

Consent Form 2018

UNIVERSITY OF WASHINGTON
CONSENT FORM
[UW Undergraduate Student Experience]

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Researchers' statement

We are asking you to be in a research study. The purpose of this consent form is to give you the information you will need to help you decide whether to be in the study or not. Please read the form carefully. You may ask questions about the purpose of the research, what we would ask you to do, the possible risks and benefits, your rights as a volunteer, and anything else about the research or this form that is not clear. When we have answered all your questions, you can decide if you want to be in the study or not. This process is called "informed consent." We will give you a copy of this form for your records.

PURPOSE OF THE STUDY

The purpose of the study is to examine the academic and social experiences of UW undergraduate students. Our goal is to understand the sources of stress in the student experience and to develop ideas for how we can improve the student experience at UW.

STUDY PROCEDURES

The study activities will take place over the course of 2 quarters. During the Winter quarter (starting January 3rd, 2018), we ask that you carry your phone and a Fitbit device, which you will be given, with you wherever you go. As part of this project, we are asking you to help us by completing some questionnaires about your background, your current and past health behavior patterns (including questions about your alcohol, drug consumption, and information about your use of counseling services), stressful events you have experienced (such as the death of a family member, or a sexual assault) and your thoughts and attitudes regarding different situations and statements. Finally, we will work with UW to collect information about your grades and other details of your student record. For the financial information, we will ask you to print out your financial letter from MyUW. You will also complete similar types of questionnaires on your smartphone twice weekly. For seven consecutive days during two weeks each quarter, we will signal you to complete multiple brief questionnaire sessions on your phone each day. We remind you to follow responsible phone practices; please refrain from using your phone for study procedures in situations where you normally would not use your phone (i.e., driving). You will

have limited time to complete each questionnaire after the signal, but we ask you not to compromise your safety while completing study procedures.

Week 0 (December 2017 or January 2018): The first study session will take place at Paul G. Allen School of Computer Science & Engineering. You will hear an outline of the study procedures in more detail, learn how to complete our study questionnaires and tasks, and you will complete questionnaires and tasks in the lab.

Winter 2018: You will carry your smartphone and Fitbit device with you at all times and on designated weeks you will answer a few daily questionnaires on your smartphone.

Finals week / Break between quarters: You will complete some questionnaires and collect compensation.

Spring 2018: You will carry your smartphone and Fitbit device with you at all times and on designated weeks you will answer a few daily questionnaires on your smartphone.

Finals week / Break between quarters: You will complete some questionnaires and collect compensation.

We will collect your activity level and sleep patterns from the Fitbit device.

An application will be downloaded onto your smartphone that may collect information about uses of the phone, such as: current time, cell tower IDs, Wi-Fi access points, Bluetooth usage, location information, movement, screen status, battery status, screen brightness, device proximity, other installed applications, network status, notification information, and call and SMS events.

We are not collecting any content of the phone calls and texts - only meta-data: timestamp of when the text was sent/received, timestamp of when a call was received/initiated, and timestamp of when the call ended. We do not collect the names of individuals who you are calling/texting, but we do record whether a call was to a friend, family member, or other category of person. We will ask for information about the categories of people you text/call and their phone numbers at the start of the study so that we can replace the phone number with a category when we record the communication event.

During the course of the study, we will contact you with questions, for payment, or to provide resources if needed. To facilitate this, we will need to keep information you give us about your names and contact information.

RISKS, STRESS, OR DISCOMFORT

Potential risks include breach of confidentiality since we will be obtaining your email address, signature, and IP address. If there is a breach of confidentiality, it is possible that knowledge of alcohol use or illegal drug use may damage your reputation, or have legal implications.

In addition, your email address will be stored in our password-protected laboratory email account and linked to your information by study ID number. A file linking study ID numbers to personal identifying information will be kept in a locked file cabinet in a locked room to which only associated investigators will have access. In addition, survey data we collect in Qualtrics will include your IP address. Your signature will be stored in a separate locked file cabinet as well, and will not be linked with other personal identifying information.

There is also a risk that you may feel uncomfortable or experience frustration, anxiety or discomfort answering questions about their alcohol use (or other questions) or while completing the behavioral task within the survey.

If you feel uncomfortable answering any of the questions on the questionnaires or while completing any of the tasks, they may decline to answer those questions and/or discontinue their participation in the tasks.

BENEFITS OF THE STUDY

There may or may not be personal benefit from your participation in the study but the knowledge received will be of value to humanity.

CONFIDENTIALITY OF RESEARCH INFORMATION

By participating in the study, you understand and agree that University of Washington may be required to disclose your consent form, data and other personally identifiable information as required by law, regulation, subpoena or court order. Otherwise, your confidentiality will be maintained in the following manner:

Your data and consent form will be kept separate. Your consent form will be stored in a locked location on University of Washington property and will not be disclosed to third parties. Your study responses will be stored separately from personal identifiers: all paper data in a secured room on campus, and all web-based questionnaire data on a secure website database. By participating, you understand and agree that the data and information gathered during this study may be used by University of Washington and published and/or disclosed by University of Washington to others outside of University of Washington. However, your name, address, contact information and other direct personal identifiers in your consent form will not be mentioned in any such publication or dissemination of the research data and/or results by University of Washington.

The researchers will take the following steps to protect participants' identities during this study: (1) Each participant will be assigned a unique study number; (2) The researchers will record any data collected during the study by number, not by name

We are part of a national team studying student data, and may share your anonymous data in the future with collaborators at other universities. All of the information you provide will be confidential. However, if we learn that you intend to harm yourself or others, we must report that to the authorities.

COMPENSATION

For your full participation today, you will receive \$20. You may earn up to \$245 for your participation in the study, plus a Fitbit (worth about \$200). You must complete more than 86% of all questionnaires to earn \$245 and wear the Fitbit device for 90% of the study period to earn the device. You will not be compensated for the time it takes you to travel to and from these study related activities. A separate handout will be given for detail compensation structure.

RESEARCH-RELATED INJURY

OPTIONAL CONSENTS

1. Consent to Contact for Further Information After Study Ends:

Given that the present study deals with your experiences here at UW. We would like to know if we can contact you for follow up questions or an interview based on your answers to study questions. We will only contact a small percentage of students for follow-up interviews. Therefore, you may or may not be selected to participate in these interviews.

