

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.

The purpose of this research study is to assess the effectiveness of an educational workshop to build on your strengths to increase health coping skills and decrease health problems and behaviors that may compromise your educational goals. First, consider filling out the survey to 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. There are 3 steps:

1) Fill out the [online survey](#). This survey will ask about your current health, adverse childhood experiences (ACE), and resilience. After completing the online survey, participants will receive a \$5 Dunkin Donuts card and be contacted by the researchers via email to let you know about participating in the research.

2) Through a process of random selection 10-12 students will be invited to join an in-person, once a week, 4 session Empower Strength! Workshop. The focus of the workshops will be on building students strengths to achieve your goals. We will not be discussing childhood experiences in the workshop. Each workshop will last for 90 minutes and will occur once a week over the span of 4 weeks. In addition to the workshop, students will be asked to fill out a follow-up survey 3 months and again 6 months after the completion of the initial online survey.

2b) For all other students who are not chosen to participate in the Empower Strength! Workshop or if you are unable to participate in the workshop at this time, you will be invited to complete a follow-up survey which will be sent out 3 months and again 6 months after the completion of the initial online survey

3) If you participate in the workshop you will receive a Strength-finder book and access to an online strength assessment. After the first workshop session participants will receive a \$5 Dunkin Donuts card, after the second week workshop session participants will receive a \$15 iTunes card, after the third week participants will receive a \$5 Dunkin Donuts card and after the fourth and final week participants will receive a \$10 UMass Bookstore credit.

For the follow-up online survey portion of this study participants will receive a \$5 Dunkin Donuts card after the 3-month follow-up and a \$15 iTunes card after the 6-month follow-up survey.

3b) If you are not randomly chosen to participate in the Empower Strength! Workshop, you will receive a \$5 Dunkin Donuts card after the 3-month follow-up survey and a \$15 iTunes card after the 6-month follow-up survey

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;

Center for Counseling Psychological Health (CCPH) - 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.

Center for Women and Community (formerly 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.