**Mental Health Help-Seeking and Attitudes Part One**

**INFORMED CONSENT FORM**

**RESEARCH PROCEDURES**

This research is being conducted to assess mental health help-seeking preferences. If you agree to participate, you will be asked to answer questions about who you would be most likely to talk to about your mental health. It will take about 20 minutes to complete this study. After completing this study, you may be eligible to complete a longer (approximately 40 minute) follow-up survey.

**RISKS**

The foreseeable risks or discomforts include mild psychological distress related to answering questions about mental health. This distress is expected to be no more than what you may experience discussing these topics with a family member, friend, or healthcare provider.

There is always a slight chance that someone might feel upset after completing the survey; however, it is important to know that there are no expected risks or negative effects associated with your involvement.

If you experience psychological distress, please consider contacting the Substance Abuse and Mental Health Services Administration (SAMHSA) at[1-800-662-HELP (4357)](tel:1-800-662-4357) for assistance connecting to services in your area. You may ask for resources for *low-cost* or *sliding scale therapy* sessions are also available upon request.

Loss of confidentiality is an unlikely but possible risk in any study involving collection of personally identifiable information. While it is understood that no computer transmission can be perfectly secure, reasonable efforts will be made to protect the confidentiality of your transmission, as described below ("Confidentiality").

There is a risk that you could become bored or fatigued while completing the study surveys. You are welcome to take a break at any time while completing the study to minimize boredom and fatigue.

**BENEFITS**

There are no benefits to you as a participant other than to further research about help-seeking for mental health.

**CONFIDENTIALITY**

The data in this study will be confidential. **If you decide that you do *not* wish to participate in this study**, we will delete any information about you from our database as soon as possible and typically within 5 business days.

**If you agree to participate in this study**, every reasonable effort will be made to protect the confidentiality of the information you share with the study team (that is, to protect this information from being seen by individuals with whom you do not consent to share it). While it is understood that no computer transmission can be perfectly secure, reasonable efforts will be made to protect the confidentiality of your transmission. We take the following steps to help maintain your confidentiality:

Your questionnaire responses will be collected using Qualtrics, Qualtrics maintains the highest security standards, including encrypted data transfer (preventing hacker interception), password-required access to data, and a secure survey environment (writing responses directly to their computer server, leaving no trace on participants’ computers). See Qualtrics.com for more details on confidentiality and security.

The survey will be anonymous; names and other identifying information will not be connected to your survey data. All data will be downloaded, password-protected and stored on password-protected OneDrive only accessible to the researchers. The de-identified data could be used for future research without additional consent from participants. Your de-identified data will be stored in our database indefinitely for future analysis. We also keep this data so that other scientists who want to double-check our work can do so (but we never give other scientists who aren't part of the research study your name or contact information).

When the results of the research are published or discussed in conferences, no information will be included that would reveal your identity.

The Institutional Review Board (IRB) committee that monitors research on human subjects may inspect study records during internal auditing procedures and are required to keep all information confidential.

**PARTICIPATION**

In order to participate in this study, you must have English language fluency sufficient to complete the consent and survey, must be 18 years of age or older, must reside in the United States, must have regular access to the internet, and must have access to a Prolific account. Participants cannot participate in this study more than once. Under the U.S. federal tax law you may have individual responsibilities for disclosing the dollar value of the incentive received on this study.

Your participation is voluntary, and you may withdraw from the study at any time and for any reason. If you decide not to participate or if you withdraw from the study, there is no penalty or loss of benefits to which you are otherwise entitled. However, the survey must be completed in order for you to receive compensation. Participants will receive approximately $3.00 ($9 per hour) in compensation for completing this survey. There are no costs to you or any other party.

If you agree to participate in this study, but decide not to complete all the survey forms, the researchers may continue to use de-identified information you provided on the surveys prior to that choice. To have your data withdrawn, you can contact the Principal Investigator (see below, "Contact") and ask for your data to be removed from the dataset and the data itself destroyed. If you decide you no longer wish for us to have your data, you should contact us as soon as possible; if your entry in the linking file connecting your data to your identity has already been destroyed (see above, "Confidentiality"), we will not be able to locate the data belonging to you and so will not be able to destroy it.

**CONTACT**

This research is being conducted by Natasha Tonge, PhD, and Gracie Kelly, M.A., at George Mason University. Gracie may be reached at akelly32@gmu.edu for questions or to report a research-related problem. Dr. Tonge may be reached at [ntonge@gmu.edu](mailto:ntonge@gmu.edu) or [(703) 993-6831](tel:(703)%20993-6831). You may contact the George Mason University Institutional Review Board office at 703-993-4121 or IRB@gmu.edu if you have questions or comments regarding your rights as a participant in the research. The IRBNet number of this study is: #2147546-1.

This research has been reviewed according to George Mason University procedures governing your participation in this research.

**CONSENT**

Below you will have the option to agree to participate in the research study, or to tell us that you do not want to participate.

\_\_\_\_ I AGREE TO PARTICIPATE IN THIS STUDY. I am at least 18 years old and I have read this form and have no remaining questions of research staff

\_\_\_\_ I DO NOT WISH TO PARTICIPATE IN THIS STUDY.