Please initial here

YES

NO

2. Consent to Access Facebook Account During Study Period:

We would like to collect data from your Facebook account for the dates when you were participating in the study. This includes instances of interactions (like, message post, to, when). Randomized identifiers are used in all cases replacing any instances of digital identities of yourself and all correspondents (phone numbers, e-mail addresses, Facebook identifiers, login names, etc.). The data we download does not include private messages, and we will not be keeping any information linking identities and randomized identifiers. Best practices for data security are employed such that any data is always analyzed in de-identified forms by the researchers associated with the project. Through analysis your social media content and usage patterns, we can derive quantitative markers of your moods or typical activities.

Please initial here

YES

NO

3. Consent to Access Calendar Information During Study Period:

We would like to collect your electronic calendar (e.g., iCal, Google Calendar) data for the dates when you were participating in the study (i.e., from the day you enrolled in the study until the last day of the study). We will collect the block of time that was scheduled, location, and a hashed version of the event title that will allow us to identify events with the same title but not anything about who was attending. This information will help us to interpret the sensor data and self-report data we are collecting, and to better understand your student experience.

Please initial here

YES

NO

4. Consent to Release Academic Information:

The Family Educational Rights and Privacy Act of 1974 (FERPA) and University of Washington protect the privacy of student educational records and limits access to the information contained in those records. Written consent must be provided before any academic information can be released.

Approved
12/14/2017
UW HSD IRB

Because a key goal of the present study is to gain a better understanding of how students' experiences affect their academic success, we are interested in obtaining educational records (GPA, transcripts, classes dropped/added, class schedule, academic standing, etc.) from students who choose to participate in the study. As with all information collected, your name will be removed from your academic records and replaced with a subject ID.

Please initial here

YES

NO

Consent Form 2019

**UNIVERSITY OF WASHINGTON
CONSENT FORM
[UW Undergraduate Student Experience]**

Principal Investigator: Jennifer Mankoff
Bill and Melinda Gates Center for Computer Science
3800 E Stevens Way NE, Seattle, WA 98195
Seattle, WA 98195
jmankoff@uw.edu

Other Investigators: Anne Browning: anneb7@uw.edu,
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Study Contact Email Address: uw-exp@uw.edu

RESEARCHERS' STATEMENT

We are asking you to be in a research study. The purpose of this Consent Form is to give you the information you will need to help you decide whether to be in the study or not. Please read the Consent Form carefully. You may ask questions about the purpose of the research, what we would ask you to do, the possible risks and benefits, your rights as a volunteer, and anything else about the research or this Consent Form that is not clear. When we have answered all your questions, you can decide if you want to be in the study or not. This process is called “informed consent.” We will give you a copy of this Consent Form for your records.

PURPOSE OF THE STUDY

The purpose of the study is to examine the academic and social experiences of University of Washington (“UW”) undergraduate students. Our goal is to understand the sources of stress in the student experience. This study aims to support public interests, specifically contributing to research at UW and other universities about how to improve student experiences and drive policy around adverse events students and others may experience.

STUDY PROCEDURES

The study will take place over the period between the end of the 2019 Winter quarter and the start of the 2019 Spring quarter. We ask that you carry your phone and a Fitbit device, which you will be given, with you wherever you go. We will also ask you to complete various surveys and questionnaires.

1. Phone Use:

A mobile application will be downloaded onto your smartphone that may collect information about uses of the phone, such as: current time, cell tower IDs, Wi-Fi access points, Bluetooth usage, precise GPS location information, movement, screen status, battery status, screen brightness, device proximity, other installed applications, network status, notification information, and phone call and text message events.

We are not collecting the content of any phone calls or text messages. Rather, we are collecting timestamps for incoming and outgoing phone calls (including the time a phone call starts and ends) and timestamps for incoming and outgoing text messages. Phone calls between you and others will not be recorded but certain audio-related features are collected (such as detection of a conversation, volume, silence, and noises).

We do not collect the names of individuals who you are calling/texting, but we do record whether a call was to a friend, family member, or other category of person. We will ask for information about the categories of people you text/call and their phone numbers at the start of the study so that we can replace the phone number with a category when we record the communication event.

2. Fitbit Use:

With regard to Fitbit use, the study team will issue you login information (username and password) so that your Fitbit use for this study is kept separate from any personal Fitbit account use outside of this study. Using study-issued login information, we will collect your activity level and sleep patterns from the Fitbit device.

3. Surveys and Questionnaires:

As part of this project, we also ask you to complete various surveys and questionnaires. You will have limited time to answer these questionnaires:

- At the beginning and the end of the study we ask you to answer comprehensive questionnaires that you should complete in one sitting.
- Over seven consecutive days during two weeks of the quarter, we will signal you to complete multiple brief questionnaire sessions on your phone via push notification every day during this period. You will need to complete an online survey once you click the notification on your phone;
- At other times, you need to complete a questionnaire session twice weekly. You may enter and complete an online survey via a notification on your smartphone;
- You will have limited time to complete each questionnaire after the signal, but we ask you not to compromise your safety while following study procedures.

Surveys and questionnaires will include questions about your:

- Personal background (including demographic information such as ethnicity, race, gender, first generation college attendance, etc.);
- Academic performance (including Major, schedules, UW grades)
- Current and past physical and mental health behavior patterns (including questions about your alcohol or drug consumption, and information about your use of counseling services);
- Stressful events you have experienced (such as the death of a family member, or a sexual assault);
- Thoughts and attitudes regarding different situations and statements; and

4. Optional Consents:

Finally, we have optional personal data uses that are described in more detail at the end of this Consent Form (see page 6). You are not required to consent to any of these optional personal data uses in order to participate in this study.

5. Responsible Phone Practices:

We remind you to follow responsible phone practices; please refrain from using your phone for study procedures in situations where you normally would not use your phone (i.e., driving).

6. Timeline:

The study will take place over the period between the end of the Winter quarter and the start of Spring quarter.

Week 0 (March 2019): The first study session will take place at the Bill and Melinda Gates Center for Computer Science. You will hear an outline of the study procedures in more detail, learn how to complete our study questionnaires and you will complete baseline questionnaires in the lab.

