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| Mail to: Dr. Charles Lyons  Chair,  Institutional Review Board  Department of Psychology  BH 151  Phone: 541-962-3660 | EASTERN OREGON UNIVERSITY  HUMAN SUBJECTS RESEARCH  APPLICATION  **A PROJECT MAY COMMENCE ONLY AFTER REVIEW AND APPROVAL** | For ORSP use only  Protocol #\_\_\_\_\_\_\_\_\_\_\_\_  Approval Date\_\_\_\_\_\_\_\_\_ |

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| FOR COMMITTEE MEETING DATES CALL ORSP  (No Meetings July-August) |

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| Researcher’s Name : \_Tabatha Bowers\_\_\_\_\_\_\_\_ Department:\_ Psychology\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Phone: \_\_\_\_865.898.8757\_ email \_\_bowerst2@eou.edu\_\_\_\_\_\_\_\_\_\_\_\_\_ FAX \_\_\_\_\_\_\_\_\_N/A\_\_\_\_\_\_\_  Researcher’s Name: \_Veronica Conaway\_\_\_\_\_\_ Department: \_Psychology\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Phone: \_208-253-6846\_\_\_\_ email: \_conawav@eou.edu\_\_\_\_\_\_\_\_\_\_\_\_\_ FAX \_\_\_\_\_\_\_N/A\_\_\_\_\_\_\_\_\_ |

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| Project Title \_\_The Effects Personality Traits Have on Coping with Stress and Alcohol Consumption.  Researcher: Faculty \_\_\_\_\_ Staff \_\_\_\_\_ Student \_\_x\_\_\_ Undergraduate Year \_\_\_Senoir\_\_\_\_\_\_\_\_\_  If student, Faculty Sponsor’s name \_\_\_\_\_\_\_\_\_\_Dr. William Knapp\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| FOR FUNDED RESEARCH PROJECTS |
| Funding Source (include pending) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Grant Title \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  (Attach one copy of Grant Application Title Page)  For PHS Funded projects, is human subjects protocol the same as described in Grant Application YES \_\_\_\_\_ NO \_\_\_\_\_ |

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| REVIEW TYPE (HSS only) |
| Regular \_\_\_\_\_ Expedited \_\_\_\_\_ Exempt \_\_\_\_\_  See HSS 45cfr46 for instructions |

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| INSTRUCTIONS TO AMEND A CURRENTLY APPROVED PROTOCOL |
| Currently approved protocol title: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Approved on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Protocol Number \_\_\_\_\_\_\_\_\_\_\_\_\_  (Submit one copy of cover page from currently approved protocol)  Describe any changes to currently approved protocol on a separate page |

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| Project Director Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Faculty Sponsor Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Faculty signature indicates that you accept responsibility for the research described, including work by students under your supervision. It further attests that you will monitor all phases of the research and notify the Committee if there are any significant changes to the protocol. |

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| PROJECT DESCRIPTION |
| Provide a brief description of your research protocol. Address each of the following questions about the use of human subjects:   * State the educational significance of the proposed research. * Describe your proposed procedures. Include the number of subjects required, how they will be recruited, identify risks associated with participation, and whether subjects will be compensated. * Describe how the results of the proposed research are to be used. Is this part of a class project or part of an investigator’s research program? Will results be published? * Describe how subjects will be debriefed and how subject’s anonymity will be protected. Will the results be made available to subjects? |

