

Battle of the Clocks Research Study

PARTICIPANT CONSENT

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Purpose

The purpose of this research study is to examine associations among sleep, stress, physical activity, and circadian-type (i.e., morningness-eveningness) in relation to other aspects of university life (e.g., relationships, substance use and academic performance) in both athlete- and non-athlete students at Wesleyan university. To be eligible to participate, you must be at least 18 years of age and a current student at Wesleyan University.

Procedures

Participation in this study will involve completing an online survey (Part I) and wearing a watch-like sleep monitoring device on your wrist for 7 consecutive days, during which you will be required to complete morning and evening diaries and provide spit/saliva samples at 4 times throughout the day (Part 2). We also will take a measurement of your height and weight in-lab to measure body mass index. PSYC 105 participants who were assigned to this study will receive a 4-hour credit upon completion of Part 1 and Part 2 of the study. Non-PSYC 105 participants will receive \$10 after completing the online survey (which must be completed by March 10, 2017) and an additional \$30.00 after completing the 7-day sleep component of the study (which must be completed between March 29 and May 5, 2017). Additionally, ALL participants who adhere to the study's strict protocol will have a chance to win one of two Fitbits.

Risks and Benefits

Participants in this study may experience some psychological distress over the nature of the questions, some of which are very personal. Although this study may not benefit you personally, we hope that your participation will make you more aware of your sleep-wake patterns and levels of physical activity. Upon completion of the study, we will provide you with a summary report of your sleep-wake patterns based on the objective sleep data collected from the sleep monitor. We hope that the results of this study will add to the knowledge about the most optimal time of day for physical activity in terms of its potential to positively affect your sleep quality.

Confidentiality

ALL of your responses will be guarded with the strictest of confidence. Please understand that your individual responses will never be shared with your professors, parents, or any faculty, staff or administrative personnel. It is very important to understand that even if

you know the research assistants that are assisting with recruitment and data collection, they will NEVER know any of your individual responses because your names will be kept CONFIDENTIAL. This means that only the lead researcher, Professor Royette Tavernier, will have access to the file that has your name attached to your survey responses. One reason I need to match your name to your answers is to be able to invite you to do the survey a second time (next academic school year), to determine whether any of your answers change over time. I also need to know who you are in order to assign you your course credit or payment.

Even if the research assistant will be analyzing the data (e.g., running correlations), the file that they receive will only have generic ID numbers and no names or telephone numbers will be attached to your survey responses. When presenting the information and results of the study (e.g., research publication in an academic journal), we will never use your name so people outside of your class will not know whether you did the survey.

This is important to know because we want to protect and respect your willingness to share your personal information for the purposes of psychological research.

Additionally, because academic performance is an important indicator of university adjustment, we are asking your permission to get direct access to Wesleyan entry grades (i.e., high school average) as well as your end-of semester G.P.A for each of the semesters that you have been at Wesleyan up to this semester (spring, 2017). If you agree to have your academic grades included in our analyses, you will be asked to sign a grade release form, in person, when you visit the lab after you complete the baseline survey. Please note that you may choose to not have your grades release and still participate in all the other components of the study. Again, your data will be treated with the strictest level of confidentiality.

Voluntary Participation

Participation in this study is completely VOLUNTARY. You are free to decline to participate, to end participation at any time for any reason, or to refuse to answer any individual question without penalty or loss of compensation.

Contact

If you have any questions about this study, you may contact the principal investigator, Professor Tavernier at: spalab@wesleyan.edu or call her office at (860)685-2206. If you would like to talk with someone other than the lead researcher to discuss problems or concerns, or to discuss your rights as a research participant, you may contact the Chair of the Psychology Department, Professor Kurtz at: mkurtz@wesleyan.edu or call (860)685-2072. You may also contact the Wesleyan University Institutional Review Board at: irb@wesleyan.edu.