Spring 2019: You will carry your smartphone and Fitbit device with you at all times and on designated weeks you will answer a few daily or twice weekly questionnaires on your smartphone.

June 2019: At the end of the quarter, you will complete some questionnaires, carry out the wrap up procedure, and collect compensation.

7. Communication with the Study Team:

During the course of the study, we will contact you with questions, for payment, or to provide resources if needed. To facilitate this, we will need to use your name and contact information.

RISKS, STRESS, OR DISCOMFORT

Potential risks include breach of confidentiality in connection with your name, email address, signature and other personal data (including information relating to your physical health, mental health, social life, academic history and performance, personal experiences, communication patterns, etc.). If there is a breach of confidentiality, it is also possible that knowledge of alcohol use or illegal drug use may damage your reputation, or have legal implications.

There is also a risk that you may feel uncomfortable or experience frustration, anxiety or discomfort answering questions about your alcohol use (or other questions) or while completing behavioral tasks within surveys.

If you feel uncomfortable answering any of the questions in the surveys or questionnaires or while completing any of the tasks, you may decline to answer those questions and/or discontinue your participation in the tasks.

BENEFITS OF THE STUDY

There may or may not be personal benefit from your participation in the study but the knowledge received will be of value to research at UW and other universities about how to improve student experiences and drive policy around adverse events students and others may experience.

DISCLOSURE AND CONFIDENTIALITY OF PERSONAL DATA

By participating in the study and signing this Consent Form, you understand and agree that UW may disclose personal data and/or your signed Consent Form outside of UW:

- As required by law, regulation, subpoena, or court order;
- With the authorities if we learn that you intend to harm yourself or others

Otherwise, the confidentiality of your personal data and your signed Consent Form will be maintained in the following manner:

Your signed Consent Form and the personal data collected through the study will be kept separate. Your signed Consent Form will be stored in a locked location on UW property and will not be disclosed to third parties. Your email address will be stored in our password-protected laboratory email account and linked to your information by study ID number. A file linking study ID numbers to personal data will be kept in a locked file cabinet in a locked room to which only associated investigators will have access. Your study responses will be stored separately from other personal data: all paper data will be stored in a secured room on campus, and all web-based questionnaire data will be stored on a secure website database. The researchers will take the following steps to protect participants' identities during this study: (1) each participant will be assigned a unique study number; and (2) the researchers will record any personal data collected during the study by number, not by name.

ANONYMIZED DATA

We are part of a national research team. By participating in the study and signing this Consent Form, you understand and agree that the personal data gathered during this study may be published in anonymous form by UW and/or disclosed by UW in anonymous form to others outside of UW (such as other universities) to support further analysis and research. When personal data is anonymized (ex. in research data and/or results) and is published and/or disclosed by UW, it cannot be traced back or attributed to you personally.

COMPENSATION

For your full participation in today's information session, you will receive \$10. You may earn up to \$115 for your participation in the study, plus a Fitbit (worth about \$60). You must complete more than 85% of all questionnaires to earn \$115 and wear the Fitbit device for 90% of the study period to earn the device. You will not be compensated for the time it takes you to travel to and from these study related activities. A separate handout will be given for detail compensation structure.

RESEARCH-RELATED INJURY

If you have questions, complaints or concerns about this study, or if you think you have been harmed from being in this research, you can contact PI Jennifer Mankoff at (206) 685-3035. The UW does not normally provide compensation for harm except through its discretionary program for medical injury. However, the law may allow you to seek other compensation if the harm is

the fault of the researchers. You do not waive any right to seek payment by signing this Consent Form.

OTHER INFORMATION

If you do not use WiFi or have an unlimited data plan, there might be extra data costs. We do not reimburse the extra data costs.

Participation in this study is voluntary. You may withdraw your consent and exit the study without penalty or loss of benefits to which you are otherwise entitled. If you wish to withdraw your consent and exit the study, you can notify the research team by email to uw-exp@uw.edu. Similarly, if the team determines that your participation has fallen too far below expected levels (as defined in the compensation form), we may contact you to end your participation in the study.

When you withdraw or exit the study, the team will send you instructions for uninstalling the phone usage tracking mobile application, and how you can collect from us any compensation due to you. You will also need to return your Fitbit.

All data collected (including personal data collected prior to any withdrawal of consent and exit from the study) will be retained for research purposes for a minimum of seven years past the end of the study, in accordance with the UW Records Retention schedule (<https://finance.uw.edu/recmgt/retentionschedules>), and may be used for research after your withdrawal.

VOLUNTARY CONSENT

This study has been explained to me. I volunteer to take part in this research. I have had a chance to ask questions. If I have questions later about the research, or if I have been harmed by participating in this study, I can contact one of the researchers listed on the first page of this Consent Form. If I have questions about my rights as a research subject, I can call the Human Subjects Division at (206) 543-0098 or call collect at (206) 221-5940. I will receive a copy of this Consent Form.

Printed name of participant: _____

Signature of participant: _____

Date: _____

CERTIFICATION

To be completed by a member of the study team, not the participant.

I certify that I have explained the nature and purpose of this research study to the above individual and I have discussed the potential benefits and possible risks of participation in the study. Any questions the individual has about this study have been answered and any future questions will be answered as they arise.

Printed name of person obtaining consent: _____

Signature of person obtaining consent: _____

Date: _____

OPTIONAL CONSENTS

You are not required to consent to any of the personal data uses described below in this Optional Consents section in order to participate in the study.

1. Consent to Contact for Further Information After Study Ends:

Given that the present study deals with your experiences here at UW, we would like to know if we can contact you and ask you follow-up or interview questions based on your answers to survey questions. Your responses to our follow-up or interview questions will become part of the personal data used in our research, as described in this Consent Form. We will only contact some participants for follow-up interviews. Therefore, you may or may not be selected to participate in these interviews.

