

## Interprofessional Health & Aging Studies

### KEY INFORMATION FOR POTENTIAL RESEARCH PARTICIPANTS

Participation in this study is completely voluntary, and you have the right to stop participation at any time. If you withdraw from the study, the data collected will be destroyed. If you decide to take part in this study, you will consent to participate in the research during the interview. The purpose of this study is to understand how being a graduate health profession student influences sleep in Doctor of Physical Therapy (DPT) and Occupational Therapy Doctorate (OTD) students enrolled in a traditional (face-to-face) program. This study will involve a video-recorded interview by the researcher for approximately one hour. Approximately 2-3 weeks after the interview, you will receive an encrypted email with meanings of the common words and phrases used. You will review those to make sure they represent your experiences. This review is expected to take approximately fifteen minutes. There are no anticipated risks or discomforts in participating. Upon completion of all interviews, you will receive a \$10 Amazon gift card through an encrypted email.

### CONSENT TO PARTICIPATE IN RESEARCH STUDY

Navigating Sleep: Perceptions of Graduate Health Professions Students

**Study Principal Investigator (PI):** Laura Santurri

**UIndy Email:** [santurriel@uindy.edu](mailto:santurriel@uindy.edu)

**UIndy Telephone:** 317-788-2409

**Study Co-Investigator:** Amanda Hood-Abernethy

**UIndy Email:** [hoodabernethya@uindy.edu](mailto:hoodabernethya@uindy.edu)

Laura Santurri, Ph.D., MPH, CPH, and Amanda Hood-Abernethy from the Interprofessional Health & Aging Studies at the University of Indianapolis (UIndy) are conducting a research study.

You were selected as a possible participant in this study because you are currently enrolled in a traditional DPT or OTD program. Your participation in this research study is voluntary.

#### Why is this study being done?

This study is being done to add new information about sleep experiences of graduate students enrolled in DPT and OTD programs. Despite increased efforts to study sleep hygiene in graduate students, there has been little information on the lived experiences of health science graduate students to understand their perceptions of sleep.

#### What will happen if I take part in this research study?

If you volunteer to participate in this study, the researcher will ask you to do the following:

- Access a link from an email or social media post to complete a password-protected Google form.
- Answer questions on the Google Form to proceed with scheduling a day and time for the interview.
- Participate in a semi-structured one-hour video-recorded interview through the Zoom platform, where the researcher will follow an in-depth interview guide.
- Two to three weeks after the interview, check for an encrypted email from the researcher that has meanings for the words and phrases used in the interview. Review meanings for accuracy and confirm with the researcher.

### **How long will I be in the research study?**

Participation will take a total of about one hour and fifteen minutes.  
The study will involve short-term follow-up, two to three weeks after the interview.

### **Are there any potential risks or discomforts that I can expect from this study?**

There are no anticipated risks or discomforts.

### **Are there any potential benefits if I participate?**

You will not directly benefit from your participation in the research.

The results of the research may assist graduate health science faculty in supporting their students' sleep health and educate health science professionals on sleep hygiene to be better equipped to promote sleep with their professions.

### **Will I be paid for participating?**

- You will receive a \$10 Amazon gift card through an encrypted email after all interviews have been completed.
- Will I receive course credit for participating? No, you will not receive credit for participating.

### **Will information about me and my participation be kept confidential?**

The results of this study may be published in a scholarly book or journal, presented at professional conferences, or used for teaching purposes. However, only aggregate data will be used. Personal identifiers will not be used in any publication, presentation, or teaching materials.

Each participant will select a four-digit identifier to keep information confidential. The key that contains the identifiers and email addresses that participants provide will be stored separately from the data on a password-protected Google file.

## Will the data from my study be used in the future for other studies?

It is possible that de-identified data from this study could be used for future research or shared with other researchers for use in studies, without additional informed consent. De-identified means that any codes and personal information that could identify you will be removed before the data is shared.

## What are my rights if I take part in this study?

- You can choose whether you want to be in this study, and you may withdraw your consent and discontinue participation at any time.
- Whatever decision you make, there will be no penalty to you and no loss of benefits to which you were otherwise entitled.
- You may refuse to answer any question/s that you do not want to answer and remain in the study.
- Your choice to participate or not participate in this study will not affect your status in your academic program.

## Who can I contact if I have questions about this study?

- **The Research Team:**

If you have any questions, comments, or concerns about the research, you can talk to one of the researchers. Please contact:

Amanda Hood-Abernethy at 828-302-5223 or [hoodabernethya@uindy.edu](mailto:hoodabernethya@uindy.edu)

- **The Director of the Human Research Protections Program (HRPP):**

If you have questions about your rights as a research participant, or you have concerns or suggestions and you want to talk to someone other than the researchers, you may contact the Director of the Human Research Protections Program by either emailing [hrpp@uindy.edu](mailto:hrpp@uindy.edu) or calling 1 (317) 781-5774 or 1 (800) 232-8634 ext. 5774.

## How do I indicate my informed consent to participate in this study?

You do not need to sign this or any other document to indicate your consent. Completion of the interview indicates that you are willing to participate.