

THE UNIVERSITY OF IOWA
CONSENT TO BE PART OF A RESEARCH STUDY
NAME OF STUDY AND RESEARCHERS

Electronic Bridge to Mental Health (e-Bridge) for College Students

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Funding Provided by: Department of Health and Human Services, National Institute of Mental Health

GENERAL INFORMATION

Researchers at the University of Michigan, University of Iowa, University of Nevada-Reno, and Stanford University are conducting research with college students to learn about *eBridge*, 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 *eBridge* and to find out if it improves linkages to services or resources. As the University of Michigan is the primary site, surveys, emails, and data analysis for the study occurs via the University of Michigan.

What is this study and why are we asking you to participate?

We invite you to participate in a research study. The purpose of the study is to conduct 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.

We are inviting you to be in this study because you are 18 years or older and attend the University of Iowa. We obtained your name and email address from the University of Iowa's Office of the Registrar. We expect approximately 13,640 people will take part in this study at the University of Iowa, and 45,188 across all sites.

What is involved if I participate in this 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 *e*Bridge intervention, which will present them with the option of exchanging online messages with a professional counselor at the University of Iowa 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 *e*Bridge group or the personalized feedback and information services group only.

Personalized Feedback Group:

You will receive personalized feedback regarding your survey responses that will include information about local services available.

We will contact you again four weeks later and approximately five to six months later for online follow-up surveys (lasting 6-10 minutes) about how you are doing and any services you have obtained.

Online Message group:

You will receive personalized feedback regarding your survey responses that will include information about local services available and you will have the option to exchange online messages with a professional counselor.

The counselor does not provide treatment and is unable to respond rapidly to online messages requiring immediate assistance for risk or harm to self or others.

We will contact you again four weeks later and approximately five to six months later for online follow-up surveys (lasting 6-10 minutes) about how you are doing and any services you have obtained.

Taking part in this research study is completely voluntary. If you decide not to be in this study, or if you stop participating at any time, you won't be penalized or lose any benefits for which you otherwise qualify. If you do not want to participate in this study click on the link at the end of this letter to decline participation and any further email reminders. If you do not decline to participate you will be sent 3 email reminders to complete the survey spaced 3 – 4 days apart.

CONFIDENTIALITY OF SUBJECT RECORDS

How will my privacy and confidentiality be protected?

We will keep the information you provide confidential, however federal regulatory agencies and the University of Iowa Institutional Review Board (a committee that reviews and approves research studies) may inspect and copy records pertaining to this research. If we write a report about this study we will do so in such a way that you cannot be

identified. The data from this study, without any identifiable information, will be retained in a secure repository for future research purposes.

We will do everything we can to protect your privacy. We have a Certificate of Confidentiality from the National Institute of Health for this study. This protects us from having to release information that could be used to identify you. It allows us to refuse to disclose such information in any civil, criminal, administrative, legislative, or other proceeding, whether at the federal, state, or local level. It does not however, prevent you from choosing to disclose information that we obtain in this study to physicians or others. The University of Michigan maintains a secure data environment using Secure Sockets Layer (SSL) encryption technology. Although students are providing personal information transferred through a study website, we will never link this information to any of the study data (from the surveys and from the correspondence via the website). We will only use identifying information (name and email address) to recruit you for participation, contact you if you 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.

One limit to confidentiality is imminent risk for suicide or serious self-harm. If an on-line counselor makes the clinical judgment that you are at imminent risk for serious self-harm, that counselor is obligated to ask you for your identity and location and transmit this information to emergency responders in an effort to preserve life.

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.

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.

INFORMATION ABOUT RISKS AND BENEFITS

There is a risk that information about you could be discovered by those who are not part of the research team. You will not personally benefit from this study. However we hope that others may benefit in the future from what we learn as a result of this study.

Some of the questions will ask you 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.

FINANCIAL INFORMATION

Do I have to pay anything to participate in this study?

You will not have any **costs** for being in this research study.

Will I be paid or given anything for taking part in this study?

Regardless of whether you choose to participate in the study, you will be automatically entered into a random drawing for gift cards (ten \$100 gift cards for University of Iowa students). The drawing will be conducted on November 14, 2015 at the University of Michigan. The University of Michigan will notify winners by email within three business days of the drawing and asked to provide their names and mailing addresses so prizes can be mailed. You may opt out of the drawing by contacting the program coordinator at reblin@umich.edu.

All those invited to participate in the two 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.

CONTACT INFORMATION

What if I have any questions about the study?

If you have questions about this research, the study questions, or this consent process, you can contact the Principal Investigator: Dr. Cheryl King at kingca@umich.edu or Dr. William Coryell at william-coryell@uiowa.edu. If you experience a research-related injury, please contact: contact William Coryell, MD at william-coryell@uiowa.edu.

If you have questions about the rights of research subjects, please contact the Human Subjects Office, 105 Hardin Library for the Health Sciences, 600 Newton Rd, The University of Iowa, Iowa City, IA 52242-1098, (319) 335-6564, or e-mail irb@uiowa.edu. To offer input about your experiences as a research subject or to speak to someone other than the research staff, call the Human Subjects Office at the number above.

Thank you very much for considering participating in this study!

If you wish to save or print a copy of this consent document for your own records, you can click here to view a printable version.

I have read the information above and consent to participate in this study.

I do not wish to participate in this study and understand that there is no penalty for not participating.