Please circle:

Please initial here:

YES

NO



2. Consent to Access Facebook Account During Study Period:

We would like to collect data from your Facebook account for dates when you are participating in the study (i.e., from the day you enrolled in the study until the last day of the study). This includes Facebook interactions (such as likes, message posts between you and others). Randomized identifiers are used in all cases replacing any instances of digital identities of yourself and all correspondents (phone numbers, e-mail addresses, Facebook identifiers, login names, etc.). The data we download does not include private inbox messages, however, the content of public message posts with which you interact may include personal data which will be de-identified. We will not be keeping any information linking identities and randomized identifiers. Best practices for data security are employed such that any data is always analyzed in de-identified forms by the researchers associated with the project. Through analysis of your social media content and usage patterns, we can derive quantitative markers of your moods or typical activities.

Please circle:

YES

NO

Please initial here:



3. Consent to Access Calendar Information During Study Period:

We would like to collect your electronic calendar (e.g., iCal, Google Calendar) data for the dates when you are participating in the study (i.e., from the day you enrolled in the study until the last day of the study). We will collect the block of time that was scheduled, location, and a hashed version of the event title that will allow us to identify events with the same title but not anything about who was attending. This information will help us to interpret the sensor data and self-report data we are collecting, and to better understand your student experience.

Please circle:

YES NO

Please initial here:

4. Consent to Release Student Information:

The Family Educational Rights and Privacy Act of 1974 (FERPA) and UW protect the privacy of student educational records and limits access to the information contained in those records. Written consent must be provided before any academic information can be released.

Because a key goal of the present study is to gain a better understanding of how students' experiences affect their academic success, we are interested in obtaining certain student information from the UW Registrar. As with all information collected, your name will be removed from your academic records and replaced with a subject ID. We would like to obtain the following information about you from the UW Registrar:

- Demographic Information: Your fraternity/sorority membership in Fall 2018, Winter 2019, Spring 2019, if you are a varsity athlete in Fall 2018, Winter 2019 or Spring 2019, name of your home college, and what housing unit you live in.
- Academic Information: Major (major, college, discipline, department), if you transferred from a college, schedule (course #, course section, course title, course college, course department) for Fall 2018, Winter 2019, Spring 2019; total number of units for Fall 2018, Winter 2019; Units not passed for Fall 2018, Winter 2019, Spring 2019; change in cumulative GPA for Fall 2018, Winter 2019, Spring 2019; Cumulative GPA for Fall 2018, Winter 2019, Spring 2019.

Please circle:

YES NO

Please initial here:

5. Self-reported Financial Aid Information

In order to understand the connection between finances and student experiences, we ask you to share if you receive financial aid, your total family income, the number of people living in your household, the total amount of grants (institutional, federal, state, and private) you receive, the amount of your Pell Grants, the total amount of your loans (subsidized loans awarded within need; and parent loans, alternative student loans from private sources, and unsubsidized student loans, which are typically borrowed to cover the balance due), amount of your subsidized student loan, total student earning.

Please circle:

YES NO

Please initial here:

Approved
2/28/2019
UW IRB

Consent Form 2020

**UNIVERSITY OF WASHINGTON
CONSENT FORM
[UW Undergraduate Student Experience]**

Principal Investigator: Jennifer Mankoff
Bill and Melinda Gates Center for Computer Science
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Seattle, WA 98195
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Other Investigators: Anne Browning: anneb7@uw.edu,
Anind Dey: anind@uw.edu,
Eve Riskin: riskin@uw.edu

Study Contact Email Address: uw-exp@uw.edu

RESEARCHERS' STATEMENT

We are asking you to be in a research study. The purpose of this Consent Form is to give you the information you will need to help you decide whether to be in the study or not. Please read the Consent Form carefully. You may ask questions about the purpose of the research, what we would ask you to do, the possible risks and benefits, your rights as a volunteer, and anything else about the research or this Consent Form that is not clear. When we have answered all your questions, you can decide if you want to be in the study or not. This process is called “informed consent.” We will give you a copy of this Consent Form for your records.

PURPOSE OF THE STUDY

The purpose of the study is to examine the academic and social experiences of University of Washington (“UW”) undergraduate students. Our goal is to understand the sources of stress in the student experience. This study aims to support public interests, specifically contributing to research at UW and other universities about how to improve student experiences and drive policy around adverse events students and others may experience.

STUDY PROCEDURES

The study will take place for one quarter a year until you graduate. We ask that during that quarter you carry your phone and a wrist-worn smart device, which you will be given, with you wherever you go. We will also ask you to complete various surveys and questionnaires.

1. Phone Use:

A mobile application will be downloaded onto your smartphone that may collect information about uses of the phone, such as: current time, cell tower IDs, Wi-Fi access points, Bluetooth usage, precise GPS location information, movement, screen status, battery status, screen brightness, device proximity, other installed applications, network status, notification information, and phone call and text message events.

We are not collecting the content of any phone calls or text messages. Rather, we are collecting timestamps for incoming and outgoing phone calls (including the time a phone call starts and ends) and timestamps for incoming and outgoing text messages. Phone calls between you and others will not be recorded but certain audio-related features are collected (such as detection of a conversation, volume, silence, and noises).

We do not collect the names of individuals who you are calling/texting, but we do record whether a call was to a friend, family member, or other category of person. We will ask for information about the categories of people you text/call and their phone numbers at the start of the study so that we can replace the phone number with a category when we record the communication event.

2. Fitbit and Samsung smartwatch Use:

With regard to wrist-worn smart devices, the study team will issue you login information (username and password) so that your use for this study is kept separate from any personal account use outside of this study. Using study-issued login information, we will collect your activity level and sleep patterns from the device.

3. Surveys and Questionnaires:

As part of this project, we also ask you to complete various surveys and questionnaires. You will have limited time to answer these questionnaires:

- At the beginning and the end of each data collection quarter we ask you to answer comprehensive questionnaires that you should complete in one sitting.
- Over seven consecutive days during two weeks of the data collection quarters, we will signal you to complete multiple brief questionnaire sessions on your phone via push notification every day during this period. You will need to complete an online survey once you click the notification on your phone;
- At other times, you need to complete a questionnaire session twice weekly. You may enter and complete an online survey via a notification on your smartphone;
- You will have limited time to complete each questionnaire after the signal, but we ask you not to compromise your safety while following study procedures.

