

**Daemen College HSRRC (IRB)
Application for Certification of Exemption from Human Subjects Research Review**

INSTRUCTIONS

Before completing this form, researchers the faculty supervisor (if student researchers are involved) must be sure the proposal meets the criteria for Certification of Exemption. If either are unsure of the criteria, please see a description of each type of review on the Human Subjects Research Review Committee (HSRRC) website. If your project meets the criteria for Certification of Exemption, it will be reviewed as such. If not, it will need to be resubmitted using an application for Expedited/Full Review protocols, which may delay the review of your protocol. It is best to plan accordingly in case you categorize into the wrong review type.

As you complete the form, please be sure to *read the directions for each section thoroughly and provide relevant and detailed responses where applicable*. In addition, be sure to *append all relevant study materials to the end of this document in the order in which they are referred to within the document, and in the manner in which they will appear to participants*. Lastly, when the form is complete, be sure that all researchers sign the form (use electronic signatures or type names), and *submit an electronic version with all supporting materials/appendixes in a Single MSWord file to the HSRRC Chair at hsrrc.chair@daemen.edu*. Please copy (cc) all associate investigators and use Daemen College e-mail addresses (where applicable). For student projects, faculty supervisors must submit on behalf of the student researcher(s).

I. Complete All Items Below:

Type of Proposal (*Please check one*): New Resubmission with Requested Revisions¹

¹ If a resubmission with requested revisions, please either use *track changes* or *highlight in yellow* all new changes from the original submission (or the most recent resubmitted version) and indicate date of current

Date Submitted to HSRRC: [Date of Submission]

Principal Investigator: [Name of Principal Investigator or Student responsible for the project and correspondence]

Title of above: Dr. Mr. Mrs. Miss Ms. Other: _____

Daemen e-mail address:

Phone:

Associate Investigator(s): [Full name of each investigator other than the Principal]

Daemen e-mail addresses
(where applicable):

Course: [Course for which any students are conducting research]

Faculty Supervisor: [Name of faculty member(s) overseeing research — required for all student research projects]

Campus Address:

Daemen e-mail address:

Phone:

Title of Project: *Comparing perceived stress levels of college athletes and non-athlete college students.*

II. Please Indicate with an "X" All Applicable Conditions Below:

(In order for the research to be considered exempt, one of the following five main criteria below (and corresponding sub-criteria where applicable) must be met):

- 1) Research conducted in established or commonly accepted educational settings, that specifically involves normal educational practices, such as (i) most research on regular and special education instructional strategies, or (ii) research on the effectiveness of or comparison among instructional techniques, curricula, or classroom management methods. The research is not likely to adversely impact students' opportunity to learn required educational content or the assessment of educators who provide instruction. The exemption may only be used for studies regarding normal educational practices in which the subjects are the students of the principle/associate investigators. *45 CFR §46____.104(d)(1)**

In the box below, please provide a brief description of the research background, design, and procedures with sufficient detail to justify the category of exemption above. List and append any relevant materials to the end of this form.

- 2) Research that only includes interactions involving educational tests (cognitive, diagnostic, aptitude, achievement) or research involving survey or interview procedures or research involving observation of public behavior (including visual and/or auditory recording). *45 CFR §46____.104(d)(2)**
 *Note: Surveys cannot include collection of bio specimens.
 *Note: Research is not exempt under Category 2(iii) if subjects are under 18, but research can be considered exempt under Category 2 (i and ii) if the research involves only educational tests or observation of public behavior during which the investigator does not participate in the activities being observed.

(In order for the research to be considered exempt under this category, one of the following additional criteria below must be met - please place an x next to any of the conditions below that are true).

____(i). Information obtained is recorded in such a manner that the identity of the human subjects cannot readily be ascertained, directly or indirectly through identifiers linked to the subjects.

____(ii). Information obtained can be identified directly or indirectly, but any disclosure of the human subjects' responses outside of the research would not reasonably place subjects at risk of harm (i.e., risk of criminal or civil liability or be damaging to the subjects' financial standing, employability, education advancement or reputation).

 X (iii). Information obtained can be identified directly or indirectly and disclosure could put the subjects at risk of harm, but the researcher can document that there are adequate provisions to protect the privacy of subjects and to maintain the confidentiality of the data.

*Note: Exempt research under Category 2 (iii) will be subject to limited review.

In the box below, please provide a brief description of the research background, design, and procedures with sufficient detail to justify the category of exemption above (e.g., describe the consent procedures, describe how the data will be non-identifiable (either directly or indirectly), or describe how disclosure outside of the research process would not put the subject at harm, and how you will protect privacy and confidentiality. List and append any relevant materials (e.g., recruitment materials, educational tests, survey or interview items, and consent forms), to the end of this form.

