Project Title: Stress Reduction Project

You are invited to take part in a research study being conducted by Steven Woltering, a researcher from Texas A&M University and Program to Enhance Scholarly and Creative Activities. The information in this form is provided to help you decide whether or not to take part. If you decide to take part in the study, you will be asked to sign this consent form. If you decide you do not want to participate, there will be no penalty to you, and you will not lose any benefits you normally would have.

Why Is This Study Being Done?
The purpose of this study is to enhance research that may support the use of breath regulation as a form of stress intervention and to provide better intervention options for students that suffer from high levels of stress.

Why Am I Being Asked To Be In This Study?
You are being asked to be in this study because you have identified as a high stress 18+ individual and have not been diagnosed with any major psychiatrist disorders including attention deficit hyperactivity disorder (ADHD). This criteria, however, excludes depression or anxiety disorders.

How Many People Will Be Asked To Be In This Study?
50 people (participants) will be invited to participate in this study locally.

What Are the Alternatives to being in this study?
No, the alternative to being in the study is not to participate.

What Will I Be Asked To Do In This Study?
Your participation in this study will last up to two weeks and includes three visits.

During the first session you will participate in a relaxation training, complete several questionnaires asking about – sleep, stress and anxiety, and emotions -- , as well as complete a few physiological measures. We will be applying sensors to different parts of your torso in order to measure breath rate as well as heart rate during these activities.

The second session will consist of relaxation training.

For the third lab visit, we will ask you to complete similar questionnaires and physiological measures. Total time at the lab would be approximately 3 hours. Each session will last about an hour.

Are There Any Risks To Me?
The things that you will be doing are no greater than risks than you would come across in everyday life. Although the researchers have tried to avoid risks, you may feel that some questions/procedures that are asked of you will be stressful or upsetting. You do not have to answer anything you do not want to. Information about individuals and/or organizations that may be able to help you with these problems will be given to you.
Are There Any Benefits To Me?
The direct benefit to you by being in this study is increased ability to manage emotions and increased feelings of relaxation.

Will There Be Any Costs To Me?
Aside from your time, there are no costs for taking part in the study.

Will I Be Paid To Be In This Study?
You will receive up to $40 in the form of Amazon Gift Cards. Disbursement will occur during your first lab visit as well as your third lab visit.

Will Information From This Study Be Kept Private?
The records of this study will be kept private. No identifiers linking you to this study will be included in any sort of report that might be published. Research records will be stored securely and only the research team on this project will have access to the records.

Information about you will be stored in locked file cabinet; computer files protected with a password. This consent form will be filed securely in an official area.

People who have access to your information include the Principal Investigator and research study personnel. Representatives of regulatory agencies such as the Office of Human Research Protections (OHRP) or (if FDA regulated) the Food and Drug Administration (FDA) and entities such as the Texas A&M University Human Subjects Protection Program may access your records to make sure the study is being run correctly and that information is collected properly.

Information about you and related to this study will be kept confidential to the extent permitted or required by law.

Who may I Contact for More Information?
You may contact the Principal Investigator, Steven Woltering, PhD, to tell him/her about a concern or complaint about this research at the Neurobiological Lab or swolte@tamu.edu. You may also contact the Protocol Director, Brenna Lin at 310-388-7152 or brennalin@tamu.edu.

For questions about your rights as a research participant, to provide input regarding research, or if you have questions, complaints, or concerns about the research, you may call the Texas A&M University Human Subjects Protection Program office by phone at 1-979-458-4067, toll free at 1-855-795-8636, or by email at irb@tamu.edu.

What if I Change My Mind About Participating?
This research is voluntary and you have the choice whether or not to be in this research study. You may decide to not begin or to stop participating at any time. If you choose not to be in this study or stop being in the study, there will be no effect on your student status, medical care, employment, evaluation, relationship with Texas A&M University, etc.
STATEMENT OF CONSENT
I agree to be in this study and know that I am not giving up any legal rights by signing this form. The procedures, risks, and benefits have been explained to me, and my questions have been answered. I know that new information about this research study will be provided to me as it becomes available and that the researcher will tell me if I must be removed from the study. I can ask more questions if I want. A copy of this entire consent form will be given to me.

Participant’s Signature                      Date

Printed Name                               Date

INVESTIGATOR'S AFFIDAVIT:
Either I have or my agent has carefully explained to the participant the nature of the above project. I hereby certify that to the best of my knowledge the person who signed this consent form was informed of the nature, demands, benefits, and risks involved in his/her participation.

Signature of Presenter                      Date

Printed Name                               Date