Surveys and questionnaires will include questions about your:

- Personal background (including demographic information such as ethnicity, race, gender, first generation college attendance, etc.);
- Academic performance (including Major, schedules, UW grades)
- Current and past physical and mental health behavior patterns (including questions about your alcohol or drug consumption, and information about your use of counseling services);
- Stressful events you have experienced (such as the death of a family member, or a sexual assault);
- Thoughts and attitudes regarding different situations and statements; and

4. Optional Consents:

We have optional personal data uses that are described in more detail at the end of this Consent Form (see page 6). You are not required to consent to any of these optional personal data uses in order to participate in this study.

5. Responsible Phone Practices:

We remind you to follow responsible phone practices; please refrain from using your phone for study procedures in situations where you normally would not use your phone (i.e., driving).

6. Timeline:

The study will take place over one quarter per year.

Week 0 (before start of data collection): The first study session will take place at the Bill and Melinda Gates Center for Computer Science. You will hear an outline of the study procedures in more detail, learn how to complete our study questionnaires and you will complete baseline questionnaires in the lab.

During Quarter: You will carry your smartphone and wrist-worn smart device with you at all times and on designated weeks you will answer a few daily or twice weekly questionnaires on your smartphone.

Just after Finals: At the end of the quarter, you will complete some questionnaires, carry out the wrap up procedure, and collect compensation.

7. Communication with the Study Team:

During the course of the study, we will contact you with questions, for payment, or to provide resources if needed. To facilitate this, we will need to use your name and contact information.

RISKS, STRESS, OR DISCOMFORT

Potential risks include breach of confidentiality in connection with your name, email address, signature and other personal data (including information relating to your physical health, mental health, social life, academic history and performance, personal experiences, communication patterns, etc.). If there is a breach of confidentiality, it is also possible that knowledge of alcohol use or illegal drug use may damage your reputation, or have legal implications.

There is also a risk that you may feel uncomfortable or experience frustration, anxiety or discomfort answering questions about your alcohol use (or other questions) or while completing behavioral tasks within surveys.

If you feel uncomfortable answering any of the questions in the surveys or questionnaires or while completing any of the tasks, you may decline to answer those questions and/or discontinue your participation in the tasks.

BENEFITS OF THE STUDY

There may or may not be personal benefit from your participation in the study but the knowledge received will be of value to research at UW and other universities about how to

improve student experiences and drive policy around adverse events students and others may experience.

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By participating in the study and signing this Consent Form, you understand and agree that UW may disclose personal data and/or your signed Consent Form outside of UW:

- As required by law, regulation, subpoena, or court order;
- With the authorities if we learn that you intend to harm yourself or others

Otherwise, the confidentiality of your personal data and your signed Consent Form will be maintained in the following manner:

Your signed Consent Form and the personal data collected through the study will be kept separate. Your signed Consent Form will be stored in a locked location on UW property and will not be disclosed to third parties. Your email address will be stored in our password-protected laboratory email account and linked to your information by study ID number. A file linking study ID numbers to personal data will be kept in a locked file cabinet in a locked room to which only associated investigators will have access. Your study responses will be stored separately from other personal data: all paper data will be stored in a secured room on campus, and all web-based questionnaire data will be stored on a secure website database. The researchers will take the following steps to protect participants' identities during this study: (1) each participant will be assigned a unique study number; and (2) the researchers will record any personal data collected during the study by number, not by name.

ANONYMIZED DATA

We are part of a national research team. By participating in the study and signing this Consent Form, you understand and agree that the personal data gathered during this study may be published in anonymous form by UW and/or disclosed by UW in anonymous form to others outside of UW (such as other universities) to support further analysis and research. When personal data is anonymized (ex. in research data and/or results) and is published and/or disclosed by UW, it cannot be traced back or attributed to you personally.

COMPENSATION

For your full participation in today's information session, you will receive \$10. You may earn up to \$115 for your participation in each quarter of the study, plus a wrist-worn smart device . You must complete more than 85% of all questionnaires to earn \$115 and wear the device for 90% of each data collection quarter to earn the device. You may also earn additional bonuses for returning in subsequent years of the study. You will not be compensated for the time it takes you to travel to and from these study related activities. A separate handout will be given with details of the compensation structure.

RESEARCH-RELATED INJURY

If you have questions, complaints or concerns about this study, or if you think you have been harmed from being in this research, you can contact PI Jennifer Mankoff at (206) 685-3035. The

UW does not normally provide compensation for harm except through its discretionary program for medical injury. However, the law may allow you to seek other compensation if the harm is the fault of the researchers. You do not waive any right to seek payment by signing this Consent Form.

SOURCE OF FUNDING

The study team and/or the University of Washington is receiving financial support from the National Science Foundation.

OTHER INFORMATION

If you do not use WiFi or have an unlimited data plan, there might be extra data costs. We do not reimburse the extra data costs.

Participation in this study is voluntary. You may withdraw your consent and exit the study without penalty or loss of benefits to which you are otherwise entitled. If you wish to withdraw your consent and exit the study, you can notify the research team by email to uw-exp@uw.edu. Similarly, if the team determines that your participation has fallen too far below expected levels (as defined in the compensation form), we may contact you to end your participation in the study.

When you withdraw or exit the study, the team will send you instructions for uninstalling the phone usage tracking mobile application, and how you can collect from us any compensation due to you. You will also need to return your device.

All data collected (including personal data collected prior to any withdrawal of consent and exit from the study) will be retained for research purposes for a minimum of seven years past the end of the study, in accordance with the UW Records Retention schedule (<https://finance.uw.edu/recmgt/retentionschedules>), and may be used for research after your withdrawal.

VOLUNTARY CONSENT

This study has been explained to me. I volunteer to take part in this research. I have had a chance to ask questions. If I have questions later about the research, or if I have been harmed by participating in this study, I can contact one of the researchers listed on the first page of this Consent Form. If I have questions about my rights as a research subject, I can call the Human Subjects Division at (206) 543-0098 or call collect at (206) 221-5940. I will receive a copy of this Consent Form.

Printed name of participant: _____

Signature of participant: _____

Date: _____

CERTIFICATION

To be completed by a member of the study team, not the participant.

I certify that I have explained the nature and purpose of this research study to the above individual and I have discussed the potential benefits and possible risks of participation in the study. Any questions the individual has about this study have been answered and any future questions will be answered as they arise.