Introduction/Background

Throughout the years, research has shown that mental health disorders have a significant impact on the quality of life worldwide.¹ According to a survey conducted by the American Psychological Association, 40% of adults report that they lay awake at night because of stress.² Though there are many types of mental disorders such as depression, anxiety, or schizophrenia, this study will specifically be exploring perceived psychological stress, which as the research reveals, can be perceived and measured in many different ways.³⁻⁵ Research is clear that certain types of stress have a severe impact on one’s physical and emotional well-being and has been linked to illnesses such as high blood pressure, myocardial infarction, and many others.⁶⁻⁸ When looking at one study conducted by the Center for Collegiate Mental Health at Penn State University, researchers highlighted that out of the 139 colleges and universities that were surveyed, 45% of the students who were seeking support from counseling centers, reported that they were stressed. Also included in this study is the fact that there was a 30% rise in students requesting counseling center appointments in the 2014-15 academic year despite student enrollment only growing by five percent.⁹ Common stressors that are often reported by these students consist of financial stress, relationship stress, and academic stress.^{10,11} Thus, with a heightened concern for the mental well being of students and a short supply of available counselors, alternative methods to managing stress should be explored.^{12,13} Apart from counseling and therapy based services, individuals have also used techniques such as meditation, exercise, and participation in sports as methods to help reduce stress levels.¹⁴⁻¹⁸

Much attention and research has been dedicated to the idea of determining effective stress intervention techniques. From meditation and mindfulness to exercise and sport, many different methods to combat stress have been utilized. Specifically focusing in on sports participation it’s important to note that these activities have been found to increase not only one’s physical health, but mental health as well. Because athletes, particularly collegiate athletes, are typically involved in regular physical activity, they are recipients of these positive benefits such as decreased stress levels and decreased risk of developing cardiovascular disease.^{15, 19} Other than the physical activity benefits, student athletes are said to possess excellent time management skills which are positively correlated with lower levels of academic stress.²⁰ Research has also linked sports participation to a number of psychological and social benefits such as increased levels of self esteem²¹ and confidence.²² Taking that one step further, research has shown an increased level of social skills in those who do participate in sports when compared to those who do not participate in sports.²³ Therefore, since we know that relationships can be a major source of stress, participation in sports could serve as a vital tool to decrease stress since social skills are critically important to maintaining healthy relationships.

Design

This study will be a cross-sectional survey comparing the differences in perceived stress levels between college athletes (in season and out of season) and non-athlete college students during the Fall 2020 semester on a division II campus.

Recruitment Procedures

Participants will be recruited for this study via the Daemen College Research Request Listserv, sent to student_research@daemen.edu (Emails will be sent no more than 3 times during the semester, Appendix A). Inclusion criteria include male and female college students between the ages of 18 and 25 and who are enrolled in at least 12 credit hours. The first question in the survey will ask the participant's age and the second question will ask the number of credit hours the participant is enrolled in. Participants who fall outside these ranges will be taken to a disqualification page and thanked.

Consent Procedures

As potential participants first enter the survey, they will be presented with an online informed consent sheet, written in clear and simple language, and will be asked to read the document fully and carefully. This will inform the participants that participation is voluntary and will provide them with important details regarding the purpose of the study, a description of the tasks they will be asked to complete, risks/benefits, the time commitment and compensation. The principal investigator's email address will be listed indicating that participants may email with any questions they may have prior to deciding whether or not to give consent. At the bottom of the online consent sheet, the participants will have the ability to click "I agree to participate" if they wish to provide their consent. If they click "I do not agree to participate" they will be thanked for their time and exited from the survey. See Appendix B for online consent document.

Procedures

Individuals who are interested in the study can click on the link provided in the recruitment email. If they provide their consent, they will be presented with the inclusion criteria questions. If they meet the inclusion criteria, participants will be presented with a 57-question survey located on Survey Monkey, which asks a number of demographic questions and includes scales assessing stress, grit, self-esteem, and physical activity. Once finished with the survey participants will be thanked for their time and will have the opportunity to click on a link that brings them to a separate survey where they can enter their email address to receive a \$5 Amazon gift card as compensation for their time. At any point in time, participants are free to exit out of the survey or leave the survey incomplete and continue to the email survey.

Protection of Privacy/Confidentiality

Participant data may be able to be identified indirectly. However, the data itself is collected anonymously, and email addresses (the only identifying information) are collected in a separate survey so that the data cannot be directly linked to participants' identity. No attempts will be made to link the data and the emails collected for the gift card. The survey that contains the emails will only be accessed by the faculty supervisor, and will not be accessed until data collection is complete. Upon completion the emails will be downloaded and deleted from SurveyMonkey. The downloaded file will be shuffled and any timestamps deleted so it will not be possible to link participants' data to their emails. That shuffled file will be used to send participants their gift cards, after which it will be deleted. Only once the emails have been shuffled and time stamps deleted, will

the anonymous survey data be downloaded from SurveyMonkey and subsequently deleted. This de-identified file will be kept on the researchers' password-protected computers indefinitely.

