

Consent to Participate in a Research Study

Behavior and the Menstrual Cycle

WHY ARE YOU BEING INVITED TO TAKE PART IN THIS RESEARCH?

You are being invited to take part in a research study about how a woman's behavior changes over the menstrual cycle. We are looking for heterosexual women between the ages of 18 and 25 who use Apple (iOS) mobile devices. If you volunteer to take part in this study, you will be one of about 1,000 people to do so.

WHO IS DOING THE STUDY?

The person in charge of this study is Kaylynn Glover, a PhD student, of the University of Kentucky Department of Biology. She is being guided in this research by Philip Crowley. There may be other people on the research team assisting at different times during the study. If this research is approved for funding, this research will be funded by the National Institute of Justice (NIJ).

WHAT IS THE PURPOSE OF THIS STUDY?

By doing this study, we hope to learn more about how our behavior is influenced by the hormones of the menstrual cycle.

ARE THERE REASONS WHY YOU SHOULD NOT TAKE PART IN THIS STUDY?

We are interested in women between the ages of 18 and 25 who use an Apple mobile device, and you should not participate in this study if you do not meet these qualifications.

WHERE IS THE STUDY GOING TO TAKE PLACE AND HOW LONG WILL IT LAST?

The research will be collected via an app on your mobile device which you will download and use to track your menstrual cycle. After the initial set-up of the application, the app will ask you a series of questions at the end of every day about your behavior. It should not take you more than five minutes to answer these questions. You will not be required to go to a facility or meet with any researchers. If you choose to participate, we ask that you use this app regularly for at least 3 months but encourage you to use it for the full length of the study, 2 years.

WHAT WILL YOU BE ASKED TO DO?

To participate in this research, we will ask you to download an application to an Apple mobile device. This app will be used to track your menstrual cycle, and you will be asked to put in basic demographic and menstrual-related information. We will ask you to regularly update the app with any changes (i.e. when your period starts or stops, if you start using a different kind of contraceptive, etc.), and it will periodically prompt you to remember to input this information. We will also periodically ask questions about things you do throughout the day. We ask that you respond at least daily as accurately as you can. Responding to the questions should not take more than a few minutes. We will collect data for up to 2 years; if you choose to participate, we ask that you participate for at least 3 months, though the longer you participate, the more information we can collect.

WHAT ARE THE POSSIBLE RISKS AND DISCOMFORTS?

To the best of our knowledge, the things you will be doing have no more risk of harm than you would experience in everyday life.

While the app aims to track your menstrual cycle, it is not a medical tool, nor does it provide medical advice or any type of diagnosis. Because every woman's menstrual cycle is different, the app may indicate that your period should begin at a certain day when it doesn't. If you become concerned about your menstrual cycle, please contact a health professional.

We may periodically ask you questions concerning your behavior and your perception of events. We do not expect that you will experience any discomfort in answering these questions, but it may be possible. In addition to the risks listed above, you may experience a previously unknown risk or side effect.

WILL YOU BENEFIT FROM TAKING PART IN THIS STUDY?

There is no guarantee that you will get any benefit from taking part in this study. However, some women have found having knowledge about their menstrual cycle helpful and useful. In addition to this, your willingness to take part may, in the future, help society as a whole better understand this research topic.

DO YOU HAVE TO TAKE PART IN THE STUDY?

If you decide to take part in the study, it should be because you really want to volunteer. You will not lose any benefits or rights you would normally have if you choose not to volunteer. You can stop at any time during the study and still keep the benefits and rights you had before volunteering. All you need to do is to delete the app and confirm that you want to end the study. If you delete the app before the research concludes, your data will be used and analyzed in the study.

IF YOU DON'T WANT TO TAKE PART IN THE STUDY, ARE THERE OTHER CHOICES?

If you do not want to be in the study, there are no other choices except not to take part in the study.

WHAT WILL IT COST YOU TO PARTICIPATE?

There are no costs associated with taking part in the study.

WILL YOU RECEIVE ANY REWARDS FOR TAKING PART IN THIS STUDY?

You will not receive any rewards or payment for taking part in the study.

WHO WILL SEE THE INFORMATION THAT YOU GIVE?

Only those involved in this research will see the information you provide us. We will not record any personal information that could be used to identify you. The information you provide may be examined by other researchers or people who need to be sure we have done the research correctly; these would be people from such organizations as the University of Kentucky.

Your information will be combined with information from other people taking part in the study. When we write about the study to share it with other researchers, we will write about the combined information we have gathered. You will not be personally identified in these written materials. We may publish the results of this study; however, as we will not collect any personally identifying information, nothing we publish could be tracked back to you.

We will make every effort to prevent anyone who is not on the research team from knowing that you gave us information, or what that information is. All the data from this study will be stored digitally in a secure web server that requires authentication

to access. Your name will not be recorded, and your information will be associated with a randomly assigned user ID, and no one will be able to identify who you are through our data. The information will not be shared with anyone outside of the research study and will only be accessible through the secure database during the data collection phase. When the data is downloaded for analysis, it will be protected on a laptop with password protection on both the laptop and the file itself.

CAN YOUR TAKING PART IN THE STUDY END EARLY?

If you decide to take part in the study you still have the right to decide at any time that you no longer want to continue. You will not be treated differently if you decide to stop taking part in the study. The individuals conducting the study may need to withdraw you from the study. This may occur if you are not able to follow the directions they give you or if they find that your being in the study is more risk than benefit to you. There are no consequences of withdrawing. If you choose to withdraw, all you need to do is to delete the app and confirm that you want to end the study. The data that you have already entered will be used and analyzed.

WHAT ELSE DO YOU NEED TO KNOW?

There is a possibility that the data collected from you may be shared with other investigators in the future. If that is the case the data will not contain information that can identify you unless you give your consent or the UK Institutional Review Board (IRB) approves the research. The IRB is a committee that reviews ethical issues, according to federal, state and local regulations on research with human subjects, to make sure the study complies with these before approval of a research study is issued.

WHAT IF YOU HAVE QUESTIONS, SUGGESTIONS, CONCERNS, OR COMPLAINTS?

Before you decide whether to accept this invitation to take part in the study, please ask any questions that might come to mind now. Later, if you have questions, suggestions, concerns, or complaints about the study, you can contact the investigator, Kaylynne Glover at kaylynnemglover@gmail.com. If you have any questions about your rights as a volunteer in this research, contact the staff in the Office of Research Integrity at the University of Kentucky between the business hours of 8am and 5pm EST, Mon-Fri. at 859-257- 9428 or toll free at 1-866- 400-9428. You can print or save a copy of this form if you choose.

[Print or Download Consent Form](#)

By entering your date of birth below, you are consenting to participate in our research study and affirm that you are between the ages of 18 and 25, are female, and use an Apple mobile device.

Birthday: