

INFORMED CONSENT DOCUMENT

Iowa State University

Department of Kinesiology

The University Students' Lifestyle and Mental Health Study (UniLife-M)

Investigators: Dr. Jacob D. Meyer, PhD & Dr. Felipe Schuch, PhD

You are invited to participate in this research study because you are a first-year student enrolled at Iowa State University. This consent form contains information about this research study as well as your rights and responsibilities as a participant. Please read this consent form carefully to ensure you are fully informed prior to deciding whether you would like to participate in this study. If you wish to volunteer in this study, you can indicate your consent by checking the box at the end of this document.

PURPOSE AND BACKGROUND

Iowa State University is part of a large international study that is investigating lifestyle behaviors and mental health in university students. Mental health conditions are common among young adults, and we know that lifestyle behaviors typically group together and include changes in diet, physical activity, sleep, stress, alcohol and substance misuse and can be both protective and harmful to mental health in young adults. This study will help us understand how lifestyle behaviors and mental health track over the first three and a half years in university students.

PARTICIPATION

You are invited to participate in four online surveys (2 hours total or about 30 minutes each) over a period of 3.5 years (fall 2023, fall 2024, fall 2025, and spring 2027). The survey will ask a series of questions about your background (age and sex) and then will assess levels of mental health symptoms (anxiety, depression, manic disorder, etc.) along with lifestyle behaviors (substance use, physical activity, sleep, eating, etc.).

After completing the survey each year, you will receive an automated follow-up email indicating how you scored on some of the measures. This will only include overall scores and will not contain your survey responses. You will see a list of each measure and how you scored, along with scoring ranges for that particular measure. For example, one measure (the PHQ-9) is commonly used to screen for depression. If you were to screen high for depression, it would say "high" next to PHQ-9. This email will also include a list of mental health resources in the area that you may choose to utilize as needed.

COMPENSATION

There will be a yearly drawing for a \$100 Visa gift card. The gift card recipient will be chosen through a random drawing from the database. If you are selected, you will be contacted by Fran

Sobotka, the Kinesiology Department Administrative Assistant, to receive your compensation. The study personnel will never contact you directly.

If selected to receive a gift card, you will need to complete a form to receive payment. Please know that payments may be subject to tax withholding requirements, which vary depending upon whether you are a legal resident of the U.S. or another country. If required, taxes will be withheld from the payment you receive.

You will need to provide your social security number (SSN) and address on the form in order for us to pay you. This information allows the University to fulfill government reporting requirements. Confidentiality measures are in place to keep this information secure. You may forego receipt of payment(s) and continue in the research study if you do not wish to provide your social security number and address. Information regarding documentation required for participant compensation may be obtained from the Controller's Department: (515) 294-0457 or <http://www.controller.iastate.edu>.

PARTICIPANT RIGHTS

Participating in this study is completely voluntary. You may choose not to take part in the study or to stop participating at any time, for any reason, without penalty or negative consequences. You can also skip any questions that you do not wish to answer. Participating or choosing not to participate will not affect your relationship with any of the study personnel. Your choice of whether or not to participate will have no impact on you as a student at Iowa State University in any way.

If you have questions regarding the rights of research subjects, please contact the Iowa State University Institutional Review Board at IRB@iastate.edu or (515) 294-4566, or the Director, (515) 294-3115, Office of Research Ethics, Iowa State University, Ames, Iowa 50011.

BENEFITS & RISKS

There are unlikely to be any direct benefits to you as a participant in this study. However, your contribution will lead to advancement of knowledge to determine how lifestyle behaviors are associated with mental health in young adults during their time at college.

The survey includes questions you may find sensitive, uncomfortable, or difficult to answer. You may also be concerned about confidentiality of your responses. Please review the next section for information on how we will protect your confidentiality. And, remember, you can skip any questions you do not feel comfortable answering or stop at any time. If you do feel significant discomfort, or if completing this survey raises concerns for you, we recommend contacting Iowa State Student Counseling Services at (515) 294-5056 or any of the mental health resources provided at the end of the survey.

CONFIDENTIALITY

Research records identifying participants will be kept confidential to the extent permitted by applicable laws and regulations and will not be made publicly available without your permission. However, it is possible that other people and offices responsible for making sure research is done

safely and responsibly will see your information. This includes federal government regulatory agencies, auditing departments of Iowa State University, and the Institutional Review Board (a committee that reviews and approves human subject research studies), which may inspect and/or copy study records for quality assurance and data analysis. These records may contain private information.

To protect your confidentiality:

- All surveys will be completed in a space chosen by the participant (you), where they (you) feel comfortable. The survey is administered through REDCap, which uses industry leading safeguards to protect data.
- All information from this study will be securely stored by researchers at the collaborating site of Federal University of Santa Maria and will be de-identified prior to any sharing or publication of results.
- You will be asked to provide your email address within the survey; the email addresses will be stored so that you can be contacted regarding the study. Any email addresses entered in the survey link will be separated from your survey responses.

Overall findings will be published in peer-reviewed journals or presented at conferences; these findings will be presented for groups of participants—not individual participants. Findings will not include any information that could identify you.

ADDITIONAL USES OF STUDY DATA

Data from this study will be housed in a large repository of similar data collected from students at many institutions around the world. Other study sites (e.g., Brazil, Australia, US, etc.) may use the data for analysis; data may also be shared with outside researchers who have permission to use it. This data will never be shared with information that could identify you, such as email addresses.

If you wish to have your responses removed from the repository, you may contact the Iowa State research team at wellex@iastate.edu.

Researchers at Iowa State University will only have contact with you when 1) recruiting and 2) if you are to reach out with any questions. You will otherwise stay anonymous to the ISU research staff. Any data we receive for analysis will not include identifiers of those who have taken the survey.

QUESTIONS

If you have any questions regarding this study, you can contact study staff directly at the Wellbeing and Exercise Lab (wellex@iastate.edu)

Please print or save a copy of this consent form for your records.