

Sample Consent Form: Full Board Research

COMPREHENSIVE WRITTEN

The Effects of Sprinting Uphill: With and Without Inspiration

INTRODUCTION:

My name is Brenda Lopez, and I am a graduate student in the department of Exercise and Nutritional Sciences (ENS) at San Diego State University (SDSU). My faculty advisor is Dr. Liam Smith. This research study is funded by the San Diego State Research Foundation.

PURPOSE OF THE STUDY:

The purpose of this research study is to determine whether watching an inspirational video while running uphill has an impact on speed and endurance.

WHAT YOU WILL BE ASKED TO DO:

You are being asked to participate because you are a healthy individual aged 18 - 25 years old, you have no current injuries, and you are able to run for at least five minutes without stopping. You will be asked to come to the ENS lab at SDSU for one visit. The visit will last approximately 1 hour. You will be first asked to complete a demographic survey and fill out a diet questionnaire. This will take approximately 10 minutes. Then, you will complete a spirometry test by breathing in and out of a tube to measure your lung function. Before you get on the treadmill, the study team will lead you in 5 minutes of stretching exercises. Finally, you will get on the treadmill and will begin sprinting at an incline for 5 minutes. Your speed and distance will be measured.

You will be assigned to one of two conditions at random: the intervention or the control. All tasks listed above will be completed in both conditions, but if you are assigned to the intervention group, you will watch a short inspirational video while sprinting at an incline. If you are assigned to the control group, you will not watch anything while sprinting. You will be video recorded no matter which group you are assigned to.

WHY YOU MIGHT WANT TO PARTICIPATE:

You might want to participate in this study because you may find it interesting, or because you want to contribute to science and society. You might not want to participate in this study due to the time commitment or because you would rather not exert yourself or risk injury to yourself.

HOW YOUR INFORMATION WILL BE KEPT PRIVATE:

You will be assigned a pseudonym to keep your answers to the questionnaires confidential. The paper surveys will be stored in a locked file cabinet in a locked office. The videos will be stored on SDSU's Google Drive, and will be analyzed and coded within 5 days. After they are analyzed, the videos will be deleted. The survey responses will be de-identified within 3 months of the study. Your de-identified responses may be shared with other researchers to be used for future, unspecified research. Additional consent will not be obtained for the future research use or sharing.

Full Board - COMPREHENSIVE WRITTEN (continued):

RISKS OF PARTICIPATING:

There are some risks associated with participating in this study. There is the risk of a breach of confidentiality, which is why we will assign you a pseudonym to further protect your survey/questionnaire responses. You do not have to answer any question you do not want to answer. You may feel faint while running at a full sprint for 5 minutes. There is also the risk of injury, or falling while running on the treadmill. You will be leashed to the treadmill, and there is an emergency stop button. The study team will be monitoring you at all times. You may be sore and/or tired for a few days afterwards. This is normal.

Your participation in this study is voluntary. You can stop being in the study altogether without any negative consequences. If you do not finish the survey/questionnaires, your responses will not be retained by the study team.

BENEFITS TO PARTICIPATION

You may benefit from receiving a report of your lung function. You may not benefit directly from the study, but you will be helping science and society.

COST/COMPENSATION

Your participation in this study will not cost you anything. If you have to pay to park at SDSU, we will reimburse you the parking fee. You be paid \$100 in cash after you complete the study. Even if you do not finish all of the study activities, you will still receive the incentive in full.

WHAT IF I AM INJURED DURING MY PARTICIPATION?

San Diego State University and the San Diego State University Research Foundation do not have a program or any policies for compensating subjects for injury or complications related to human subjects research, but the study personnel will assist you with getting treatment as appropriate.

WHAT IF I HAVE QUESTIONS OR CONCERNS?

If you have any questions now, please ask them. If you have questions later, you can contact the PI, Brenda Lopez at (619) 594-5200, blopez@email.com, or the faculty advisor Dr. Liam Smith at dliam@email.com.

If you have questions regarding your rights as a research participant, to offer input, or to share concerns about the research contact the SDSU Human Research Protection Program at: irb@sdsu.edu or (619) 594-6622. You can report concerns or complaints at: https://research.sdsu.edu/research_affairs.

I have read the information provided in this form. I have had the opportunity to ask questions. I have been given answers to the questions I asked. I agree to take part in this research study.

Your signature: _____ Date: _____

Your name (printed): _____

Signature of the person obtaining consent: _____ Date: _____

Printed name of the person obtaining consent: _____

You will be given a copy of this signed consent form.