

Parental Permission for a Minor

Introduction

My name is Lindsey Benham. I am a graduate student from Brigham Young University. I am conducting a research study about the effects of music on physical activity rates of junior high physical education students. I am inviting your child to take part in the research because (he/she) currently taking a physical education class at a junior high school.

Procedures

Your child will attend their physical education class as regular, including their participation in class. Before class starts, after changing into their PE clothes, your child will be asked to grab a pedometer (device that records number of steps taken and time in activity) and hook it onto the waist band of their shorts or pants. Your child will participate in class as normal. At the end of class, your child will be given time to read their pedometers and record the number of steps taken and time in activity on a personalized recording sheet. Then your child will be dismissed to change.

If you agree to let your child participate in this research study, the following will occur:

- Your child will be asked to wear a pedometer during class
- Your child will be asked to record steps taken and time in activity at the end of class
- This will take place in their regular classroom as part of the scheduled curriculum

Risks

Minimal risks are involved. There may be some discomfort in wearing the pedometers. The teacher and researchers will take two days before starting the study to show your child the most comfortable way to wear the pedometer and how to use/read it. Your child's identity and recordings will remain anonymous after data collection.

There is a risk of loss of privacy, which the researcher will reduce by giving your child their own record sheet. Their name will be erased after full completion of data recording. During data collection the classroom teacher will store the record sheets in their locked office. And then the researchers will take the data and transfer the data onto a password protected computer in a locked office and original record sheets will be destroyed. Only the researcher will have access to the data.

Confidentiality

The research data will be kept in a secure location (password protected computer) and only the researcher will have access to the data. At the conclusion of the study, all identifying information will be removed and the data will be kept in a locked office.

Benefits

There are no direct benefits for your child's participation in this project.

Compensation

There will be no compensation for participation in this study.

Questions about the Research

Please direct any further questions about the study to Lindsey Benham at Lindsey.benham@gmail.com. You may also contact David Barney at (801) 422-6477 or david_barney@byu.edu.

Questions about your child's rights as a study participant or to submit comment or complaints about the study should be directed to the IRB Administrator, Brigham Young University, A-285 ASB, Provo, UT 84602. Call (801) 422-1461 or send emails to irb@byu.edu.

You have been given a copy of this consent form to keep.

Participation

Participation in this research study is voluntary. You are free to decline to have your child participate in this research study. You may withdraw your child's participation at any point without affecting your child's grade/standing in school.

Child's Name: _____

Parent Name: _____

Signature: _____

Date: _____

Student Assent

What is this research about?

My name is Lindsey Benham and I am a student at BYU. I want to tell you about a research study I am doing. A research study is a special way to find the answers to questions. We are trying to learn more about effects of music on physical activity rates of junior high physical education students. You are being asked to join the study because you are currently taking a physical education class at a junior high school.

If you decide you want to be in this study, this is what will happen.

You will attend class as you would any other day and participate in the lesson/activity. Before the class starts you will grab a pedometer (a device that measures how many steps you take) and hook it onto your shorts or pants you wear during class. You will participate in class as normal. At the end of class you will take off your pedometer, look to see how many steps you took and how long the device says you were in activity (ex: 0:25:14) and write down those two things on a piece of paper that you will then hand in to the teacher.

Can anything bad happen to me?

There may be a mild discomfort in wearing the pedometer on your pants or shorts. The researchers and teacher will help reduce this discomfort by instructing you on the best way to wear the pedometer.

Can anything good happen to me?

We don't know if being in this study will help you. But we hope to learn something that will help other people some day.

Do I have other choices?

You can choose not to be in this study and not wear the pedometer, but you will still be required to participate in class.

Will anyone know I am in the study?

We won't tell anyone you took part in this study. When we are done with the study, we will write a report about what we learned. We won't use your name in the report.

What happens if I get hurt?

If you get hurt during this study, you will be accompanied to the school nurse to be take care of.

What if I do not want to do this?

You don't have to be in this study. It's up to you. If you say yes now, but change your mind later, that's okay too. All you have to do is tell us.

You will not receive anything for being in this research study. Before you say yes to be in this study; be sure to ask Lindsey Benham, David Barney, or your classroom teacher to tell you more about anything that you don't understand.

If you want to be in this study, please sign and print your name.

Name (Printed): _____ Signature _____ Date: _____