

**University of Nevada, Reno**  
**Social Behavioral Research Consent Form**

**Title of Study:** Electronic Bridge to Mental Health (e-Bridge) for College Students  
**UNR Principal Investigator:** Jacqueline Pistorello, Ph.D., University of Nevada-Reno,  
[pistorel@unr.edu](mailto:pistorel@unr.edu), 775-846-5540

This is a multi-site study, and the primary Principal Investigator is Cheryl King, Ph.D., at University of Michigan, [kingca@umich.edu](mailto:kingca@umich.edu)

**Co-Investigators /** Stephen Chermack, Ph.D., Daniel Eisenberg, Ph.D., Inbal Nahum-Shani  
Ph.D., & Kai Zheng, Ph.D., University of Michigan; Ronald Albucher,  
M.D., Stanford University; & William Coryell, M.D., University of Iowa.

**Study ID Number:** 659028  
**Sponsor:** National Institute of Mental Health (NIMH)

---

**Introduction**

Before you agree to be in this study, please take time to read this form. It explains why we are doing the study; and the procedures, risks, discomforts, benefits and precautions involved. This form may use words that you do not understand. Please ask the researchers to explain anything that you do not understand.

Please be completely truthful about your eligibility to be in this study. If you are not truthful, you may harm yourself by being in the study.

You do not have to be in this study. Your participation is voluntary.

Take as much time as you need to decide. If you say yes now but change your mind, you may quit the study at any time. Just let the one of the researchers know you do not want to continue.

**Why are we doing this study?**

We are doing this study to find out how to best link college students who are psychologically distressed to potentially helpful services.

Researchers at the University of Michigan, University of Nevada-Reno, University of Iowa, and Stanford University are conducting research with college students to learn about *e-Bridge*, a service to help link students with depression or other emotional difficulties to services or resources that may be helpful. We hope to learn about how to best implement *e-Bridge* and to find out if it improves linkages to services or resources.

**Why are we asking you to be in this study?**

We are asking you to be in this study because you are enrolled at University of Nevada, Reno and are 18 years of age or older.

A total of up to 7,400 UNR students will be recruited to complete this screening and up to 45,000 college students across all sites in the study.

**What happens if you agree to be in the study?****Part 1:**

If you agree to participate, we will ask you to complete an online survey that will either take 2 to 5 minutes or 8 to 10 minutes, depending upon the number of questions included in your survey. All students will be asked questions about their age, race, ethnicity, thoughts, behaviors, and moods. All students will also be asked questions about their use of mental health services. Some students will be asked additional questions about their emotions and behaviors, views about mental health services, and academic functioning. The survey will require a total of 8 to 10 minutes for these students. We anticipate that approximately 5 to 10 percent of students will be presented these additional questions. These students will be identified based on their responses to the first set of questions. They are students for whom we anticipate that the eBridge intervention may be helpful.

**Part 2:**

All students who complete the longer online survey will have an opportunity to view personalized feedback regarding their survey responses. Approximately one-half of these students will be randomly selected to participate in the eBridge intervention, which will present them with the option of exchanging online messages with a professional counselor about their personalized feedback, their concerns and/or the availability of resources in the campus community. For the randomization, each student has approximately a 50-50 chance of being assigned to the eBridge group or the personalized feedback and information services group only.

For those participating in Part 2, we will contact you again four weeks later and approximately five to six months later for online follow-up surveys (lasting 5-12 minutes each) about how you are doing and any services you have obtained.

Additionally, we would like to ask your permission to access your academic records and to confirm if you have or have not accessed services at Counseling Services and Student Health Services at University of Nevada, Reno (see below). These records will be used for research purposes only and will be kept confidential by the research team.

Some financial incentives for completion of online surveys will be provided. See below.

**How long will you be in the study?**

The study will vary considerably in how long it will take. It may only take 2-10 minutes if you only participate in the initial online survey, but it may take up to a couple of hours if you participate in Part 2 with online contact with a counselor and completion of follow-up questionnaires 6 months after the initial contact.

**What happens if you do not want to be in the study?**

Nothing will happen if you decide not to be in this study. Your participation is voluntary--your decision of whether or not to participate will not affect your standing at University of Nevada, Reno in any way, and you will not be penalized in any way if you decide not to participate. You may discontinue participation at any time.

**Is there any way being in this study could be bad for you?**

If you agree to be in this study, you may be asked about sensitive or personal information such as your emotional health. These questions might make you feel uncomfortable or anxious. At the end of the survey you will receive a list of resources on campus that can provide help and support if ever needed. If responding to any questions makes you feel distressed, we urge you to call any of the resources listed.

**Will being in this study help you in any way?**

Being in this study may not help you but you may learn important information about available services. Some students may also link to needed services as a result of study participation.

Benefits of doing research are not definite; however we hope to learn how to best provide links and resources for college students.

**How will we protect your private information and the information we collect about you?**

We will treat your identity with professional standards of confidentiality and protect your private information to the extent allowed by law. We will do this by taking several precautions.

We are in the process of obtaining a Certificate of Confidentiality from the Federal Government. This will help protect your privacy by allowing us to refuse to release your name or other information outside of the research study, even by a court order. The Certificate does not prevent you or a member of your family from releasing information about yourself or your involvement in this study.