Printed name of person obtaining consent: _____

Signature of person obtaining consent: _____

Date: _____

OPTIONAL CONSENTS

You are not required to consent to any of the personal data uses described below in this Optional Consents section in order to participate in the study.

1. Consent to Contact for Further Information After Study Ends:

Given that the present study deals with your experiences here at UW, we would like to know if we can contact you and ask you follow-up or interview questions based on your answers to survey questions. Your responses to our follow-up or interview questions will become part of the personal data used in our research, as described in this Consent Form. We will only contact some participants for follow-up interviews. Therefore, you may or may not be selected to participate in these interviews.

Please circle:

YES

NO

Please initial here:

2. Consent to Access Facebook Account During Study Period:

We would like to collect data from your Facebook account for dates when you are participating in the study (i.e., from the day you enrolled in the study until the last day of the study). This includes Facebook interactions (such as likes, message posts between you and others). Randomized identifiers are used in all cases replacing any instances of digital identities of yourself and all correspondents (phone numbers, e-mail addresses, Facebook identifiers, login names, etc.). The data we download does not include private inbox messages, however, the content of public message posts with which you interact may include personal data which will be de-identified. We will not be keeping any information linking identities and randomized identifiers. Best practices for data security are employed such that any data is always analyzed in de-identified forms by the researchers associated with the project. Through analysis of your social media content and usage patterns, we can derive quantitative markers of your moods or typical activities.

Please circle:

YES

NO

Please initial here:

3. Consent to Access Calendar Information During Study Period:

We would like to collect your electronic calendar (e.g., iCal, Google Calendar) data for the dates when you are participating in the study (i.e., from the day you enrolled in the study until the last day of the study). We will collect the block of time that was scheduled, location, and a hashed version of the event title that will allow us to identify events with the same title but not anything about who was attending. This information will help us to interpret the sensor data and self-report data we are collecting, and to better understand your student experience.

Please circle:

YES

NO

Please initial here:

4. Consent to Release Student Information:

The Family Educational Rights and Privacy Act of 1974 (FERPA) and UW protect the privacy of student educational records and limits access to the information contained in those records. Written consent must be provided before any academic information can be released.

Because a key goal of the present study is to gain a better understanding of how students' experiences affect their academic success, we are interested in obtaining certain student information from the UW Registrar. As with all information collected, your name will be removed from your academic records and replaced with a subject ID. We would like to obtain the following information about you from the UW Registrar:

- Demographic Information: Your fraternity/sorority membership in Fall 2019 Winter 2020, Spring 2020, if you are a varsity athlete in Fall 2019, Winter 2020 or Spring 2020, name of your home college, and what housing unit you live in.
- Academic Information: Major (major, college, discipline, department), if you transferred from a college, schedule (course #, course section, course title, course college, course department, course grade) for Fall 2019, Winter 2020, Spring 2020; total number of units for Fall 2019, Winter 2020, Spring 2020; Units not passed for Fall 2019, Winter 2020, Spring 2020; change in cumulative GPA for Fall 2019, Winter 2020, Spring 2020; Cumulative GPA for Fall 2019, Winter 2020, Spring 2020.

Please circle:

Please initial here:

YES

NO

5. Self-reported Financial Aid Information

In order to understand the connection between finances and student experiences, we ask you to share if you receive financial aid, your total family income, the number of people living in your household, the total amount of grants (institutional, federal, state, and private) you receive, the amount of your Pell Grants, the total amount of your loans (subsidized loans awarded within need; and parent loans, alternative student loans from private sources, and unsubsidized student loans, which are typically borrowed to cover the balance due), amount of your subsidized student loan, total student earning.

Please circle:

Please initial here:

YES

NO

Consent Form 2021

**UNIVERSITY OF WASHINGTON
CONSENT FORM
[UW Undergraduate Student Experience]**

Principal Investigator: Jennifer Mankoff
Bill and Melinda Gates Center for Computer Science
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Seattle, WA 98195
jmankoff@uw.edu

Other Investigators:
Anind Dey: anind@uw.edu,
Eve Riskin: riskin@uw.edu

Study Contact Email Address: uw-exp@uw.edu

RESEARCHERS' STATEMENT

We are asking you to be in a research study. The purpose of this Consent Form is to give you the information you will need to help you decide whether to be in the study or not. Please read the Consent Form carefully. You may ask questions about the purpose of the research, what we would ask you to do, the possible risks and benefits, your rights as a volunteer, and anything else about the research or this Consent Form that is not clear. When we have answered all your questions, you can decide if you want to be in the study or not. This process is called “informed consent.” We will give you a copy of this Consent Form for your records.

PURPOSE OF THE STUDY

The purpose of the study is to examine the academic and social experiences of University of Washington (“UW”) undergraduate students. Our goal is to understand the sources of stress in the student experience. This study aims to support public interests, specifically contributing to research at UW and other universities about how to improve student experiences and drive policy around adverse events students and others may experience.

STUDY PROCEDURES

The study will take place for one quarter a year until you graduate. We ask that during that quarter you carry your phone and a wrist-worn smart device, which you will be given, with you wherever you go. We will also ask you to complete various surveys and questionnaires.

1. Phone Use:

A mobile application will be downloaded onto your smartphone that may collect information about uses of the phone, such as: current time, cell tower IDs, Wi-Fi access points, Bluetooth usage, precise GPS location information, movement, screen status, battery status, screen brightness, device proximity, other installed applications, network status, notification information, and phone call and text message events.

We are not collecting the content of any phone calls or text messages. Rather, we are collecting timestamps for incoming and outgoing phone calls (including the time a phone call starts and ends) and timestamps for incoming and outgoing text messages. Phone calls between you and others will not be recorded but certain audio-related features are collected (such as detection of a conversation, volume, silence, and noises).

We do not collect the names of individuals who you are calling/texting, but we do record whether a call was to a friend, family member, or other category of person. We will ask for information about the categories of people you text/call and their phone numbers at the start of the study so that we can replace the phone number with a category when we record the communication event.

2. Fitbit or Smartwatch Use:

With regard to wrist-worn smart devices, the study team will issue you login information (username and password) so that your use for this study is kept separate from any personal account use outside of this study. Using study-issued login information, we will collect your activity level and sleep patterns from the device.

