

## **Assent Form**

### **Tracking Emotions and Experiences of Stress Study (The TEENS Study)**

#### **I. STUDY TEAM**

##### **Who is conducting the study?**

**Principal Investigator:** Kalee De France, PhD, Assistant Professor, Department of Psychology, UBC Okanagan, Kalee.DeFrance@UBC.ca.

**Co-Principal Investigator:** Jessica Lougheed, PhD, Assistant Professor, Department of Psychology, UBC Okanagan, Jessica.Lougheed@ubc.ca

The data from this study will be used only for the research purposes described in this document, and only members of Dr. De France's research team will have access to the data.

#### **II. SPONSOR**

##### **Who is funding this study?**

This study is funded by the Social Sciences and Humanities Research Council of Canada. There are no real or possible conflicts of interest related to money received from the funding agency for being part of the study.

#### **III. INVITATION AND STUDY PURPOSE**

##### **Why are we doing this study?**

We want to learn more about how youth (13-18 years old) experience emotions on a day-to-day basis, and how these emotions are related to general well-being. We also want to learn about how daily stress influences youth emotions and well-being.

#### **IV. STUDY PROCEDURES**

##### **How is the study done?**

If you say 'Yes', here is how we will do the study:

- You will download the free MetricWire survey app onto your smartphone or tablet during a zoom meeting with our research team.. You will use the app to answer some demographic questions (questions about your age, gender identity, etc).
- Once you have given consent, you will complete the Momentary Survey portion of the study. Three times per day for 14 days you will be prompted to answer a brief survey on your smartphone about what types of emotional experiences you encountered (if any). Each Momentary Survey should take approximately 2 minutes to complete. Survey scheduling will be discussed with the research team. At the end of each day, you will also be asked to complete a very brief survey about how much stress you encountered that day (total time: approximately 8 minutes a day, or 120 minutes across 14 days)
- When this is done, you will then complete a one-time survey via the MetricWire app that asks about your mental health and general well-being (approximately 30 minutes)
- It is expected that after this zoom meeting, your participation in this study will take a total of 2.5 hours.

## **V. STUDY RESULTS**

The main study findings will be published in academic journal articles and presented at academic conferences. You may obtain the results of our study once the study is complete by clicking “Yes I would like to receive a summary of this study’s findings” at the end of this form.

## **VI. POTENTIAL RISKS OF THE STUDY**

### **Is there any way being in this study could be bad for you?**

We do not think there is anything in the study that could harm you or be bad for you. Some of the questions we ask might upset you, however, we think that any distress you may experience would be similar to what you normally experience in your daily life. Please let one of the study staff know if you have any concerns. Some of the questions we ask may seem sensitive or personal. You do not have to answer any question if you do not want to.

If you experience distress related to participating in this study, we provide resources at the end of this form.

## **VII. POTENTIAL BENEFITS OF THE STUDY**

### **What are the benefits of participating?**

Once you complete this study, we will send you a summary of your responses to the daily emotion questions. Some people find it beneficial to see a summary of the emotions they tend to experience, and how successfully they are managing their emotions across a variety of situations. This may help you gain insight into your emotions and how you manage them.

## **VIII. CONFIDENTIALITY**

### **How will your identity be protected?**

Participating in this study is confidential – that means that no one outside of our research team will know that you are participating, or have access to any of the responses you give.

Information that could reveal your identity will not be released without your consent, unless required by law. (See Section IX. Limits of Confidentiality below.)

All of our study documents will identify you only by a code number we assign you, and all data and documents will be stored on our secure university servers. Only study team members will be able to access study data. Participants will not be identified by name in any reports of the completed study. De-identified data will be kept on the UBC server for a minimum of 5 years after our findings have been published.

