

## Consent to Participate in a Research Study

**IRB Study #** 20-3552

**Title of Study:** REAL-U Follow Up Study

**Principal Investigator:** Andrea Hussong

### CONCISE SUMMARY

The purpose of this study is to better understand how your experiences in college predict your experiences after college, including substance use, mental health, and pandemic-related stress. Individuals who participated previously in the UNC REAL-U study are invited to complete a one-time 30-45-minute online survey for a \$30 incentive. The findings of this study will be potentially beneficial for future researchers and educators attempting to promote resilience in college youth and to better understand the impact of the coronavirus/COVID-19 outbreak on young adults. There are no anticipated direct benefits to individuals who participate in this study. The only significant risk associated with this study is the possibility of a breach of confidentiality, though reflecting on the changes and feelings evoked by COVID-19 may cause momentary discomfort or frustration.

**What are some general things you should know about research studies?** You are being asked to take part in a research study. To join the study is voluntary. You may choose not to participate, or you may withdraw your consent to be in the study, for any reason, without penalty. Details about this study are discussed below. It is important that you understand this information so that you can make an informed choice about being in this research study.

**What is the purpose of this study?** The purpose of this research study is to better understand how your experiences in college predict your experiences after college, including substance use, mental health, and pandemic-related stress.

**How many people will take part in this study?** If you decide to be in this study, you will be one of approximately 267 people in this research study.

**What will happen if you take part in the study?** Your part in this study will last approximately 30-45 minutes. During this study, you will complete an online questionnaire. The questionnaire will ask you to describe your thoughts and behaviors in different scenarios, your relationship with your parents, your response to the COVID-19 pandemic, and your mental health.

**What are the possible benefits from being in this study?** Research is designed to benefit society by gaining new knowledge. You may not benefit personally from being in this research study.

**What are the possible risks or discomforts involved from being in this study?** We anticipate few risks in this study.

**Will your information be used outside of this study?** No, participants' information will not be used or distributed for future research studies, even if identifiers are removed, without the participant's consent.

**How will your privacy be protected?** All of the data you provide will be stored confidentially on a secure server. All survey responses are identified by a numeric code and not by name. The link between your name and code is stored in a password protected file on a secure server, assessed only by the research team as needed.

### **Certificate of Confidentiality**

"What is a Certificate of Confidentiality?

This research is covered by a Certificate of Confidentiality. With this Certificate, the researchers may not disclose or use information, documents or biospecimens that may identify you in any federal, state, or local civil, criminal, administrative, legislative, or other proceedings in the United States, for example, if there is a court subpoena, unless you have consented for this use.

The Certificate cannot be used to refuse a request for information from personnel of a federal or state agency that is sponsoring the study for auditing or evaluation purposes or for information that must be disclosed in order to meet the requirements of the federal Food and Drug Administration (FDA).

The Certificate of Confidentiality will not be used to prevent disclosure as required by federal, state, or local law, such as mandatory reporting requirements for child abuse or neglect, disabled adult abuse or neglect, communicable diseases, injuries caused by suspected criminal violence, cancer diagnosis or benign brain or central nervous system tumors or other mandatory reporting requirement under applicable law. The Certificate of Confidentiality will not be used if disclosure is for other scientific research, as allowed by federal regulations protecting research subjects or for any purpose you have consented to in this informed consent document.

You should understand that a Certificate of Confidentiality does not prevent you from voluntarily releasing information about yourself or your involvement in this research. If an insurer, employer, or other person obtains your written consent to receive research information, then the researchers may not use the Certificate to withhold that information."

**What if you want to stop before your part in the study is complete?** You can withdraw from this study at any time, without penalty and skip any question for any reason. The investigators also have the right to stop your participation if you have an unexpected reaction, have failed to follow instructions, etc.

**Will you receive anything for being in this study? Will it cost anything?** You will receive a \$30 monetary reward for participating in this study. There are no costs associated with being in the study.

**What if you have questions about this study?** You have the right to ask, and have answered, any questions you may have about this research. Contact the principal investigator listed above

with any questions, complaints, or concerns you may have.

**What if you have questions about your rights as a research participant?** All research on human volunteers is reviewed by a committee that works to protect your rights and welfare. If you have questions or concerns, or if you would like to obtain information or offer input, please contact the Institutional Review Board at 919-966-3113 or by email to [IRB\\_subjects@unc.edu](mailto:IRB_subjects@unc.edu).

**Do you agree to participate in the study?**

Yes

No