SurveyMonkey is password protected and only the researchers will have access to the data throughout the entire research project. The survey will not be set to collect IP addresses. Survey data on SurveyMonkey will be deleted within two weeks of data collection completion, no later than January, 2021.

Anticipation of Risks

The researchers do not anticipate any risks beyond what could occur in daily life (including the recall of thoughts and behaviors that could trigger negative emotions, elicited either internally or by external stimuli that are a part of ordinary daily experience). Although breach of confidentiality could be a risk given the potentially sensitive nature of some of the questions, there are protections in place that make this possibility unlikely. The survey data cannot be directly linked to participants' identities, and the potentially identifying email addresses will be collected separately and shuffled with time stamps deleted before survey data is accessed so they cannot be indirectly linked.

List of Relevant Appendices and Materials

Appendix A: Recruitment Email

Appendix B: Informed Consent

Appendix C: Study Materials

Demographics: The survey consists of basic demographic questions such as age, gender, ethnicity, year in college, as well as questions in regard to their current participation or lack of participation in collegiate athletics.

Perceived Stress Scale: The perceived stress scale is a 10-item validated scale that assesses the degree to which their life feels unpredictable, uncontrollable and overloading. Each question uses a 5-point likert scale with 0 being "never" and 4 being "very often".

Grit Scale: The Grit scale is an 8-item validated measure that reflects how passionate and persevering a person rates himself or herself to be. Answers are on a 5-point likert scale that ranges from "very much like me" to "not at all like me".

Rosenberg Self-Esteem Scale: The Rosenberg Self-Esteem Scale is a ten-item scale that measures both positive and negative feelings about oneself. All items are answered using a 4-point likert scale which ranges from "strongly agree" to "strongly disagree".

Physical Activity: The World Health Organization's Global Health Physical Activity Questionnaire asks questions related to the amount of time participants are engaging in physical activity at work, during their daily commutes, during recreational activities, and asks questions related to amount of sedentary behavior as well.

Reference List

1. Whiteford HA, Degenhardt L, Rehm J, et al. Global burden of disease attributable to mental and substance use disorders: findings from the Global Burden of Disease Study 2010. *The Lancet*. 2013;382(9904):1575-1586. doi:10.1016/S0140-6736(13)61611-6
2. *Understanding chronic stress*. <https://www.apa.org/helpcenter/understanding-chronic-stress>. Accessed November 1, 2019.



3. Nielsen MG, Ørnbøl E, Vestergaard M, et al. The construct validity of the Perceived Stress Scale. *J Psychosom Res.* 2016;84:22-30. doi:10.1016/j.jpsychores.2016.03.009
4. Feldt RC. Development of a brief measure of college stress: The college student stress scale. *Psychological Reports.* 2008;102(3):855-860. doi:10.2466/pr0.102.3.855-860.
5. Fevre ML, Matheny J, Kolt GS. Eustress, distress, and interpretation in occupational stress. *J Manag Psychol Bradf.* 2003;18(7/8):726-744. doi:http://dx.doi.org.ezproxy.daemen.edu/10.1108/02683940310502412
6. Chida Yoichi, Steptoe Andrew. Greater cardiovascular responses to laboratory mental stress are associated with poor subsequent cardiovascular risk status. *Hypertension.* 2010;55(4):1026-1032. doi:10.1161/HYPERTENSIONAHA.109.146621
7. Dimsdale JE. Psychological Stress and Cardiovascular Disease. *J Am Coll Cardiol.* 2008;51(13):1237-1246. doi:10.1016/j.jacc.2007.12.024
8. Gouttebargé V, Aoki H, Ekstrand J, et al. Are severe musculoskeletal injuries associated with symptoms of common mental disorders among male European professional footballers? *Knee Surg Sports Traumatol Arthrosc.* 2016;24(12):3934-3942. doi:10.1007/s00167-015-3729-y
9. Center for Collegiate Mental Health. (2017, January). 2016 Annual Report (Publication No. STA 17-74).
10. Sohail N. Stress and academic performance among medical students. *Journal Of The College Of Physicians And Surgeons--Pakistan: JCPSP.* 2013;23(1):67-71. doi:01.2013/JCPSP.6771.
11. Britt SL, Mendiola MR, Schink GH, Tibbetts RH, Jones SH. Financial Stress, Coping Strategy, and Academic Achievement of College Students. *J Financ Couns Plan.* 2016;27(2):172-183.
12. Gallagher RP. National Survey of Counseling Center Directors. *The International Association of Counseling Services, Inc; 2006.*
13. *The Association for University and College Counseling Center Directors Annual Survey, 2016*
14. Lee E, Kim Y. Effect of university students' sedentary behavior on stress, anxiety, and depression. *Perspect Psychiatr Care.* 2019;55(2):164-169. doi:10.1111/ppc.12296
15. Doğaner S, Balci V. Effect of regular physical activity on individuals' stress, happiness and leisure satisfaction levels. *J Phys Educ Sports Sci Ank Üniversitesi Beden Egitimi Ve Spor Üksekokulu SPORMETRE Beden Eitimi Ve Spor Bilim Derg.* 2018;16(3):132-148.
16. Kabatt-Zinn J. *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness.* Bantam Books; 2013.
17. Canby NK, Cameron IM, Calhoun AT, Buchanan GM. A brief mindfulness intervention for healthy college students and its effects on psychological distress, self-control, meta-mood, and subjective vitality. *Mindfulness.* 6(5):1071-1081.
18. Jewett R, Sabiston CM, Brunet J, O'Loughlin EK, Scarapicchia T, O'Loughlin J. School sport participation during adolescence and mental health in early adulthood. *Journal of Adolescent Health.* 2014;55(5):640-644. doi:10.1016/j.jadohealth.2014.04.018.
19. Sesso HD, Paffenbarger RS, Lee I-M. Physical activity and coronary heart disease in men: The Harvard Alumni Health Study. *Circulation.* 2000;102(9):975-980. doi:10.1161/01.CIR.102.9.975
20. Misra R, McKean M. College students' academic stress and its relation to their anxiety, time management, and leisure satisfaction. *Am J Health Stud.* 2000;16(1):41.

