

Title of the Project: Project LIBRA

Principal Investigator: Aprile Benner, Associate Professor, University of Texas at Austin

### **Consent to Participate in Research**

#### **Why are we meeting with you?**

A research study is usually done to find a better way to understand how things work. You are being asked to take part in this research study because we want to learn more about how schools, peer groups, and families influences students' health. We also want to learn more about how technology can help us better understand teenagers' health and more about how the coronavirus (COVID-19) pandemic has impacted adolescents' educational planning and daily lives.

This form may have some words that you do not know. Please ask me to explain any words you do not know.

#### **What is the study about?**

We are doing this study to understand how positive and negative aspects of students' lives influences physical and mental health. We also want to learn more about how the coronavirus (COVID-19) pandemic has impacted adolescents and their families.

#### **What am I going to be asked to do?**

If you choose to participate, you will be asked to complete a general survey at three different points in the project.

- You can also choose if you would like to:
  - Complete one to three rounds of daily mini-surveys; each round lasts 14-days.
  - Wear an activity sensor throughout the day and while sleeping for 14 days.
  - Provide health data (height, weight, blood pressure, waist circumference, blood spots, saliva samples).
  - Provide information on phone use/GPS location.
  - Participate in 1 or 2 interviews over the study period.

There will be 760 other teenagers in this study

#### **Will any parts of this study make me feel bad?**

At most, you may feel temporary feelings of discomfort (e.g., loneliness, sadness, anxiety) that may come with thinking about stressful events and interactions that occurred throughout the day and with having your height, weight, blood pressure, pulse rate waist circumference, and blood spots taken.. You do not have to talk about anything you do not want to talk about, and you can skip any questions you do not want to answer.

You may also feel temporary physical discomfort (e.g., itchiness, annoyance) from wearing the activity sensor or may experience dry mouth if providing saliva samples.

### How will this study help me?

We expect this study to help you by giving you the opportunity to express your feelings. You may also enjoy participating in research and learn more about yourself and your health.

### What happens to my information collected for the research?

We will limit the use of your personal information to people who have a need to review this information. We cannot promise to keep everything a secret, but we will work to keep your name and other information private. Your responses may be used for a future study by us or we may share your responses with other researchers. The saliva and blood samples will be stored until data collection is complete. They will then be securely shipped to a laboratory in Germany for analysis.

### Will you tell anyone what I say?

If you tell us that someone is hurting you, the law says that we have to let other people know so they can help you. If you tell us you might hurt yourself or someone else, then we will have to let people know.

### Will I get anything to participate?

As a participant in this study, you will receive \$25 for each survey completed. In addition, you could also receive the following compensation:

- \$50 for completing daily mini-surveys, wearing activity sensor for 14-days, providing health data (height, weight, blood pressure, waist circumference, blood spots, saliva samples), and providing information on phone use/GPS location
- \$35 for participating in an interview

### Do I have to be in this study?

You do not have to be in this study. It is up to you. You can say okay now and change your mind later. No one will be upset if you do not want to do this. All you have to do is tell us you want to stop.

### Who do I talk to if I have questions?

You can ask any questions at any time. You can ask now or later. Just tell the researcher when you see them, or ask your parent or another adult to contact:

Dr. Aprile Benner  
Phone: (512) 232-1964  
Email: [abenner@prc.utexas.edu](mailto:abenner@prc.utexas.edu)

### Youth (Over 18) Consent

Before you say yes or no to being in this study, we will answer any questions you have now.

If you do not want to be in this study, just say so, and do not sign this form.

If you sign your name below, it means you agree to participate in this study.

I would be interested in participating in future studies on teenager's lives.

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Youth Participant's Printed Name

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Youth Participant's Signature

Date

The main part of this study is the general survey. Below is a list of the additional parts of the study. Please mark an X on any additional part of the study you **DO NOT** want to complete.

- Interviews
- 14-day mini-surveys
- 14-day wearing of an activity sensor (e.g., Fitbit, E4, Oura ring)
- 3-day saliva samples
- Provision of blood spots
- Provision of other health data (height, weight, waist circumference, pulse, blood pressure)
- Cell phone/GPS monitoring