

Project Title

CALIFORNIA STATE UNIVERSITY, NORTHRIDGE
EATING HABITS AND RESIDENCE PROJECT
INFORMATION FORM

Introduction

The Eating Habits and Residence Project, is funded and conducted by the researcher, Amanda Bradstock, as part of the requirements for the M.S. degree in Counseling, College Counseling and Student Services specialization. The Project is designed to inform professionals about potential concerns and benefits of on-campus or off-campus residence in relation to healthy eating habits. This information will be used to better address student needs and to make informed decisions about programs and services offered.

Description of Research

This study is intended assess freshmen student eating habits in both on-campus and off-campus residences. I am hopeful that this information could be used by residential life staff, counselors, student affairs professionals, health center employees, families, peers, and off-campus mental and physical health professionals. If you had participated during the pilot study, you are not eligible to participate in this current study.

Subject Information & Risks

Participants of this study will be asked a series of untimed, online questions concerning eating habits, residence, and social relationships to determine whether or not a relationship between the three areas exists. These questions will be given in the form of an online survey, which contains 138 questions and takes approximately 20 minutes to complete. Participants will be asked to complete this survey twice- once in the first or second week of the fall semester (August 23, 2010 – September 5, 2010) and once again in the ninth or tenth week of the fall semester (October 18, 2010- October 31, 2010). All full-time, freshman-level men or women aged 18-19 are eligible to participate in this study. Potential, though low, risks for participants may include emotional distress, discomfort, anxiety, and boredom.

In the unlikely case if you experience emotional distress, discomfort, anxiety, or any other psychological or emotional reaction to the questions in the study, please alert the researcher or seek help from a counselor, therapist, or psychologist. Free counseling for CSUN students may be attained by appointment or on an emergency basis at the CSUN University Counseling Services, located at Bayramian Hall, Suite 520. You may also call University Counseling Services at 818-677-2366.

Confidentiality & Final Disposition of Data

Any identifiable information gathered will remain confidential. Any release of identifiable information will only occur with your written consent or if required by law. Results of this study will be published, but names or identities of participants will not be included in the publication. Data collected for this project will be destroyed at the conclusion of the study.

Benefit of Participation

There may be benefits that will be incurred as a part of participating in this study. Specific benefits may include obtaining a \$5 amazon.com giftcard for successful completion of the surveys and instructions. Participants will be asked to complete each survey and send a confirmation email (instructions will be on the last page of the survey) which will enter the participant into a raffle. Please refer to the instruction forms for complete directions. There will be two raffles held. The first raffle will be completed by September 19, 2010 and 5 individuals will be randomly drawn and notified by September 26, 2010. Those individuals will receive a \$5 amazon.com giftcard. The second raffle will take place by November 7, 2010, and winners will be contacted by November 14, 2010. 10 individuals will be randomly drawn during the second raffle and will receive \$5 amazon.com giftcards. To be eligible for the second raffle, individuals must turn in both confirmation pages as directed by the deadline. Other benefits may include

the ability to impact the quality and/or direction of services on campus, add to the knowledge base of the field, and/or increased self awareness. Those who wish to continue gaining self-awareness and/or discuss their reactions to awareness brought about in this study are highly encouraged to consult a counselor or therapist. Participants, upon completion of the second survey will be given a website address that will hold additional information and resources related to the project.

Concerns

If you wish to address a concern about this study, you may contact Research and Sponsored Projects, 18111 Nordhoff Street, California State University, Northridge, Northridge, CA 91330-8232 or by phone at 818-677-2901. If you have a question about the study, please contact Dr. Merrill Simon, faculty advisor, 18111 Nordhoff Street, Northridge, CA 91330-8265 or call 818-677-2558.

Voluntary Participation

Please understand that participation in this study is voluntary. You may decline to participate or withdraw from the study at any time. There is no penalty or loss of benefit for withdrawing. The researcher may also decide to cancel this study at any time.