

Online Survey Consent Form

Hello!

I'd like to invite you to participate in a research study called "Learned Resilience Intervention for Young Adults with Adverse Childhood Experiences." This study is being conducted by Dr. Genevieve Chandler from the University of Massachusetts Amherst and Dr. Susan Roberts from Northeastern University.

We'd like to learn the best way to build resilience in young adults, but first please let us know about your current health, adverse childhood experiences (ACE), and resilience. The ACE section includes questions on potentially sensitive experiences and may conjure up unsettling emotions. If you'd like to talk further about your experiences there are resources at the end of this letter. What we know is events from the past can have an impact on your current physical and emotional health. Coping can be challenging. College, however, is the ideal time to become the person you want to be by building on your strengths.

The purpose of this research study is to assess the effectiveness of an educational workshop to increase health coping skills and decrease health problems and coping behaviors that may compromise your educational goals. There are 3 steps:

- 1) Fill out the [online survey](#)
- 2) Through a random selection you will be invited to join either an in-person, once a week, 4 session empowerment workshop or be chosen to complete online surveys at 3 months and 6 months. We will NOT talk about your childhood experiences, our focus is on building your strengths to achieve your goals.
- 3) If you participate in the workshop you will receive a Strength-finder book and access to an online strength assessment and after each session an iTunes card, Starbucks card or bookstore credit. If you participate in the survey *only* you will receive a list of campus resources and a Starbucks card after completing the *follow-up* surveys.

You may not directly benefit from this research; however, we hope that your participation in the study may indicate the usefulness of a strength-building workshop for young adults so such workshops can be offered through college health centers.

We believe there are no known risks associated with this research study; however, as with any online related activity the risk of a breach is always possible. To the best of our ability your answers in this study will remain confidential. We will minimize any risks by all information remaining anonymous. The online survey will be numerically coded and kept in a password protected website with access only by the Principal Investigator and the statistics consultant. *Only* Dr. Chandler, the Principal Investigator, will have a list of first names, your email (so you can be invited to the study) and the matching numerical code. This list and all printed data will

be kept in a locked drawer in Dr. Chandler's locked office. All results will be reported as "a participant" with no identifying data.

All participants will be invited to review the final report to make sure we are accurately presenting the results. Participants in the educational workshop will be asked to keep all group interactions confidential. After 3 years all data will be shredded and disposed of.

Your participation in this study is completely voluntary and you can withdraw at any time. You are free to skip any question on the online survey that you are not comfortable answering.

If you have questions about this project or if you have a research-related problem, you may contact me, Dr. Chandler, at gec@nursing.umass.edu or at 413-545-5094. If you have any questions concerning your rights as a research subject, you may contact the University of Massachusetts Amherst Human Research Protection Office (HRPO) at (413) 545-3428 or humansubjects@ora.umass.edu.

By clicking "I agree" below you are indicating that you are at least 18 years old, have read and understood this consent form and agree to participate in this research study. Please print a copy of this page for your records. By clicking "I agree" you can link to the health survey.

[I Agree](#)

I Do Not
Agree

Campus resources:

Sometimes thinking about these issues can be upsetting. If you like to talk to someone there are excellent people on campus such as;

Mental Health Services - phone 545-2337
Individual and group counseling available weekdays by appointment.

Urgent Care - phone 577-5229
Walk-in care is available for immediate health concerns.

Counseling and Assessment Services - phone 545-0333
Short and long-term personal counseling and workshops. Open to UMass Amherst students.

Everywoman's Center - phone 545-0883
Short-term personal counseling, support groups, lending and resource libraries. Open to UMass Amherst students.

Psychological Services Center - phone 454-0041
Open to all, with sliding scale fee, no third-party payments.