Your child has been invited to take part in a study named Stress and Anxiety Reduction. This study is designed to learn more about interventions and methods to reduce stress and anxiety levels in undergraduate students during the school semester. The research is being conducted by Dr. Wendy Suzuki, a Professor of Neuroscience and Psychology at the NYU Center for Neural Science.

If your child agrees to be in this study, they will be asked to do the following: complete a questionnaire asking their age and sex, read and fill out a pre-intervention anxiety questionnaire and cognitive task, complete a randomized 5-minute intervention that could include listening to a podcast, doing a guided visualization, doing a guided sound therapy session, or doing a chair yoga session, and complete a post-intervention anxiety questionnaire and cognitive test. Your child’s participation will take about 15-20 minutes, and will be completed in one session. They will receive 0.5 credits if they complete this study. If your child withdraws before the end of the study, they will receive no credit. If they choose not to participate, they can fulfill the course requirement in other ways besides participating in this study.

There are no known risks associated with your child’s participation in this research beyond those of everyday life. Although your child will receive no direct benefits, this research may help the investigator understand interventions and methods to reduce stress and anxiety levels in undergraduate students during the school semester.

Participation in this study is voluntary. Not taking part or withdrawing will not affect your child’s grades or academic standing in any way. Your child has the right to skip or not answer any questions they prefer not to answer. When they complete the study, a thorough written explanation of it will be provided.

Confidentiality of your child’s research records will be strictly maintained by assigning code numbers to each participant so that data is never directly linked to individual identity. All completed materials will be kept in a secured server within the Suzuki lab only accessible to the investigator. Information not containing identifiers may be used in future research or shared with other researchers without your child’s additional consent.

The researcher cannot keep information confidential if they have concerns that someone is hurting children, that someone is hurting your child, or that your child might
hurt themself or someone else. In such cases, the researcher will inform people in authority about their concerns.

Although your child may be asked to report experiences with stress and anxiety, this is not a clinical study and they will not receive any feedback on the interpretation or treatment of any reported problems. If your child has concerns about their health or anxiety, contact the NYU Wellness Center (212) 443-1000.

If there is anything about the study or your child’s participation in it that is unclear or that you do not understand, if you have any questions or wish to report a research-related problem, you may contact the principle investigator, Wendy Suzuki, at (212) 998-3734, ws21@nyu.edu, 4 Washington Place, Room 809, New York, NY, 10003.

For questions about your child’s rights as a research participant, you may contact the University Committee on Activities Involving Human Subjects (UCAIHS), NYU, (212) 998-4808 or at ask.humansubjects@nyu.edu, 665 Broadway, Suite 804, New York, New York, 10012. Please reference the study # (IRB-FY2020-4690) when contacting the IRB (UCAIHS).

You will receive a copy of this document to keep.

Permission
I hereby grant permission for my child to participate in this research study

_________________________________________  __________________
Parent’s Name                          Date

_________________________________________  __________________
Child’s Name                          Date

_________________________________________
Parent’s e-mail address