

Approximately how many subjects you anticipate enrolling in this study (at all research locations/sites)?

Note: it is best to include an approximate range (expected min and max), rather than a specific number of subjects.

Answer: 50-100

Inclusion Criteria - What characteristics (e.g., age, conditions, diagnosis, etc.) must individuals have in order to be included as a research subject? Answer for each subject group, if there are multiple groups.

If not applicable, write N/A; however a common inclusion criterion is that subjects are over the age of 18.

Answer:

College students between the ages of 18 and 25 and who are enrolled in at least 12 credit hours.

Exclusion Criteria - What characteristics would exclude subjects from this research who are otherwise eligible (i.e., who meet inclusion criteria)? Answer for each subject group, if there are multiple groups.

If not applicable, write N/A.

Answer:

N/A

Please provide a brief description of the research background and study design:

Answer:

Background

Throughout the years, research has shown that mental health disorders have a significant impact on the quality of life worldwide. According to a survey conducted by the American Psychological Association, 40% of adults report that they lay awake at night because of stress. Further, the prevalence of mental disorders such as depression, anxiety, or schizophrenia, has increased in the past few years.

Answer: Yes
No

Answer: Only being collected electronically (e.g., SurveyMonkey, Qualtrics, etc.).
Only being collected non-electronically (e.g., by paper, handwritten methods).
Being collected by a combination of electronic and non-electronic methods.

Answer: Yes
No

Answer: Yes
No

Answer: Yes
No

Answer: Internal
External (outside agency or organization)
Other (please explain)

Answer: D



Answer: 1. Advertisements (e.g., newspaper, television, radio)

device.)


SurveyMonkey:

<https://www.surveymonkey.com/r/XXXXXXXXX>

Please upload a copy of each survey/questionnaire/psychometric test you intend to use:

(Be sure to include all directions to subjects, each survey item, and any response scales. Please upload in MS Word format if possible. If submitting revised documents, please submit a version showing tracked changes in MS Word (if possible) AND a clean copy with all changes accepted)

Answer:

 Study Materials (Sample).docx 08/15/2023 (Study Instruments (e.g., Surveys, Tests))

Data Collection, Protection, and Records Retention

Will subject identifiers be recorded during the research process?

(names; addresses; phone numbers; email addresses; birth dates, locator information; patient, hospital, laboratory or claim numbers; Social Security numbers; IP addresses; etc.)

Answer: Yes - direct identifiers will be recorded (identifiers are recorded along with the data)
Yes - indirect identifiers will be recorded (identifiers or potential identifiers are recorded in such a way that they can be linked to subject data - e.g., coding documents, contact information collected separately, time stamps that link data together, etc.)
No - neither direct nor indirect identifiers will be recorded (i.e., the data will be collected anonymously)

Answer: Names
Addresses
Phone numbers
Email addresses
Birth dates
IP addresses
Social Security Numbers
Names of employers, types of employers, job titles
Locator information (e.g., town, city, state, etc.)
Patient, hospital, laboratory, or claim numbers
Time stamps that can be linked to identifiable information (e.g., participant sign-up info., automatic time stamps on survey collection software such as SurveyMonkey)
Other

Answer: Yes
No

Consent is documented by subject signature (written or electronic) but will be collected and stored separately from data so that subject name is not linked to subject data

No one other than the researchers will have access to identifying consent documents

Other

Please de

Answer: Study PI
Study Co-Investigator(s) affiliated with Daemen University
Study Co-Investigator(s) otherwise affiliated
Other

Answer: Yes
No0

Do you plan to provide debriefing information to study subjects?

- Answer:
1. Yes
 2. No
-

Modifications

Adverse Events

Adverse Event Date	Status	Signed
No Adverse Events Found.		

Protocol Deviations

Status	Protocol Deviations File/Comments	Submitted By
No Protocol Deviations Found		

Reviewer Comments

Primary Reviewer: Test Account IRB Member, Review Completed, Due date 08/22/2023 5:00 PM EDT

Test

Title of Research Project:

Faculty Research Advisor:

Student Researchers:

Purpose of the Research Project:

Description of the Research Project and Procedures:

Study Duration:

Risks:

Benefits:

Compensation:

Confidentiality and Anonymity:

(Demographics)

Please answer the following questions about yourself.

