#### IRB SYNOPSIS OF PROPOSAL

Psychological Based Needs in Predicting Exercise Adherence

1. For the purposes of this study, invitation for participation will be extended to approximately 200 students from Introductory Psychology Course Classroom, the university quad, and Campus Recreation Center who are between the ages of 18 and 45, and are current users of the student recreation center. For the purposes of this study, students who are under the ages of 18 years of age or older than 45 or who are not users of the student recreation center will be excluded from the study in order to specifically indentify healthy young to middle aged adults who are currently engaging in physical activity but who are susceptible to lapses in their current activity levels. Anticipated demographics of the population will be 18-25 years of age, primarily women, and predominately Caucasian or Hispanic.
2. Recruitment of participants will take place on campus (i.e., campus recreation center, classrooms and quad) by approaching individuals and asking for their time to participate in a study for a completion of a student’s thesis. If they agree to participate, students will be asked to complete a short questionnaire with demographic information (see attached) as well as their PLID number via an internet based survey system (Survey Monkey) via a personal laptop. In addition, students will be verbally informed and asked to sign a consent form (see attached) that will permit the primary researcher to access their recreation center usage via their PLID student number. Participation will be voluntary and all students will receive a copy of the consent form (see attached) from the primary researcher. Upon completion of the consent form and questionnaire, students will be verbally reassured that all information obtained will remain confidential and they will no longer be contacted or tracked after the end of the semester. All forms will be placed in a secure storage container and filed by PLID number. Information obtained from the students will be kept for 6 months and then destroyed. Only the primary researchers will have access to completed forms and data collected via the internet. The consent forms with participants names will be kept separate from the response forms without possibility matching a specific individual to his/her responses.
3. Participation involves consent to monitor a student’s frequency of usage of campus recreation facilities during the fall semester in addition to a short questionnaire and demographic information. Students will be approached and asked to complete 1) the questionnaire 2) consent to release information. Upon agreement students will receive a copy of the consent form along with verbal confirmation that information obtained will only be used from the Fall 2010 semester and will cease early Spring semester 2011. At the end of study, participating student ID numbers will be entered into the Campus Recreation’s database through the aid of Steve Soukup (Systems Support Specialist for Campus Recreation). This database will show the number of times a student has entered into the facility using their PLID number. Only this information along with responses from the questionnaires will be analyzed.
4. Participation in this study may result in increased awareness about a student’s usage of the Campus Recreation center. As such, it may produce a discomfort among some participants. However, all participants will be informed and encouraged to omit any survey item that they do not feel comfortable answering (see the consent form) and given the option to withdraw at any time. It is assumed that the non-intrusive nature of the study will not produce any negative feelings nor interfere with the student’s activity. As stated, all contact information from the participant will be held confidential and only the student’s I.D. number will be used to distinguish the individual responses.
5. This is a minimal risk study. All information that is given will be kept confidential. The only time a student’s name will be used is for the purpose of the consent form. Identification of participants will be through PLID numbers, therefore there would no way in which to match a participant to their responses. Only student researchers and faculty will have access to any detailed information at any time. On the attached consent form participants will be given contact information of the student counseling center should they feel any mental discomfort through the study. The procedures used in the study are believed to be the most effective in reducing risks compared to other techniques.
6. The study of health related behaviors such as exercise is based on the assumptions that in industrialized countries a substantial proportion of mortality from the leading causes of death is due to modifiable behavior patterns. It has been recognized that individuals can make contributions to their own health and well-being by engaging in health enhancing behaviors such as exercise. The benefits of exercise are undisputed and with the current rising trend in obesity there is much more research needed in the area of exercise behavior. Several large scale epidemiological studies have cited environmental barriers, personal and psychological barriers as factoring into participation in regular exercise. However, more research is needed on the psychological variables involved in exercise behavior. This study aims to benefit society by studying the motivational factors involved in the exercise setting which contribute to interventions aimed at increasing exercise and changing sedentary health-risk behavior. In addition, it could make participants involved in the study more aware of their use of the campus recreation center.
7. With consent of the instructor, participation will be rewarded with extra credit points at the instructor’s discretion. For students who wish to receive extra credit points without participation in the study an alternative option will be given in which the student will summarize a research article of the professor’s choice.
8. The benefits from the knowledge gained from the study outweigh the risks. It is anticipated that the information gathered from the study will serve help us better understand the factors that influence the choice to engage in exercise. Because of the objective methodology used in the study some psychological discomfort may be experienced. However, the manner in which information will be gathered assures students will have their information kept confidential and will be non-intrusive.
9. This study will be conducted only on the Texas State University-San Marcos campus in assistance from the Texas State University Campus Recreation Center (See attached letter of permission).
10. This study is being conducted to fulfill the requirements for my master’s thesis in Health Psychology, under the supervision of Dr. Alex Nagurney from the Psychology department.
11. Committee members for this thesis have approved the proposal (See attached letter).
12. This research has not been reviewed or approved by any other IRB.
13. Myself (Jennifer Martinez), Committee members: Dr. Alex Nagurney, Dr. Crystal Oberle, Dr. Jeff Housman, and Dr. Kelly Haskard and System Support Specialist for the Texas State University-San Marcos: Steve Soukup will be the only individuals with access to the data obtained during the study and after completion. Depending on the significant findings of the study, data may be considered for presentation or publication, but participant’s names will never be associated with their data.