University of North Texas Institutional Review Board

Informed Consent Notice

Before agreeing to participate in this research study, it is important that you read and understand the following explanation of the purpose, benefits and risks of the study and how it will be conducted.

Title of Study: TAO (Therapist Assisted On-Line): An Intelligent Mental Health Therapy Tool

Investigator: Dr. Pamela Flint and Dr. Jay E. Darr, University of North Texas (UNT) Department of Counseling and Testing Services, Division of Student Affairs.

Purpose of the Study: You are being asked to participate in a multi-campus study designed to evaluate and improve the educational materials in Therapist Assisted Online (TAO) and to expand the knowledge of effective mental health treatments for college students.

Study Procedures: Data that are collected from you would include numeric entries (for example: on a 1-10 scale how anxious do you feel?), ratings you give materials, pages in TAO you view, when, for how long, and entries in interactive TAO web pages. All data are part of standard treatment with TAO. The study does not include any additional activities on your part.

Foreseeable Risks: Because the data can’t be linked to specific individuals, there are no foreseeable confidentiality risks associated with participating in the study. Data contribution is strictly voluntary, and will not affect the services you receive. In the event of emergencies you may contact Counseling and Testing during office hours (8:00AM-5:00PM), Central Standard Time, weekdays at 940-565-2741. After hours call: UNT Police at 940-565-3000 and ask for the on-call counselor. You may also call Denton County MHMR Crisis Line 1-800-762-0157 (24 hours per day) or the National Suicide Prevention Hotline at 1-800-273-8255 (24 hours a day, 7 days a week) and a live chat is available at http://www.suicidepreventionlifeline.org/

Benefits to the Subjects or Others: While treatment itself is likely to be beneficial, there are no direct benefits to you from contributing data for the study. The information will be used to improve services and expand knowledge about online treatment of mental health.

Compensation for Participants: None

Procedures for Maintaining Confidentiality of Research Records: The researchers will not have access to any identifying information about you. Your information will be included with anonymous data from other students at other universities and colleges. The confidentiality of your individual information will be maintained in any publications or presentations regarding this study.
Questions about the Study: If you have any questions about the study, you may contact Dr. Pamela Flint or Dr. Jay E. Darr at 940.565.2741.

Review for the Protection of Participants: This research study has been reviewed and approved by the UNT Institutional Review Board (IRB). The UNT IRB can be contacted at (940) 565-4643 with any questions regarding the rights of research subjects.

Research Participants’ Rights:

Your participation in the survey confirms that you have read all of the above and that you agree to all of the following:

- You have had an opportunity to contact The Investigators or Designee with any questions about the study. You have been informed of the possible benefits and the potential risks of the study.
- You understand that you do not have to take part in this study, and your refusal to participate or your decision to withdraw will involve no penalty or loss of rights or benefits. The study personnel may choose to stop your participation at any time.
- Your decision whether to participate or to withdraw from the study will have no effect on your ability to access services, including self-help resources, from Counseling and Testing Services.
- You understand why the study is being conducted and how it will be performed.
- You understand your rights as a research participant and you voluntarily consent to participate in this study.
- You understand you may print a copy of this form for your records.