21. Pedersen S, Seidman E. Team Sports Achievement and Self-Esteem Development among Urban Adolescent Girls. *Psychol Women Q.* 2004;28(4):412-422.

22. Zarrett N, Fay K, Li Y, Carrano J, Phelps E, Lerner RM. More than child's play: variable- and pattern-centered approaches for examining effects of sports participation on youth development. *Dev Psychol.* 2009;45(2):368-382. doi:10.1037/a0014577

23. Howie LD, Lukacs SL, Pastor PN, Reuben CA, Mendola P. Participation in Activities outside of School Hours in Relation to Problem Behavior and Social Skills in Middle Childhood. *J Sch Health.* 2010;80(3):119-125.

24. Asztalos M, Wijndaele K, De Bourdeaudhuij I, et al. Specific associations between types of physical activity and components of mental health. *J Sci Med Sport.* 2009;12(4):468-474. doi:10.1016/j.jsams.2008.06.009

3A) Research involving benign behavioral Interventions in conjunction with the collection of information from adult subjects through verbal or written responses or audiovisual recordings, if the subject prospectively agrees to the study procedures (i.e., participants consent to the interventions). *45 CFR §46____.104(d)(3)(i)

*Note: Research is not exempt under Category 3A if subjects are under 18.

Benign behavioral interventions are defined as "brief in duration, harmless, painless, not physically invasive, not likely to have a significant adverse lasting impact on the subjects, and the investigator has no reason to think the subjects will find the interventions offensive or embarrassing"

(In order for the research to be considered exempt under this category, one of the following additional criteria below must be met - please place an x next to any of the conditions below that are true).

_____(i). Information obtained is recorded in such a manner that the identity of the human subjects cannot readily be ascertained, directly or indirectly through identifiers linked to the subjects.

_____(ii). Information obtained can be identified directly or indirectly, but any disclosure of the human subjects' responses outside of the research would not reasonably place subjects at risk of harm (i.e., risk of criminal or civil liability or be damaging to the subjects' financial standing, employability, education advancement or reputation).

_____(iii). Information obtained can be identified directly or indirectly and disclosure could put the subjects at risk of harm, but the researcher can document that there are adequate provisions to protect the privacy of subjects and to maintain the confidentiality of the data.

*Note: Exempt research under Category 3A (iii) will be subject to limited review.

In the box below, please provide a brief description of the research background, design, and procedures with sufficient detail to justify the category of exemption above (e.g., describe the consent procedures, describe the behavioral interventions, describe how the data will be non-identifiable (either directly or indirectly), or describe how disclosure outside of the research process would not put the subject at harm, and how you will protect privacy and confidentiality. List and append any relevant materials (e.g., intervention directions/materials, any tests, surveys or interview items, recruitment materials, and consent forms), to the end of this form.

