



## New York University

*A private university in the public service*

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You are invited to take part in a study that is designed to learn more about health issues that students face. It is being conducted by Professor Patrick Shrout, of the FAS Department of Psychology at NYU, who is the principal investigator. 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 later to 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. You may also be asked to provide samples of your saliva for cortisol measurements to our offices in 6 Washington Place. Cortisol is a hormone known to be elevated during times of high stress. Your participation will take approximately 3 hours total over the course of about two weeks. The background questionnaire should take you approximately 30 minutes and each daily diary should take you no longer than 10 minutes to complete. You will be paid \$30 for completing the questionnaire portion of the study. You could be paid an additional \$30 for participating in the cortisol sub-study. When you complete the study, a thorough verbal and written explanation of it will be provided.

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

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

Confidentiality of your research records will be strictly maintained by using study numbers that cannot be linked to your name except by a list kept by Professor Shrout. 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.

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, Dr. Patrick Shrout, at (212)-998-7895, pat.shrout@nyu.edu, 6 Washington Place #455 New York, NY 10003. For questions about your rights as a research participant, you may contact the University Committee on Activities Involving Human Subjects, New York University, 665 Broadway, Suite 804, New York, NY 10012 at 212-998-4808 or ask.humansubjects@nyu.edu.

*You have received a copy of this document to keep.*

Agreement to Participate

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Date

