**Consent Form**

**“Psychological Needs in Predicting Exercise Adherence :2010T8726”**

You have been invited to participate in a research study on factors related to exercise adherence in college students. You have been chosen for this study due to your status as a student and having access to the student recreation center on campus. All individuals over the age of 18 to 45 years are asked to participate. The study is being conducted by Jennifer Martinez under the supervision of Dr. Alex Nagurney from the Health Psychology Program in the Psychology Department at Texas State University- San Marcos. We ask that you read this form and ask any questions you may have before agreeing to be in the study. You may ask any questions you have now. If you have questions later, you are encouraged to contact Jennifer at [jm1853@txstate.edu](file:///C:\Documents%20and%20Settings\Owner\Local%20Settings\Temp\jm1853@txstate.edu)  or Dr. Nagurney at [mc07@txstate.edu](mailto:mc07@txstate.edu) . If you have any questions about your rights as a research participant or feel that you have been placed at risk, you may contact the IRB chair, Dr. Jon Lasser (512-245-3413 or [lasser@txstate.edu](mailto:lasser@txstate.edu)), or to Ms. Becky Northcut, Compliance Specialist (512-245-2102).

The participation in this study will require you respond to a short survey containing questions about your feelings toward exercise. We will also ask you to provide basic demographic information (age, gender, and ethnicity), and your body height and weight. The completion of the survey should take approximately 15 minutes of your time. In addition, you will be asked for your student I.D. (PLID) number. Your student I.D. number will be used to follow the amount of times you scan your I.D. to enter the Student Recreation Center at Texas State University-San Marcos. No other information will be obtained with your student I.D. number. The times of entry and dates of entry into the Student Recreation Center will be recorded for 8 weeks after the completion of the questionnaire.

This study poses very minimal risk to psychological health caused by describing how you feel about exercise and tracking your exercise participation. If you find that you are uncomfortable answering any question, you may stop at any time. You may also skip questions you don’t want to answer. In addition, your answers to the survey will remain anonymous (i.e., you will not be asked to provide your name or any other personal identification information).

Other than the satisfaction of participating in health research that might influence treatment and prevention efforts, you will not receive any monetary compensation or direct benefit from participating in this survey. With consent of certain instructors within the psychology department you may receive extra credit for participation as the instructor’s discretion.

The records of this study will be kept confidential. In any sort of report that might be published, we will not include any information that will make it possible to identify you. Your name will appear only on this consent form, which will be stored in a storage case separate from all other information collected during the study. Research records via paper and computer will be stored securely and only researchers will have access to the records. Paper records of the data will be retained for a period of five years and will then be destroyed. The completion of this study’s tasks may result in increased awareness in one’s exercise participation. Should you feel any discomfort for which you feel the need to seek professional help, you may receive confidential assistance at the Texas State Counseling Center (512-245-2208), which is free to registered students.

Participation in this study is voluntary. Your decision whether or not to participate will not affect your current or future relations with Texas State University. If you decide to participate, you are free to not answer any question or withdraw at any time with out affecting those relationships.

The principal investigator of this study is Jennifer Martinez working under the supervision of Dr. Nagurney from the Psychology Department. The debriefing with description of results obtained in this study will be provided upon request. If interested in the results of this study, you may request a summary of the findings by contacting directly Jennifer Martinez at [jm1853@txstate.edu.](file:///C:\Documents%20and%20Settings\Owner\Local%20Settings\Temp\jm1853@txstate.edu)

**Statement of Consent:**

**Having read this form and asked any questions, please sign below to voluntarily give your consent to participate in this study. A copy of this form will be given to you for your records.**

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**Your Name (Printed)**

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**Your Signature Date**

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**Signature of Researcher            Date**

**IRB approval Number:\_\_\_\_\_\_\_\_\_**

**Thank you in advance for you participation in this study.**