3B) Research involving benign behavioral Interventions in conjunction with the collection of information from adult subjects through verbal or written responses or audiovisual recordings in which the subjects are deceived regarding the nature or purposes of the research, if the subject prospectively agrees (i) to the study procedures and (ii) that they will be unaware of or misled regarding the nature or purpose of the research (i.e., participants consent to the interventions and that they will be misled). *45 CFR §46.104(d)(3)(iii)

*Note: Research is not exempt under Category 3B if subjects are under 18.

Benign behavioral interventions are defined as "brief in duration, harmless, painless, not physically invasive, not likely to have a significant adverse lasting impact on the subjects, and the investigator has no reason to think the subjects will find the interventions offensive or embarrassing"

(In order for the research to be considered exempt under this category, one of the following additional criteria below must be met - please place an x next to any of the conditions below that are true).

_____(i). Information obtained is recorded in such a manner that the identity of the human subjects cannot readily be ascertained, directly or indirectly through identifiers linked to the subjects.

_____(ii). Information obtained can be identified directly or indirectly, but any disclosure of the human subjects' responses outside of the research would not reasonably place subjects at risk of harm (i.e., risk of criminal or civil liability or be damaging to the subjects' financial standing, employability, education advancement or reputation).

_____(iii). Information obtained can be identified directly or indirectly and disclosure could put the subjects at risk of harm, but the researcher can document that there are adequate provisions to protect the privacy of subjects and to maintain the confidentiality of the data.

*Note: Exempt research under Category 3B (iii) will be subject to limited review.

In the box below, please provide a brief description of the research background, design, and procedures with sufficient detail to justify the category of exemption above (e.g., describe the consent procedures including how subjects will be informed of the deception, describe the behavioral interventions, describe how the data will be non-identifiable (either directly or indirectly), or describe how disclosure outside of the research process would not put the subject at harm, and how you will protect privacy and confidentiality. List and append any relevant materials (e.g., intervention directions/materials, any tests, surveys or interview items, recruitment materials, and consent forms), to the end of this form.

(4) Research involving secondary research for which consent is not required (e.g., existing data, documents, records, pathological specimens, or diagnostic specimens. *45 CFR §46____.104(d)(4)

(If the data consist of identifiable or private information or biospecimens, in order for the research to be considered exempt under this category, one of the following additional criteria below must be met - please place an x next to any of the conditions below that are true).

_____(i). The data are publicly available.

_____(ii). Information obtained is recorded in such a manner that the identity of the human subjects cannot readily be ascertained, directly or indirectly through identifiers linked to the subjects, the investigator does not contact the subjects, and the investigator will not attempt to re-identify subjects.

In the box below, please provide a brief description of the research background, design, and procedures with sufficient detail to justify the category of exemption above (e.g., describe the nature of the secondary research and how the investigator has access to the data, describe how the data will be non-identifiable (either directly or indirectly), or that the data are publicly available, and how the investigator will protect privacy and confidentiality. List and append any relevant materials (e.g., permission letter to access the data – Note: letters of agreement must be submitted on official letterhead and contain an original signature, and it must be explained how the individual granting permission has the authority to do so).

5) Research involving taste and food quality evaluations and consumer acceptance studies. *45 CFR §46____.104(d)(6)

(In order for the research to be considered exempt under this category, one of the following additional criteria below must be met - please place an x next to any of the conditions below that are true).

_____(i). The consumption only includes wholesome foods without additives.

_____ (ii). The consumption includes ingredients at or below the level and for a use found to be safe, or agricultural chemical or environmental contaminant at or below the level found to be safe by the Food and Drug Administration or approved by the Environmental Protection Agency or the Food and Safety Inspection Service of the U.S. Department of Agriculture.

In the box below, please provide a brief description of the research background, design, and procedures with sufficient detail to justify the category of exemption above (e.g., describe the nature of the taste study and justification of food safety). List and append any relevant materials.

****Compliance with HIPAA and FERPA Privacy Regulations****

It is expected that all studies approved by the Daemen College HSRRC comply with federal regulations including HIPAA and FERPA.

In accordance with the provisions of the Health Insurance Portability and Accountability Act of 1996 (HIPAA), investigators shall respect the confidential nature of all information that they may have access to, including but not limited to the subjects' personal health information provided to them orally or contained in medical records in written or electronic form. If your study involves information derived from electronic medical records, a HIPAA authorization is required in addition to an informed consent document.

Additionally, in accordance with the provisions of the Family Educational Rights and Privacy Act (FERPA), investigators shall respect the confidential nature of any student education records and may not disclose this information or access it without consent unless they have a legitimate educational interest.

