

Columbia University Morningside Consent Form

Attached to Protocol: IRB-AAAE9660

Principal Investigator: Niall Bolger (nb2229)

**IRB Protocol Title: Experimental and Observational Investigation of Attenuation Effects:
Study 2**

Consent Number: CF-AAAI0272

Participation Duration:

Anticipated Number of Subjects: 260

Contact

<u>Contact</u>	<u>Title</u>	<u>Contact Type</u>	<u>Numbers</u>
Niall Bolger	Professor	Principal Investigator	Telephone: 212-854-9034

Research Purpose

The purpose of the proposed research is to characterize the magnitude and functional form of a phenomenon, known as the attenuation effect, for different outcomes. The research will examine whether there are individual differences in this effect, and will examine generative mechanisms. The experiments will also determine the extent to which the effect is moderated by characteristics of participants and the assessment situation. The results from these studies will be used to design an intervention to reduce the attenuation effect.

Information on Research

You are invited to take part in a study that is designed to learn more about health issues that are experienced by undergraduate students. You must be 18 years or older to participate, and you must be facing a challenging exam in a pre-med course.

If you agree to be in this study, you will be asked to complete a background questionnaire about your overall health and coping methods, and then fill out daily diaries for two weeks. The diary surveys will ask you about your mood, food and beverage consumption, and the various ways you cope on a daily basis. In addition, you may also be asked to provide samples of your saliva for cortisol measurements. Your participation will take about three hours total over the course of about two weeks. The daily diary should take you no longer than 15 minutes to complete. When you complete the study, a thorough verbal and written explanation of it will be provided.

Risks

There are no known risks associated with your participation beyond those of everyday life.

Benefits

Although you will receive no direct benefits for participation in this study, it may make you more aware of how knowledge is discovered in psychology and help the investigator better understand the ways in which undergraduates experience stress and health problems during the year.

Confidentiality

Confidentiality of your research records will be strictly maintained by using only random codes. Your name and contact information, which will be used only for initial contact and payment purposes, will be stored in a secure electronic document that links to your individual code. Upon completion of the study the document will be deleted to ensure the anonymity of your individual data. The data from the study will be kept for a minimum of 5 years after publication, as recommended by the American Psychological Association, and then destroyed by shredding and electronic data deletion.

Compensation

You will be paid \$30 for completing the questionnaire and daily diary portion of the study. If randomly selected, you could be paid an additional \$20-\$30 for participating in the cortisol sub-study.

Voluntary Participation

Taking part in this study is voluntary. Not taking part or withdrawing after the study has begun will result in no loss of services to which you are otherwise entitled; and it will not affect your grades or academic standing in any way. If you withdraw at any time, partial payment will be given. You have the right to skip or not answer any questions you prefer not to answer.

Additional Information

If there is anything about the study or taking part in it that is unclear or that you do not understand, if you have questions or wish to report a research-related problem, you may contact the principal investigator, Professor Niall Bolger, at (212) 851-5847 or e-mail at coupleslab@psych.columbia.edu. If at any time you have comments regarding the conduct of this research or questions about your rights as a research participant, you should contact the Columbia University Institutional Review Board, at 212-851-7041 or fax at 212-851-7044.

An Institutional Review Board is a committee organized to protect the rights and welfare of human subjects in research.

Signature

Principal Investigator

Print Name _____ Signature _____ Date _____

Study Participant

Print Name _____ Signature _____ Date _____