

University of Hawai'i

Consent to Participate in Research

Meditation for Stress Reduction Webinar

My name is Melissa Bachmann, and I am a graduate student at the University of Hawaii (UH). A requirement of my Master's degree program is to conduct a research project. The purpose of my instructional design project is to develop a web page on Facebook and teach a webinar on the topic of meditation to change the way adults feel about stress reduction. Participation in this study will involve the completion of an anonymous on-line (Internet) survey. I am asking you to participate in this project because you are at least 18 years old and have experience using Facebook.

Project Description – Activities and Time Commitment: Participants will fill out an anonymous internet survey before and after they attend an online webinar. Survey questions are either multiple choice or short response. Completion of the survey will take approximately 10 minutes. It should be completed about a week before and then a week after attending the webinar. The webinar will last around 45 minutes. About 15 people will take part in this project.

Recording of Webinar: The Webinar will be recorded for data collecting purposes and will only viewed by the researcher. You may choose whether or not to participate in the discussion by using the video chat option or chat box. If you do not wish to be recorded, then please do not use the video or text options. The recording will be saved using the web conferencing software and deleted after the data is collected. The data will only be used for this research project and not for future research purposes.

Benefits and Risks: There will be no direct benefit to you for participating in this project. There is little risk to you in participating in this project.

Confidentiality and Privacy: The survey is anonymous. I will not ask you to provide any personal information that could be used to identify you. Likewise, please do not include any personal information, such as your name, in your survey responses. In addition, if you wish to remain anonymous during the webinar, you can log in with a pretend name.

Voluntary Participation: Your decision to be in this research is voluntary. You can stop at any time. You do not have to answer any questions you do not want to answer. You do not have to respond to questions in the webinar or use the video chat or other communication tools unless you want to. If you agree to participate, you can stop at any time without any penalty or loss of benefits to which you are otherwise entitled.

Questions: If you have any questions about this study, you can contact me at 808-631-7551 and ryanmk@hawaii.edu. You can also contact my faculty advisory, Dr. Curtis Ho

(808) 956-7771 and curtis@hawaii.edu. If you have any questions about your rights as a research participant, you can contact the UH Committee on Human Studies at 808.956.5007 or uhirb@hawaii.edu.

To Access the Survey: Please go to the following web page <http://www.surveymonkey.com/s/8FBJMYW>. Submittal of the survey will be considered as your consent to participate in this project.

To Access the Webinar: You will be sent a link to access the webinar. Attendance will be considered as your consent to participate in this project

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