III. CERTIFICATION:

This form must be signed (either by typing in your name or inserting an electronic signature) and submitted to the HSRRC chair (hsrrc.chair@daemen.edu) with a copy (cc) to all investigators on the protocol using daemen.edu addresses (where applicable).

The signatures below indicate that both the researcher(s) and the faculty supervisor (if student researchers are involved) will operate in accordance with the details in this protocol and all professional, federal, and Daemen College regulations governing research involving human subjects as stated in the IRB guidelines for the protection of human subjects.

I (we) certify that the information in the project identified above is true to the best of my (our) knowledge.

I (we) certify that this research project will NOT commence without first receiving a letter of HSRRC approval from the chairperson of the Daemen College HSRRC.

I (we) certify that, when approved, the project identified above will not be changed without filing a Study Modification Form and receiving HSRRC approval.

I (we) certify that I (we) completed the CITI training and have read a description of each type of review on the HSRRC website and that this protocol meets the requirements for a Certification of Exemption as stated on the website.

I (we) certify that I (we) will follow all of the details outlined in the study protocol as approved by the HSRRC during the period of the research project.

I (we) certify that I (we) will maintain all records of this research as required by the Daemen College HSRRC, submit a Study Closure Form at the conclusion of this study, and will report any adverse reactions or subject complaints within 48 hours to the Chair of the HSRRC.

Researcher's Signature:

Date:

In addition, the faculty supervisor's signature indicates he or she has reviewed the entire proposal and endorses it.

Faculty Supervisor's Signature:

Date:

Associate Investigator's Signature:

Date:

Appendix A: Email Recruitment

Email Subject Line: Research Opportunity about Stress in Athletes and Non-Athletes in Exchange for \$5 Amazon Gift Card

Hello,

You are invited to participate in a research study being conducted by Dr. XXX and XXX.

The aim of the study is to examine the differences in perceived stress levels between college athletes and their non-athlete peers.

All participants must be between 18 and 25 years old and enrolled in at least 12 credit hours to participate in this study. If you are interested in participating, you would be asked to complete a survey online via Survey Monkey. This survey would first ask some basic information about yourself, such as your age, year in school, major, etc. Next a number of questions would ask about stress levels (e.g., "how often have you been upset about something that happened unexpectedly"), self-esteem (e.g., "I feel I do not have much to be proud of"), and grit (e.g., "setbacks don't discourage me"), followed by a questionnaire about physical activity levels, such as exercise frequency.

There are no anticipated risks beyond what could occur in daily life (including the recall of thoughts and behaviors that could trigger negative emotions, elicited either internally or by external stimuli that are a part of ordinary daily experience), and participants will not benefit directly from taking part in the study.

Participation in this study is voluntary. You are under no obligation to participate, and no one will know if you decide not to participate. Participation is expected to take approximately 10 minutes.

If you are interested in participating, please click on the link below.

[SURVEY MONKEY LINK HERE](#)

This study has been approved by the Daemen College Human Subjects Research Review Committee: Protocol# ...

Appendix B: Informed Consent

Informed Consent

Title of Research Project:

Comparing Perceived Stress Levels of College Athletes and Non-Athlete College Students

Faculty Research Advisor:

Dr. XXX XXXX
Daemen College
Health Care Studies
DS XXX
XXX@daemen.edu
716 XXX-XXXX

Student Researchers:

XXX XXXX
Daemen College
Athletic Training
XXX@daemen.edu

You are invited to participate in a research study. The purpose of this information is to help you to make an informed decision about whether or not you would like to participate. Please read the information in this document carefully. You may contact the researchers to ask questions about the purpose of the research, what you would be asked to do, any possible risks and benefits, your rights if you were to participate, and anything else about the research before deciding whether or not to participate.

Participation in this study is voluntary and confidential. If you do not wish to participate or if you decide to participate and then withdraw or skip any part of the research process, there are no penalties or loss of benefits or services that you are otherwise entitled. Whether or not you choose to participate in this project will have no effect on your relationship with the researchers or Daemen College.

Purpose of the Research Project:

The purpose of this research study is to explore the relationship between stress levels and participation in college sports.

Description of the Research Project and Procedures:

If you agree to participant, you will be asked a number of questionnaires on Survey Monkey. These questionnaires will first ask some basic information about yourself, such as your age, year in school, major, etc. Next a number of questions would ask about stress levels (e.g., "how often have you been upset about something that happened unexpectedly"), self-esteem (e.g., "I feel I do not have

much to be proud of”), and grit (e.g., “setbacks don’t discourage me”), followed by a questionnaire about physical activity levels, such as exercise frequency.

To be included in this study, participants should be between 18 and 25 years old and enrolled in at least 12 credit hours.

Study Duration:

Participation in this study is expected to take approximately 10 minutes.

