

UNIVERSITY OF CALIFORNIA LOS ANGELES STUDY INFORMATION SHEET

UCLA Student Screening Study

The UCLA Student Screening Study is a part of the **Screening and Treatment for Anxiety and Depression (STAND)** program, funded by the UCLA Depression Grand Challenge. This study is conducted by Michelle Craske, Ph.D. from the Department of Psychology and Elizabeth Gong-Guy, Ph.D. from the Office of Campus and Student Resilience

Registered UCLA students (18 years of age or older) are invited to participate in this study. Your participation is entirely voluntary. We encourage you to read the information below and contact us if you have any questions before deciding whether you will participate.

Why is this study being done?

This study is being done because of the long-term value of assessing populations that may be at risk for developing a mood disorder, such as depression, and identifying treatment options. We aim to demonstrate the feasibility of offering online screening to students in order to:

- 1) provide individualized feedback about symptom severity
- 2) connect students with treatment resources
- 3) connect eligible students with additional research opportunities
- 4) examine rates of depression and anxiety among UCLA students
- 5) evaluate the relationship between depression and anxiety symptoms and self-reported demographics.

What information will be requested if I take part in this research study?

If you volunteer to participate in this study, you will be asked to:

- Create an account through our secure online system, which includes providing a valid phone number and email address
- Complete a brief online questionnaire to determine your eligibility for additional research studies
- Complete the Mental Health Tracker online, which includes questions about whether you have experienced symptoms such as those associated with depression or other mood disorders. When you complete the tracker, the computer program will give you automatic feedback and a list of available mental health resources.
- We also automatically collect data about your activity and usage of our website. This information includes the information you provide to us, information about your device, web browser, operating system, and your actions while interacting with our website.

If any of your responses are potentially concerning (e.g., you are suicidal and with a plan to harm yourself), your information is forwarded to our clinical team for confidential review. A clinician will contact you to determine if you require immediate help.

After completing this study, you may be eligible to participate in other STAND research studies. By providing your contact information, you are agreeing to be contacted about additional studies conducted at UCLA and other events organized by the Depression Grand Challenge (e.g., invitations to participate in focus groups or usability tests). By consenting to participate in the research study, you are also agreeing to allow us to share the information we collect in this study with other researchers for future studies. Your personal identity and identifying information will never be shared with unauthorized people. We will only share data after removing all personal identifying information.

By consenting to participate in this study, the researchers will have permission to access your student record for the duration of your enrollment at UCLA. The researchers will use your student record, including academic and demographic information, to examine academic performance and enrollment status in all study participants. No further action is required on your part for us to collect these data.

After account registration and consenting to participate in this study, you will have access to your user dashboard, where you can return to complete the Mental Health Tracker as often as every two weeks, and sign up for studies for which you may be eligible. You additionally have the option of completing additional screening via your user account, including surveys about perceived stress and resilience with feedback about current scores and access to resilience resources. The time to complete additional optional screening is 10 minutes, is not required, and does not impact your eligibility in other STAND research studies.

How much time will be required if I participate in the research study?

Participation will take approximately 20 minutes, including creating a new account and reading this consent form. Once enrolled in the study, you can return to your account at any time to complete the Mental Health Tracker again (with a limitation of once every two weeks), review your individualized feedback, read about resources available on campus, or sign up for additional studies for which you may be eligible.

Are there any potential risks or discomforts that I can expect from this study?

There are no anticipated risks or discomforts. Some unanticipated risks may include:

- *Psychological risks:* Some questions about your mood may bring up uncomfortable feelings. You can choose not to answer any question and discontinue your participation at any time. We will provide feedback on your responses and resources for treatment if indicated at the end of the questionnaire.
- *Loss of confidentiality:* This study involves the use of your identifiable, personal information. Although we will make every effort to protect confidentiality, we cannot guarantee that there will not be a loss. See the section below on “How will my information be kept confidential?” for more information.

Are there any potential benefits if I participate?

You will not directly benefit from your participation in the research. The results of the research may advance knowledge on identifying risk factors for developing a mood disorder, as well as providing valuable information about the origins of these debilitating conditions, and importantly, more effective options for treating them.

What other choices do I have if I choose not to participate?

Your participation in the study is entirely voluntary. The decision not to participate has no impact on resources that are available to you through your enrollment in medical plans or other counseling services offered by the University.

Will I be paid for participating?

You will not be paid for participating.

Will information about me and my participation be kept confidential?

We take your privacy seriously. All of your data will be identified only by a code, and the key linking this code to your personal information will be available only to the Principal Investigator and study staff approved by the UCLA Institutional Review Board. We employ security measures such as encryption to safeguard any information that is obtained in connection with this study, whether electronically or on paper.

Data we collect from you for this study will only be used for purposes of this study. If you decide to discontinue your participation in the study, your data will be retained until the study is closed.

Mandated reporting: We may release identifying information in some circumstances. Specifically, STAND team members are legally required to report known or reasonable suspicion of abuse to a child, elder, or dependent adult and serious threats against a reasonable identifiable victim or victims. Information will be released only to responsible agencies and others we are mandated by law or the university to report to (e.g., potential victims of violence). We also might need to release information about you if you are in danger and need emergency care (e.g., imminent threat of suicide or serious self-harm). Any and all relevant information obtained during the course of the study can be used in mandated reporting if indicated (e.g., emergency contact).

E-mail and texting policy: By agreeing to participate, you provide your consent to receive appointment reminders and other communication regarding the STAND Program sent to you via texting or e-mail. Texting and email are not secure communication methods as unencrypted messages could be intercepted. The STAND Program team commits to using the minimum necessary standard when communicating with you using these methods (i.e., providing only essential information).

What are my rights if I take part in this study?

- You can choose whether or not you want to be in this study, and you may withdraw your consent and discontinue participation at any time.

For technical difficulties, please contact STAND@mednet.ucla.edu

- Your decision whether or not to participate in the study will have no relationship to or effect on your benefits or employment status at UCLA.

Who can I contact if I have questions about this study?

- **The Research Team:**

If you have any questions, comments or concerns about the research, you can talk to one of the researchers. Please contact one of the study investigators below:

Michelle Craske, Ph.D.
(310) 825-8403
Email: mcraske@mednet.ucla.edu

Elizabeth Gong-Guy, Ph.D.
(310) 486-8387
Email: egongguy@saonet.ucla

- **UCLA Office of the Human Research Protection Program (OHRPP):** If you have questions about your rights while taking part in this study, or you have concerns or suggestions and you want to talk to someone other than the researchers about the study, you may contact the UCLA OHRPP by phone: (310) 825-5344; by email: mirb@research.ucla.edu or U.S. mail: UCLA OHRPP, 11000 Kinross Ave., Suite 211, Box 951694, Los Angeles, CA 90095-1694.

HOW DO I INDICATE MY AGREEMENT TO PARTICIPATE?

Once you create an account through our secure website and enter in your contact information, you will have the opportunity to view this consent form and indicate your agreement to participate in the study.