Participation in this study involves using MetricWire. MetricWire is a free app that participants will download onto their smartphones to complete the surveys involved in this study. MetricWire is hosted by a web survey company located in the USA and as such is subject to U.S. laws, in particular, the US Freedom Act which allows authorities access to the records of internet service providers. If you choose to participate in the survey, you understand that your responses to questions will be stored and accessed in the USA. The security and privacy policy for the web survey company can be found at the following link: <https://metricwire.com/participant-privacy-policy/>

If you wish to withdraw your data from the study, you may do so at any time during your study participation. The quickest way to stop your participation is to delete the MetricWire app. We will contact you via email, and you can let us know whether you would like to withdraw your data, or simply exit the study. Once your participation is complete, you will have 60 days to request that your data is withdrawn.

## **IX. LIMITS OF CONFIDENTIALITY**

We do not expect that your involvement in this study could lead to any behaviors or actions that would require us to break confidentiality by law.

## **X. OPEN ACCESS**

Data collected as part of this study will be made publicly available on the Center for Open Science website (<https://osf.io>) once the data are published. Only data that have been de-identified will be posted. Once the data have been made publicly available, it will not be possible for participants to withdraw their data from the study. The purpose of posting data publicly is to increase the ability of other researchers to run similar studies and confirm our findings.

## **XI. PAYMENT**

### **Will you be paid for your time/ taking part in this research study?**

You will be paid for taking part in this study.

You will receive \$1 for each Momentary Survey that you complete. You will also receive \$10 for completing the one-time survey pack that will appear once the Momentary Surveys are completed. This will be provided as an electronic money transfer (e-transfer).

Finally, if you complete all Momentary Surveys and the one-time survey pack, you will be entered into a draw to win an iPad. The winner of the draw will be required to answer a skill testing question.

## **XII. CONTACT FOR INFORMATION ABOUT THE STUDY**

### **Who can you contact if you have questions about the study?**

If you have any questions or concerns about what we are asking of you, please contact the study leader, Dr. Kalee De France. The contact information is listed at the top of this form.

## **XIII. CONTACT FOR COMPLAINTS**

### **Who can you contact if you have complaints or concerns about the study?**

If you have any concerns or complaints about your rights as a research participant and/or your experiences while participating in this study, contact the Research Participant Complaint Line in the UBC Office of Research Ethics toll free at 1-877-822-8598 or the UBC Okanagan Research Services Office at 250-807-8832. It is also possible to contact the Research Complaint Line by email ([RSIL@ors.ubc.ca](mailto:RSIL@ors.ubc.ca)). Please reference the study number H24-01797 when calling so the Complaint Line staff can better assist you.

## IX. PARTICIPANT ASSENT

Taking part in this study is entirely up to you. You have the right to refuse to participate in this study. If you decide to take part, you may choose to pull out of the study at any time without giving a reason and without any negative impact on you. Once your participation is complete, you will have 60 days to request that your data is withdrawn. If you indicate that you consent to be in this study, a PDF version of the consent form will be emailed to you directly for your records.

- ☐ I consent to my own participation in this study
- ☐ I do not consent to my own participation in this study

## X. COMPENSATION

Please indicate here which email address you would like us to use for study communication and compensation

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## XI. Results Summary

Please indicate here whether you would like to receive a summary of the results of this study once all analyses are complete:

- ☐ No, I would not like to receive a summary of this study's findings
- ☐ Yes, I would like to receive a summary of this study's findings

[If participants choose yes]

Please enter the email address you would like us to send the summary to:

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## Resources

If you experience any psychological distress during this study, we recommend that you connect with existing professional mental health supports. If you do not currently have any professional mental health supports, we recommend that you start by searching on the BC government's Help Starts Here website: <https://helpstartshere.gov.bc.ca/>

**Other resources in British Columbia:**



### Family Doctor

Your family doctor is a great person to reach out to for support. They can also offer other supports that are available in your community.



### British Columbia Helpline

If you would like someone to talk to, you can always reach out to the BC Helpline for Children at 310-1234. You do not need an area code. You can call at any time of the day or night and you do not have to give your name.



### Foundry BC

Foundry is a province-wide network for integrated health and wellness services for young people aged 12-24. You can check them out online or in person.



### HealthLink BC

Healthlink BC provides reliable non-emergency health information and advice in British Columbia via telephone, website, app, and print resources. Dial 8-1-1 to access the service.