Risks:

The researchers do not anticipate any risks beyond what could occur in daily life (including the recall of thoughts and behaviors that could trigger negative emotions, elicited either internally or by external stimuli that are part of ordinary daily experience). Although breach of confidentiality could be a risk given the potentially sensitive nature of some of the questions, there are protections in place that make this possibility unlikely.

Benefits:

Participants will not directly benefit from taking part in this study.

Compensation:

As compensation for their time, participants will have the opportunity to enter their emails for a \$5 Amazon eGift Card.

Confidentiality and Anonymity:

Survey data will be collected anonymously. Participants’ names will not be connected to any responses provided, and responses cannot be directly identified. Potentially identifying email addresses will be collected separately and shuffled before participant data is accessed so that they cannot be used to indirectly link participant responses to their identities. All data collected from participants will be kept confidential. Only the researchers mentioned above will have access to participant responses. Any results that will be presented or published will be in group form and will not contain any identifying information or link any individual participant with the data.

Contact Information for Questions or Concerns:

You have the right to ask any questions you may have about this research. If you have any question or concerns, please contact XXX at XXX@damen.edu, 716 XXX XXXX or XXX at XXX@daemen.edu. If you would like to report a complaint or have questions regarding your rights as a human subject, you may contact the Daemen College Human Subjects Research Review Committee Chair at hsrrc.chair@daemen.edu, 716-839-8508.

Voluntary Consent:

Please review all the information on this form before deciding whether or not you would like to participate. Taking part in this research study is strictly voluntary. If you choose to take part, you have the right to stop at any time or skip any part of the research that you may wish. If you do not wish to participate, you may exit this site.

If you wish to participate, please click the ‘I agree’ button below. By clicking ‘I agree’ below, you are attesting that you have read the above information, that you understand the tasks and risks associated with the study, and that you have had the chance to ask any questions that you may have and that you are aware that you can contact the researchers now or in the future if concerns arise. By clicking ‘I agree’ below, you are attesting that you understand that your participation is

entirely voluntary and that you can choose to discontinue your participation at any time. By clicking 'I agree' below, you are attesting that you are at least 18 years of age. Lastly, by clicking 'I agree' below, you are providing your consent to participate in this study.

- I agree
- I do not agree

Please print a copy of this document for your records.

Appendix C: Survey Materials

Please answer the following questions about yourself.

2. What is your current age?

- <18
- 18
- 19
- 20
- 21
- 22
- 23
- 24
- 25
- >25

3. How many credits are you currently taking?

- 1-5
- 6-11
- 12-16
- >16

4. What is your gender?

- Male
- Female
- Other

5. What is your current year in school?

- Freshman
- Sophomore
- Junior
- Senior
- Graduate Student

6. What is your Ethnicity?

- Hispanic or Latino
- Not Hispanic or Latino
- Other

7. Please identify your race. Check all that apply:

- American Indian or Alaska Native
- Asian or Asian American
- African or African American
- Middle Eastern
- Caucasian (White)
- Bi-Racial/Mixed Race
- Other _____

8. What is your current major?

9. Do you play a collegiate sport?

- Yes
- No

10. If yes, are you currently in season?

- Yes
- No

11. Which sport do you participate in?

12. Are you on an athletic scholarship?

- Yes
- No

13. How many hours per week do you practice?

- N/A
- 0
- 1-5
- 6-10
- 11-15
- 16-20
- 20+

14. In the past month, have you experienced any of the following? Check all that apply:

- Death of a loved one
- Divorce/break up
- Major illness/injury
- Job loss
- Pregnancy
- Became engaged/got married
- Parents separated or divorced
- Major health issues or a family member or close friend
- Change in residence
- Change in school
- Major change in financial state
- N/A

The questions in this scale ask you about your feelings and thoughts during the last month. In each case, you will be asked to indicate by circling how often you felt or thought a certain way.

15. In the last month, how often have you been upset because of something that happened unexpectedly?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

16. In the last month, how often have you felt that you were unable to control the important things in your life?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

17. In the last month, how often have you felt nervous and "stressed"?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

18. In the last month, how often have you felt confident about your ability to handle your personal problems?

- Never
- Almost Never
- Sometimes
- Fairly Often
- Very Often

19. In the last month, how often have you felt that things were going your way?

- Never
- Almost Never

Sometimes
Fairly Often
Very Often

20. In the last month, how often have you found that you could not cope with all the things that you had to do?

Never
Almost Never
Sometimes
Fairly Often
Very Often

21. In the last month, how often have you been able to control irritations in your life?

Never
Almost Never
Sometimes
Fairly Often
Very Often

22. In the last month, how often have you felt that you were on top of things?

Never
Almost Never
Sometimes
Fairly Often
Very Often

23. In the last month, how often have you been angered because of things that were outside of your control?

Never
Almost Never
Sometimes
Fairly Often
Very Often

24. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

Never
Almost Never
Sometimes
Fairly Often
Very Often

25. If you are not a computer, skip this question

Never
Almost never
Sometimes
Fairly often
Very often

Please respond to the following 8 items. Be honest – there are no right or wrong answers!