3. Surveys and Questionnaires:

As part of this project, we also ask you to complete various surveys and questionnaires. You will have limited time to answer these questionnaires:

- At the beginning and the end of each data collection quarter we ask you to answer comprehensive questionnaires that you should complete in one sitting.
- Over seven consecutive days during two weeks of the data collection quarters, we will signal you to complete multiple brief questionnaire sessions on your phone via push notification every day during this period. You will need to complete an online survey once you click the notification on your phone;
- At other times, you need to complete a questionnaire session twice weekly. You may enter and complete an online survey via a notification on your smartphone;
- You will have limited time to complete each questionnaire after the signal, but we ask you not to compromise your safety while following study procedures.

Surveys and questionnaires will include questions about your:

- Personal background (including demographic information such as ethnicity, race, gender, first generation college attendance, etc.);
- Academic performance (including Major, schedules, UW grades)
- Current and past physical and mental health behavior patterns (including questions about your alcohol or drug consumption, and information about your use of counseling services);
- Stressful events you have experienced (such as the death of a family member, or a sexual assault);
- COVID-19 related stressful events, discrimination, and health issues including quarantine or illness of oneself or one's family members. The questions will also collect information on the academic impacts of moving to online classes:
- Thoughts and attitudes regarding different situations and statements; and

4. Optional Consents:

We have optional personal data uses that are described in more detail at the end of this Consent Form (see page 6). You are not required to consent to any of these optional personal data uses in order to participate in this study.

5. Responsible Phone Practices:

We remind you to follow responsible phone practices; please refrain from using your phone for study procedures in situations where you normally would not use your phone (i.e., driving).

6. Timeline:

The study will take place over one quarter per year.

Week 0 (before start of data collection): The first study session will take place remotely via Zoom. You will hear an outline of the study procedures in more detail, learn how to complete our study questionnaires and you will complete baseline online.

During Quarter: You will carry your smartphone and wrist-worn smart device with you at all times and on designated weeks you will answer a few daily or twice weekly questionnaires on your smartphone.

Just after Finals: At the end of the quarter, you will complete some questionnaires, carry out the wrap up procedure, and collect compensation.

7. Communication with the Study Team:

During the course of the study, we will contact you with questions, for payment, or to provide resources if needed. To facilitate this, we will need to use your name and contact information.

RISKS, STRESS, OR DISCOMFORT

Potential risks include breach of confidentiality in connection with your name, email address, signature and other personal data (including information relating to your physical health, mental health, social life, academic history and performance, personal experiences, communication patterns, etc.). If there is a breach of confidentiality, it is also possible that knowledge of alcohol use or illegal drug use may damage your reputation, or have legal implications.

There is also a risk that you may feel uncomfortable or experience frustration, anxiety or discomfort answering questions about your alcohol use (or other questions) or while completing behavioral tasks within surveys.

If you feel uncomfortable answering any of the questions in the surveys or questionnaires or while completing any of the tasks, you may decline to answer those questions and/or discontinue your participation in the tasks.

BENEFITS OF THE STUDY

There may or may not be personal benefit from your participation in the study but the knowledge received will be of value to research at UW and other universities about how to improve student experiences and drive policy around adverse events students and others may experience.

DISCLOSURE AND CONFIDENTIALITY OF PERSONAL DATA

By participating in the study and signing this Consent Form, you understand and agree that UW may disclose personal data and/or your signed Consent Form outside of UW:

- As required by law, regulation, subpoena, or court order;
- With the authorities if we learn that you intend to harm yourself or others

Otherwise, the confidentiality of your personal data and your signed Consent Form will be maintained in the following manner:

Your signed Consent Form and the personal data collected through the study will be kept separate. Your signed Consent Form will be stored in a locked location on UW property or in the UW ITHS REDCap system and will not be disclosed to third parties. Your email address will be stored in our password-protected laboratory email account and linked to your information by study ID number. A file linking study ID numbers to personal data will be kept in a locked file cabinet in a locked room to which only associated investigators will have access. Your study responses will be stored separately from other personal data: all paper data will be stored in a secured room on campus, and all web-based questionnaire data will be stored on a secure website database. The researchers will take the following steps to protect participants' identities during this study: (1) each participant will be assigned a unique study number; and (2) the researchers will record any personal data collected during the study by number, not by name.

We have a Certificate of Confidentiality from the National Institutes of Health. This helps us protect your privacy. The Certificate means that we do not have to give out information, documents, or samples that could identify you even if we are asked to by a court of law. We will use the Certificate to resist any demands for identifying information.

We cannot use the Certificate to withhold your research information if you give your written consent to give it to an insurer, employer, or other person. Also, you or a member of your family can share information about yourself or your part in this research if you wish.

There are some limits to this protection. We will voluntarily provide the information to:

- a member of the federal government who needs it in order to audit or evaluate the research;
- individuals at the institution(s) conducting the research, the funding agency, and other groups involved in the research, if they need the information to make sure the research is being done correctly;
- the federal Food and Drug Administration (FDA), if required by the FDA;
- individuals who want to conduct secondary research if allowed by federal regulations and according to your consent for future research use as described in this form;
- appropriate authorities, if we learn of child abuse, elder abuse, or the intent to harm yourself or others.

The Certificate expires 12/12/2030. Any data collected after expiration is not protected as described above. Data collected prior to expiration will continue to be protected.

ANONYMIZED DATA

We are part of a national research team. By participating in the study and signing this Consent Form, you understand and agree that the personal data gathered during this study may be published in anonymous form by UW and/or disclosed by UW in anonymous form to others outside of UW (such as other universities) to support further analysis and research. When personal data is anonymized (ex. in research data and/or results) and is published and/or disclosed by UW, it cannot be traced back or attributed to you personally.

COMPENSATION

For your full participation in today's information session, you will receive \$10. You may earn up to \$115 for your participation in each quarter of the study, plus a wrist-worn smart device . You must complete more than 85% of all questionnaires to earn \$115 and wear the device for 90% of each data collection quarter to earn the device. If necessary, you must return the device before final compensation is provided. Partial compensation will be given based on completion of study activities. Final compensation will be provided within 30 days of completion of the study. You may also earn additional bonuses for returning in subsequent years of the study. You will not be compensated for the time it takes you to travel to and from these study related activities. A separate handout will be given with details of the compensation structure.