4. What is your gender?

Male
Female
Other

5. What is your current year in school?

Freshman
Sophomore
Junior
Senior
Graduate Student

6. What is your Ethnicity?

Hispanic or Latino
Not Hispanic or Latino
Other

7. Please identify your race. Check all that apply:

American Indian or Alaska Native
Asian or Asian American
African or African American
Middle Eastern
Caucasian (White)
Bi-Racial/Mixed Race
Other _____

8. What is your current major?

9. Do you play a collegiate sport?

Yes
No

10. If yes, are you currently in season?

Yes
No

11. Which sport do you participate in?

12. Are you on an athletic scholarship?

Yes
No

13. How many hours per week do you practice?

N/A
0
1-5
6-10
11-15
16-20
20+

14. In the past month, have you experienced any of the following? Check all that apply:

Death of a loved one
Divorce/break up
Major illness/injury
Job loss
Pregnancy
Became engaged/got married
Parents separated or divorced
Major health issues or a family member or close friend
Change in residence
Change in school
Major change in financial state
N/A

(Stress)

The questions in this scale ask you about your feelings and thoughts during the last month. In each case, you will be asked to indicate by circling how often you felt or thought a certain way.

15. In the last month, how often have you been upset because of something that happened unexpectedly?

Never
Almost Never
Sometimes
Fairly Often
Very Often

16. In the last month, how often have you felt that you were unable to control the important things in your life?

Never
Almost Never
Sometimes
Fairly Often
Very Often

Never
Almost Never
Sometimes
Fairly Often
Very Often

18. In the last month, how often have you felt confident about your ability to handle your personal problems?

Never
Almost Never
Sometimes
Fairly Often
Very Often

19. In the last month, how often have you felt that things were going your way?

Never
Almost Never
Sometimes
Fairly Often
Very Often

20. In the last month, how often have you found that you could not cope with all the things that you had to do?

Never

Almost Never

Sometimes

Somewhat like me
Not much like me
Not like me at all

Very much like me
Mostly like me
Somewhat like me
Not much like me
Not like me at all

28. I have been obsessed with a certain idea or project for a short time but later lost interest.
Very much like me
Mostly like me
Somewhat like me
Not much like me
Not like me at all

29. I am a hard worker.
Very much like me
Mostly like me
Somewhat like me
Not much like me
Not like me at all

30. I often set a goal but later choose to pursue a different one.
Very much like me
Mostly like me
Somewhat like me
Not much like me
Not like me at all

31. I have difficulty maintaining my focus on projects that take more than a few months to complete.
Very much like me
Mostly like me
Somewhat like me
Not much like me
Not like me at all

32. I finish whatever I begin.
Very much like me
Mostly like me
Somewhat like me
Not much like me
Not like me at all

33. I am diligent.
Very much like me
Mostly like me
Somewhat like me
Not much like me
Not like me at all

(Self-Esteem)

Directions: Indicate the extent to which you agree or disagree with the following items using the scale provided.

34. I feel that I am a person of worth, at least on an equal basis with others.

Strongly Agree

Agree

Disagree

Strongly Disagree

35. I feel that I have a number of good qualities.

Strongly Agree

Agree

Disagree

Strongly Disagree

Disagree
Strongly Disagree

43. At times I think I am no good at all.

Strongly Agree
Agree
Disagree
Strongly Disagree

(Physical Activity)

The following questions ask about the time you spend doing different types of physical activity in a typical week. Please answer these questions even if you do not consider yourself to be a physically active person. First think about the time you spend doing work. Think of work as things you have to do such as paid or unpaid work, studying/training, or household chores. In answering
-intensity
effort and cause a large increase in breathing or heart rate, -
activities that require moderate physical effort and cause small increases in breathing or heart rate.

44. Does your work involve vigorous-intensity activity that causes large increases in breathing or heart rate

(carrying or lifting heavy load, digging or construction work) for at least 10 minutes continuously?

Yes
No

45. In a typical week, on how many days do you do vigorous intensity activities as part of your work?

_____ days
1-2
3-4
5-6
7

46. How much time do you spend doing vigorous intensity activities at work on a typical day?

_____ hours
_____ minutes

47. Does your work involve moderate-intensity activity, that causes small increases in breathing or heart rate

such as brisk walking (or carrying light loads) or at least 10 minutes continuously?

Yes
No

48. In a typical week, on how many days do you do moderate intensity activities as part of your work?

_____ days
1-2
3-4
5-6
7

49. How much time do you spend doing moderate intensity activities at work on a typical day?

_____ hours
_____ minutes

days? _____hours _____minutes

59. The following question is about sitting or reclining at work, home, getting to and from places, or with friends including time spent sitting at a desk, sitting with friends, traveling in a car, bus, train, reading, studying, playing cards or watching television, but does not include time spent sleeping. How much time do you usually spend sitting or reclining on a typical day? _____hours _____minutes