26. New ideas and projects sometimes distract me from previous ones.

Very much like me
Mostly like me
Somewhat like me
Not much like me
Not like me at all

27. Setbacks don't discourage me.

Very much like me
Mostly like me
Somewhat like me
Not much like me
Not like me at all

28. I have been obsessed with a certain idea or project for a short time but later lost interest.

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

29. I am a hard worker.

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

30. I often set a goal but later choose to pursue a different one.

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

31. I have difficulty maintaining my focus on projects that take more than a few months to complete.

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

32. I finish whatever I begin.

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

33. I am diligent.

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

Directions: Indicate the extent to which you agree or disagree with the following items using the scale provided.

34. I feel that I am a person of worth, at least on an equal basis with others.

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

35. I feel that I have a number of good qualities.

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

36. All in all, I am inclined to feel that I am a failure.

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

37. I am able to do things as well as most other people.

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

38. I feel I do not have much to be proud of.

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

39. I take a positive attitude toward myself.

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

40. On the whole, I am satisfied with myself.

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

41. I wish I could have more respect for myself.

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

42. I certainly feel useless at times.

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

43. At times I think I am no good at all.

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

The following questions ask about the time you spend doing different types of physical activity in a typical week. Please answer these questions even if you do not consider yourself to be a physically active person. First think about the time you spend doing work. Think of work as things you have to do such as paid or unpaid work, studying/training, or household chores. In answering the following questions 'vigorous-intensity activities' are activities that require hard physical effort and cause a large increase in breathing or heart rate, 'moderate-intensity activities' are activities that require moderate physical effort and cause small increases in breathing or heart rate.

44. Does your work involve vigorous-intensity activity that causes large increases in breathing or heart rate (carrying or lifting heavy load, digging or construction work) for at least 10 minutes continuously?

- Yes
- No

45. In a typical week, on how many days do you do vigorous intensity activities as part of your work? _____

- days
- 1-2

3-4
5-6
7

46. How much time do you spend doing vigorous intensity activities at work on a typical day? ____hours
____minutes

47. Does your work involve moderate-intensity activity, that causes small increases in breathing or heart rate such as brisk walking (or carrying light loads) or at least 10 minutes continuously?

Yes
No

48. In a typical week, on how many days do you do moderate intensity activities as part of your work?
____ days

1-2
3-4
5-6
7

49. How much time do you spend doing moderate intensity activities at work on a typical day? ____hours
____minutes

50. Travel to and from places. The next questions exclude the physical activities that you have already mentioned.

Do you walk or use a bicycle for at least 10 minutes continuously to get to and from places?

Yes
No

51. In a typical week, on how many days do you walk or bicycle for at least 10 minutes continuously to get to and from places? ____ days

1-2
3-4
5-6
7

52. How much time do you spend waking or bicycling for travel on a typical day? ____hours ____minutes

The next questions exclude the work and transport activities that you have already mentioned. Now think about sports, fitness and recreational activities (leisure).

53. Do you do any vigorous-intensity sports, fitness or recreational activities that cause large increases in breathing or heart rate like running or football for at least 10 minutes continuously?

Yes
No

54. In a typical week, on how many days do you do vigorous intensity sports, fitness or recreational activities?
____ days

1-2
3-4
5-6
7

55. How much time do you spend doing vigorous intensity sports, fitness or recreational activities on typical days? ____hours ____minutes

56. Do you do any moderate-intensity sports, fitness, or recreational activities that cause a small increase in breathing or heart rate such as brisk walking, cycling, or volleyball for at least 10 minutes continuously?

Yes

No

57. In a typical week, on how many days do you do moderate intensity sports, fitness or recreational activities? _____ days

1-2 days

3-4 days

5-6 days

7 days

58. How much time do you spend doing moderate intensity sports, fitness or recreational activities on typical days? _____hours _____minutes

59. The following question is about sitting or reclining at work, home, getting to and from places, or with friends including time spent sitting at a desk, sitting with friends, traveling in a car, bus, train, reading, studying, playing cards or watching television, but does not include time spent sleeping. How much time do you usually spend sitting or reclining on a typical day? _____hours _____minutes

Thank you for your time!

HSRRC APPLICATION
NUMBER:

[Name of Principal Investigator] [DEPARTMENT] [Date: MM-DD-YY]