We will maintain a secure data environment using Secure Sockets Layer (SSL) encryption technology. Although you will be providing personal information transferred through a study website, we will never link this information to any of your study data (from the surveys and from the correspondence via the website). We will only use identifying information (name and

email address) to recruit participants for participation, contact students who win gift cards in the random drawing, to obtain records (see additional information below), or to contact you for optional participation in future phases of this project. We will keep your contact information on file after the six month assessment in order to keep you updated on the progress of the study and to contact you for possible participation in future phases of the study. Your contact information will be stored in a password protected data file, which will only be available to the research staff.

We may obtain records from UNR's Counseling Services or UNR Student Health to determine if you have utilized mental health services during your participation in the study. We also may obtain your academic records (e.g., enrollment, grade point average) to assess your academic functioning during the study. These records will be used for research purposes only and will be kept confidential by the research team at University of Michigan.

The data from this study, without any identifiable information, will be retained in a secure repository for future research purposes. Records will be kept confidential to the extent provided by federal, state, and local law. However, the UNR and University of Michigan Institutional Review Boards, the sponsor of the study, or university and government officials responsible for monitoring this study may inspect these records.

Should you accidentally leave a session open on a computer that may be viewed by others, the computer will automatically log-off. After 10 minutes of idle time, you will receive a notification that the session will be logged off in 1 minute unless you click to continue the session.

### **Who will know that you are in in this study and who will have access to the information we collect about you?**

The researchers at University of Michigan and at University of Nevada, Reno, the US Department of Health and Human Services (DHHS), the University of Nevada, Reno Social Behavioral Institutional Review Board, the University of Michigan Institutional Review Board, or university and government officials responsible for monitoring this study, and the National Institute of Health may inspect your study records.

There are exceptions to confidentiality. By law, if we know your identity (if you reveal that information to an online counselor) we must notify the authorities if we find or suspect child abuse, elder abuse, a high intent to harm yourself or others; or determine you have an infectious disease and have not reported it yourself.

### **Will it cost you anything to be in the study?**

There will be no costs to you to be in the study.

**Will you be paid for being in this study?**

There will be financial incentives:

1) Regardless of whether you complete the initial survey or not, you will be automatically entered into a random drawing for gift cards ten \$100 gift cards at each participating university). The odds of winning one of these gift cards at UNR is approximately 1 out of 700. The drawing will be conducted at the University of Michigan in the Fall of each year. Winners will be notified by email within three business days and asked to provide their names and mailing addresses so prizes can be mailed. You may opt out of the drawing by contacting the researchers by email.

2) For students participating in Part 2, all those invited to participate in follow-up surveys will receive a \$10 gift card; with an additional \$15 for completing the four week survey and an additional \$25 for completing the five to six month survey.

**What happens if you agree to be in the study now, but change your mind later?**

You do not have to stay in the study. You may withdraw from the study at any time by sending an email to Dr. Jacqueline Pistorello at [pistorel@unr.edu](mailto:pistorel@unr.edu) or by calling her at 775-846-5540.

**What if the study changes while you are in it?**

If anything about the study changes or if we use your data in a different way, we will tell you and ask if you if you want to stay in the study. We will also tell you about any important new information that may affect your willingness to stay in the study.

**Who can you contact if you have questions about the study or want to report an injury?**

At any time, if you have questions about this study or wish to report an injury that may be related to your participation in this study, you may contact Dr. Jacqueline Pistorello at [pistorel@unr.edu](mailto:pistorel@unr.edu) or 775-846-5540.

**Who can you contact if you want to ask about your rights as a research participant?**

You may ask about your rights as a research participant or talk (anonymously if you choose) to the University of Nevada, Reno Social Behavioral Institutional Review Board by calling (775) 327-2368 or sending a note from the *Contact Us* page of this website: <http://www.unr.edu/research-integrity>.

**Do the researchers have monetary interests tied to this study?**

The researchers and/or their families do not have any monetary interests tied to this study.

---

**PERMISSION TO UNR TO RELEASE INFORMATION**

I hereby authorize the investigators in this study, to obtain information regarding my academic record at UNR, including enrollment status, class load, GPA, demographic information, and high school information, starting today and for the next academic year. For example, if I join the study in the Fall semester of 2014, the investigators would have permission to collect these data through Fall of 2015.

- YES, I agree to allow researchers access to my academic record at UNR for the next academic year.

---

**PERMISSION TO UNR COUNSELING SERVICES AND STUDENT HEALTH CENTER  
TO RELEASE ATTENDANCE INFORMATION**

I hereby authorize the investigators in this study, to obtain information regarding my **attendance** of individual or group counseling sessions or **attendance** of a medication management session with a psychiatrist at UNR Counseling Services and UNR Student Health Center during the study.

- YES, I agree to allow researchers access to the number of sessions (individual, group, or medication management) I have had at UNR Counseling Services and UNR Student Health Center for the next six months. I do not give permission to disclose any other information (diagnosis, etc).

## Agreement to be in study

**Note: if you wish to save or print a copy of this consent document for your own records, click the PDF link below.**

- I HAVE READ THE INFORMATION ABOVE AND CONSENT TO PARTICIPATE IN THIS STUDY

By clicking here you are saying:

- You agree to be in this study.
- We talked with you about the information in this document and answered all of your questions.

You know that:

- You may skip questions you do not want to answer.
- You may stop participating in the research at any time.
- You may call the University office in charge of research at (775) 327-2368 if you have any questions about the study or about your rights.

OR

- I DO NOT WISH TO PARTICIPATE IN THIS STUDY AND UNDERSTAND THAT THERE IS NO PENALTY FOR NOT PARTICIPATING