Consent Form

Real-time Monitoring of Stress-Related Physiological Changes

Phase I

You are invited to participate in a research study about the stress. This study is designed to help us to better use physiological parameters, such as heart rate, to estimate an individualized stress level. Students with high blood pressure, irregular heart rhythms, other heart conditions, latex allergy or sensitivity are not eligible for the study.

The primary investigator is Dr. Karen Frith, from the College of Nursing at the University of Alabama in Huntsville.

PROCEDURE TO BE FOLLOWED IN THE STUDY: Once written consent is given, you will be asked to wear monitors that will record your heart rate, blood pressure, and skin temperature. (Some equipment contains latex). When the monitors are secured, you will be seated for 5 minutes with no activity so that we can measure your baseline vital signs. Next we will ask you to participate in activities which could include lying, standing, and walking on a treadmill at a brisk speed no higher than 4.5 miles an hour or performing a simulated nursing task. This session will take between 30-40 minutes. After the activities, we ask you to sit again for 5 minutes to record your resting vital signs.

CONFIDENTIALITY OF RESULTS: Participant numbers will be used to record your data, and these numbers will be made available only to those researchers directly involved with this study, thereby ensuring strict confidentiality. This consent form will be destroyed within 12 months. The data from your session will only be released to those individuals who are directly involved in the research and only using your participant number. Your professors will **NOT** have access to any recordings, and none of the information from the study will be used by you, your advisor, or faculty to make decisions about your academic standing.

DISCOMFORTS AND RISKS FROM PARTICIPATING IN THIS STUDY: There are no expected risks associated with your participation.

EXPECTED BENEFITS: You can request to review the recordings and the calculated stress level after the research team has analyzed your recordings. This information may give you an idea of how well you handle stress during activities. After recordings are analyzed, the researchers hope to use anonymous data from this study to develop algorithms for stress levels (low, medium, or high). The algorithms developed in the lab setting will then be used to examine workplace stress.

You will receive a letter with the name of the study acknowledging your participation in a research study. You may use the letter as supporting documentation of contribution to the scholarship of UAHuntsville. Some academic programs require such activities as part of a dossier or academic portfolio.

FREEDOM TO WITHDRAW: You are free to withdraw from the study at any time. You will not be penalized in any form because of withdrawal. Investigators reserve the right to remove any participant from the session without regard to the participant's consent.

CONTACT INFORMATION: If any questions should arise about this study or your rights as a participant, you may contact the Principal Investigator at any point in the research process. You may contact Dr. Frith in the College of Nursing at the University of Alabama in Huntsville at 256-824-2447. There is voice mail on this phone, but if you have an emergency, call Dr. Frith's cell phone at 256-303-3551. Dr. Frith can also be contacted by email at karen.frith@uah.edu. Dr. Nicholaos Jones, IRB Chair, is located in Morton Hall 332 at the University of Alabama in Huntsville. His email is irb@uah.edu and his phone is 256-824-2338.

If you agree to participate in our research please sign and date below. If you are under the age of 19, please provide your parent or legal guardian's signature indicating consent.

If you would like a letter of participation, please add your email address to the form.

This study was approved by the Institutional Review Board at UAH and will expire in one year from March 15, 2011.

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Name (Please Print) Signature Date

Email address: _____

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Parent/Guardian Signature (if younger than 19)