reliable adopted instruments. The surveys will be collected and be secured through a paid online survey agency (SurveyMonkey). All requirements for security that exists with survey monkey will be utilized such as enabling SSL encryption and disabling IP tracking to protect survey link and survey pages during transmission. Data from the questionnaire will be taken from their secure location, and transferred to an excel spreadsheet. Special care will be taken to ensure accurate transfer, and minimization of error. Excel will allow the cleaning and organization of data prior to analysis. Data will be transferred to SPSS for analysis and statistical testing by the researcher.
4. The potential risks are for participants to encounter questions that may arouse an emotional reaction or discomfort. Contact information to mental health support centers and hotlines will be provided to participants.
5. No names or means of identification will be collected and all security measures will be utilized to protect the privacy of the participants. In the case that a participant is encountered with an emotional reaction a list of mental health support centers in the surrounding areas will be provided in the consent form.
6. There will be no immediate benefits for the participants; however by participating in this study they can help researchers gain a better understanding of the demographics, presence of insomnia, level of excessive daytime sleepiness and associations with this specific population. Results and further investigation can potentially lead to implementation of various strategies in hopes to improve the sleep status of veteran students.
7. There will be no compensation offered or provided to the participants of this study.
8. Although, there are potential risks such as triggering anxiety or discomfort to the participant, potential benefits are high. There is currently no literature that looks at the presence of insomnia and level of excessive daytime sleepiness and its associations specifically on veteran college students. This study would be a baseline and possible foundation to future research that could benefit veteran students.
9. The Office of Veterans Affairs will be the agency that will be assisting me in this study. I have been granted approval to contact the enrolled veterans.
10. The proposed research directly relates to all courses in the academic module of my MSIS Occupational Education degree. My academic module focuses on sleep and includes eighteen hours of polysomnography studies. Dr. Albert S. Dietz is my supervising faculty.
11. Dr. Matthew Eichler, supervising faculty has approved this study.
12. The proposed study has not been reviewed/approved by another IRB.
13. Individuals that will have access to the results during this study include Dr. Matthew Eichler, supervising faculty ([eichler@txstate.edu](mailto:eichler@txstate.edu) 512.245.2115), Dr. Lynda Harkins, independent evaluator ([lt01@txstate.edu](mailto:lt01@txstate.edu) 903.641.7115), and myself. After completion of this study, it will be accessible to the public.