

STUDY FACT SHEET FORM

Please keep this form in case you have any questions

Study Information: You can call Kent Wilson, PhD (617) 643-6018, M-F 9-5, Marilyn Wilcher at (617) 643-6035 or Matt Scult at (617) 643-6071, M-F 9-5 with questions about this research study.

Study Contact email: hkwilson@partners.org, mwilcher@partners.org, mscult@partners.org

The Effect of Relaxation Response Training on High School Students and Their Teachers

Who are we?

We are researchers from the Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital. We have conducted studies in numerous schools looking at how stress affects emotions and academics.

What is the purpose of this study?

Stress management instruction is already going to be offered this year at Kennedy Academy. We are interested in how this instruction will affect your child's functioning. Stress has been shown to contribute to increased substance abuse, violence, and depression in students. We have developed a stress management class that your school has decided to implement. We want to know if this class helps lower levels of stress and anxiety and improves optimism, self esteem and stress management. To study this we are asking interested students to fill out questionnaires. We also want to know if the stress management class will improve classroom environment, grades, and decrease absences.

How did you get my name and how many people will take part in this study?

We are asking your child to take part because he or she is a student at Kennedy Academy. We hope that all students at Kennedy Academy will be interested in participating in the study.

How long will it take?

This research study may last for as long as your child is at Kennedy Academy (up to 4 years). Students who participate will be asked to fill out questionnaires three times during each school year. Completing the questionnaire will take about 20-30 minutes.

What will happen if my child takes part in the study?

Your child will answer a questionnaire three times each year, before and after she or he receives the stress management instruction. The stress management instruction is being given to all students whether or not they choose to participate in the study. The questionnaires take about 20-30 minutes to complete. If you and your child agree to participate in the study, the school will provide us with information about attendance, grades, and MCAS and PSAT scores for your child. Also, study staff will be observing some of the classrooms. These observations should not interfere with the class. No identifying information about your child will be collected by these observers.

How may my child benefit from being in this study?

Your child may approach the stress management instruction more seriously if they participate in this study. It may increase your child's awareness about the connection between stress and their lives. We also give a movie ticket to students who complete all of the surveys for the year.

Does my child have to participate in the study?

No, participation in the study is completely voluntary. You and your child are free to withdraw at any time without consequences. If you and your child do not choose to participate, your child will not complete any questionnaires and no individual data will be gathered about your child. For example, we will not gather grades or MCAS scores connected to your child's name. If you don't participate, your child will still receive the stress management instruction.

What are the possible risks or discomforts involved from being in this study?

The information gathered from your child's questionnaires and school records could become known. We will do our best to protect this information by removing names from this data and replacing them with a code. We will also limit how many people can access the information. All information gathered about your child will be stored in secure locations. We will do our best to ensure that staff from Kennedy Academy does not have access to this information.

Another risk is that your child might feel uncomfortable answering some of the questions in the questionnaire. Your child can skip any questions they do not want to answer. Your child can also drop out of the study at any time without any consequences.

On very rare occasions, students will report information that raises concern about their safety or the safety of others. If this happens, we may have to release these reports to parents, school staff or appropriate authorities. The safety of your child and other students is a priority.

What if I have questions about my rights as a research participant?

If you want to speak to someone not directly involved in this study, contact the Mass General Brigham IRB at 857-282-1900.

If requested, we will provide overall results of the study to parents/guardians. No individual results will be provided.