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| RESEARCH PROTOCOL |
| **Significance**  The role of personality traits and how they pertain to alcohol consumption and stress levels have been a focus of many studies (Mackinnon, S. P., Kehayes, I. L., Clark, R., Sherry, S. B., & Stewart, S. H., 2014). It is speculated that daily alcohol consumption is a coping mechanism for stress for those with certain personality types (McCabe, Roesch, and Aldridge-Gerry, 2013). The current study uses a stress inducing task to find which personality traits might be responsible for leading a person to use alcohol as a coping mechanism for stress. Although there are many studies that seek to find the linkage between alcohol consumption and personality traits (Diulio, A.R., Silvestri, M.M., & Correia, C.J 2014), there are not many significant findings that include stress inducing tasks. Over several studies, the consensus was that individuals with high anxiety levels, sensation seeking behavior, impulsivity, and hopelessness consumed more alcohol. This study will attempt to replicate these basic findings while determining whether or not stress produced by a mild stress induction task (see procedures, below) is also related to personality type.  **Proposed Procedures**  Participants will be asked to complete a 10 question questionnaire about their use of alcohol for the past six months. They will then be asked to complete the Big Five personality test. In addition, participants will be completing the Stroop test. In order to control the experiment some of the participants will be placed under strict time pressure while others will be able to complete the Stroop task at their own pace. Before and after the Stroop test is initiated, the participants will be asked to complete the Dundee Stress State Questionnaire (DSSQ). This questionnaire will help determine the stress levels between groups and see whether the stress induction worked.  **Number Required Participants**  We will require 45 to 60 participants to determine whether personality type mediates the effect of stress inducement on alcohol consumption.  **Participant Recruitment**  Participants will be recruited from outside of a local university and local grocery stores.  **Exclusion Criteria**  No one under the age of 21 years old will be allowed to participate in the study and all participants must also be able to fluently read and speak English.  **Potential Risks**  The potential risks of participating in the study are minimal. Participants may find themselves frustrated or under increased stress due to the time limitation on the Stroop test.  **Compensation**  All participation will be done on a voluntary basis to help with the research.  No compensation will be provided directly for participation in this study.  **Protecting Anonymity/Confidentiality**  No names were collected with the surveys.  A unique identifier will be chosen by the participants to link the surveys and tests. No identifying information about the participant will be collected or published.  **Use of Results**  The results of this research will be used as part of a capstone project for an undergraduate program at Eastern Oregon University. The results are not intended to be published or shared outside of the psychology department at Eastern Oregon University.  **Debriefing**  The participants will be provided with a handout following the completion of their part of the study. Participants will be provided with instructions on where to obtain the results of the research and how to contact the Chair of Eastern Oregon University’s Institutional IRB (Institutional Review Board) if they feel as if they were not treated fairly.  **References**  Diulio, A.R., Silvestri, M.M., & Correia, C.J. (2014). The role of personality variables in drinking game participation. *Addictive Behaviors, 39*, 1159-1162. doi:[10.1016/j.addbeh.2014.02.005](http://psycnet.apa.org.access.library.eou.edu/doi/10.1016/j.addbeh.2014.02.005)  Mackinnon, S. P., Kehayes, I. L., Clark, R., Sherry, S. B., & Stewart, S. H. (2014). Testing the four-factor model of personality vulnerability to alcohol misuse: A three-wave, one-year longitudinal study. *Psychology of Addictive Behaviors*, *28*, 1000-1012. doi:10.1037/a0037244  McCabe, C.T., Roesch, S.C., & Aldridge-Gerry, A.A. (2013). Have a drink you’ll feel better. Predictors of daily alcohol consumption among extraverts: The mediational role of coping. *Anxiety, Stress & Coping: An International Journal, 26*, 121-135. doi:[10.1080/10615806.2012.657182](http://psycnet.apa.org.access.library.eou.edu/doi/10.1080/10615806.2012.657182) |

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**Informed Consent for The Effects Personality Traits Have on Coping with Stress and Alcohol Consumption.**

**Purpose of Study**

The role of personality traits and how they pertain to alcohol consumption and stress levels have been a focus of many studies (Mackinnon, S. P., Kehayes, I. L., Clark, R., Sherry, S. B., & Stewart, S. H., 2014). It is speculated that daily alcohol consumption is a coping mechanism for stress for those with certain personality types. The current study is designed to replicate this finding.

**Methods of Study**

During the first part of the study you will use an electronic device to complete the Big Five Personality Test. Once the information is collected by the researchers you will pick a unique identifier so that your name will not be used.. Next you’ll receive a questionnaire about your drinking behavior for the previous six months. You will also be asked to identify the colors that words are printed in.

**Criteria to Participate**

To participate you must be a fluent reader and speaker of English and 21 years old or older.

**Risks & Benefits of Participating**

The potential risks are minimal. You may find yourself frustrated during color naming test. There are significant potential benefits to students, faculty, the University, and the scientific community associated with participating in this project. Research participants will gain a firsthand understanding of what the scientific process involving human research is like. Participation will also enable the researchers to contribute to scientific understanding of human behavior which can bring prestige to the researchers, the University, and increase the value of degrees issued from Eastern Oregon University.

**Your Rights & Responsibilities**

You have the right to be informed of the nature of the study, its methods, and the potential risks and benefits of participating in the study. You have the right to participate voluntarily and the freedom to withdraw from the study for any reason. You also have the right to be protected from harm and have your identities protected. To ensure your privacy, this consent form will be separated from your results and stored securely. You also have the right to learn more about this study and to contact the proper authorities (see below) should you have concerns about this study.

You have the responsibility to participate to the best of your ability if you choose to participate and are eligible for this study. This responsibility to participate to the best of your ability does not override your rights to withdraw from the study.

**Who To Contact**

If you are interested in learning more about this study or have questions you can contact this study’s primary investigator: Tabatha Bowers at bowerst2@eou.edu. If you believe that any of your rights have been violated, you should contact the Chair of the University’s Institutional Review Board: Charles Lyons at clyons@eou.edu.

**Agreement**

By signing below I affirm that I am 21 or older and that I understand the basic purpose and methods of this study, the risks and benefits associated with participating in this study, my rights and responsibilities as a research participant. I also affirm that I have had the opportunity to ask questions related to my participation in this study. Finally, I consent to participate in this study and I provide this consent voluntarily.

Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Printed Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_             Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If you would like a copy of this form for your personal records, please inform the researcher.

Mackinnon, S. P., Kehayes, I. L., Clark, R., Sherry, S. B., & Stewart, S. H. (2014). Testing the four-factor model of personality vulnerability to alcohol misuse: A three-wave, one-year longitudinal study. *Psychology of Addictive Behaviors*, *28*, 1000-1012.doi:10.1037/a0037244