RESEARCH-RELATED INJURY

If you have questions, complaints or concerns about this study, or if you think you have been harmed from being in this research, you can contact PI Jennifer Mankoff at (206) 685-3035. The UW does not normally provide compensation for harm except through its discretionary program for medical injury. However, the law may allow you to seek other compensation if the harm is the fault of the researchers. You do not waive any right to seek payment by signing this Consent Form.

SOURCE OF FUNDING

The study team and/or the University of Washington is receiving financial support from the National Science Foundation.

OTHER INFORMATION

If you do not use WiFi or have an unlimited data plan, there might be extra data costs. We do not reimburse the extra data costs.

Participation in this study is voluntary. You may withdraw your consent and exit the study without penalty or loss of benefits to which you are otherwise entitled. If you wish to withdraw your consent and exit the study, you can notify the research team by email to uw-exp@uw.edu. Similarly, if the team determines that your participation has fallen too far below expected levels (as defined in the compensation form), we may contact you to end your participation in the study.

A copy of the consent form will be emailed to you at an email address that you provide. It will be a "PDF" document. Most computers already have PDF viewer software installed, which will allow you to open, read, or print the consent form. The email we send you will include a link to

PDF viewer software (such as Adobe Acrobat Reader) in case your computer doesn't already have it. If you would prefer to receive a paper copy of the consent form at no cost to you, please contact the researcher listed on page 1 of this consent form.

When you withdraw or exit the study, the team will send you instructions for uninstalling the phone usage tracking mobile application, and how you can collect from us any compensation due to you. You will also need to return your device.

All data collected (including personal data collected prior to any withdrawal of consent and exit from the study) will be retained for research purposes for a minimum of seven years past the end of the study, in accordance with the UW Records Retention schedule (<https://finance.uw.edu/recmgt/retentionschedules>), and may be used for research after your withdrawal.

VOLUNTARY CONSENT

This study has been explained to me. I volunteer to take part in this research. I have had a chance to ask questions. If I have questions later about the research, or if I have been harmed by participating in this study, I can contact one of the researchers listed on the first page of this Consent Form. If I have questions about my rights as a research subject, I can call the Human Subjects Division at (206) 543-0098 or call collect at (206) 221-5940. I will receive a copy of this Consent Form.

Printed name of participant: _____

Signature of participant: _____

Date: _____

CERTIFICATION

To be completed by a member of the study team, not the participant.

I certify that I have explained the nature and purpose of this research study to the above individual and I have discussed the potential benefits and possible risks of participation in the study. Any questions the individual has about this study have been answered and any future questions will be answered as they arise.

Printed name of person obtaining consent: _____

Signature of person obtaining consent: _____

Date: _____

OPTIONAL CONSENTS

You are not required to consent to any of the personal data uses described below in this Optional Consents section in order to participate in the study.

1. Consent to Contact for Further Information After Study Ends:

Given that the present study deals with your experiences here at UW, we would like to know if we can contact you and ask you follow-up or interview questions based on your answers to survey questions. Your responses to our follow-up or interview questions will become part of the personal data used in our research, as described in this Consent Form. We will only contact some participants for follow-up interviews. Therefore, you may or may not be selected to participate in these interviews.

Please circle:

YES

NO

Please initial here:

2. Consent to Access Facebook Account During Study Period:

We would like to collect data from your Facebook account for dates when you are participating in the study (i.e., from the day you enrolled in the study until the last day of the study). This includes Facebook interactions (such as likes, message posts between you and others). Randomized identifiers are used in all cases replacing any instances of digital identities of yourself and all correspondents (phone numbers, e-mail addresses, Facebook identifiers, login names, etc.). The data we download does not include private inbox messages, however, the content of public message posts with which you interact may include personal data which will be de-identified. We will not be keeping any information linking identities and randomized identifiers. Best practices for data security are employed such that any data is always analyzed in de-identified forms by the researchers associated with the project. Through analysis of your social media content and usage patterns, we can derive quantitative markers of your moods or typical activities.

Please circle:

YES

NO

Please initial here:

3. Consent to Access Calendar Information During Study Period:

We would like to collect your electronic calendar (e.g., iCal, Google Calendar) data for the dates when you are participating in the study (i.e., from the day you enrolled in the study until the last day of the study). We will collect the block of time that was scheduled, location, and a hashed version of the event title that will allow us to identify events with the same title but not anything about who was attending. This information will help us to interpret the sensor data and self-report data we are collecting, and to better understand your student experience.

Please circle:

YES

NO

Please initial here:

4. Consent to Release Student Information:

The Family Educational Rights and Privacy Act of 1974 (FERPA) and UW protect the privacy of student educational records and limits access to the information contained in those records. Written consent must be provided before any academic information can be released.

Because a key goal of the present study is to gain a better understanding of how students' experiences affect their academic success, we are interested in obtaining certain student information from the UW Registrar. As with all information collected, your name will be removed from your academic records and replaced with a subject ID. We would like to obtain the following information about you from the UW Registrar:

- Demographic Information: Your fraternity/sorority membership in Fall 2019 Winter 2020, Spring 2020, if you are a varsity athlete in Fall 2019, Winter 2020 or Spring 2020, name of your home college, and what housing unit you live in.
- Academic Information: Major (major, college, discipline, department), if you transferred from a college, schedule (course #, course section, course title, course college, course department, course grade) for Fall 2019, Winter 2020, Spring 2020; total number of units for Fall 2019, Winter 2020, Spring 2020; Units not passed for Fall 2019, Winter 2020, Spring 2020; change in cumulative GPA for Fall 2019, Winter 2020, Spring 2020; Cumulative GPA for Fall 2019, Winter 2020, Spring 2020.

Please circle:

Please initial here:

YES

NO

5. Self-reported Financial Aid Information

In order to understand the connection between finances and student experiences, we ask you to share if you receive financial aid, your total family income, the number of people living in your household, the total amount of grants (institutional, federal, state, and private) you receive, the amount of your Pell Grants, the total amount of your loans (subsidized loans awarded within need; and parent loans, alternative student loans from private sources, and unsubsidized student loans, which are typically borrowed to cover the balance due), amount of your subsidized student loan, total student earning.

Please circle:

Please initial here:

YES

NO