

## **Informed Consent**

### **TITLE OF PROJECT**

Exploring the Experience of Wind Therapy Riders During the COVID-19 Pandemic

### **RESEARCH TEAM**

#### **Principal Investigator**

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#### **Non-UTA Collaborator**

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Stay the Course

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### **IMPORTANT INFORMATION ABOUT THIS RESEARCH PROJECT**

The research team above is conducting a research study about the experience of riding a motorcycle to manage stress symptoms. The purpose of this research is to better understand the experiences of individuals who participate in an experience sometimes referred to as “Wind Therapy.” We hope to learn about the therapeutic aspects of motorcycle riding as a way to self-manage stress, and to find out if the COVID-19 pandemic affected riders’ participation.

You can choose to participate in this research study if you are (1) over 18 years old, and (2) have ridden a motorcycle to manage stress since March 2020.

You might want to participate in this study if you want to contribute your perspective to a scientific study of wind therapy. However, you might not want to participate in this study if you feel uncomfortable sharing your personal experiences with others.

This study has been reviewed and approved by an Institutional Review Board (IRB). An IRB is an ethics committee that reviews research with the goal of protecting the rights and welfare of

human research subjects. Your most important right as a human subject is informed consent. You should take your time to consider the information provided by this form and the research team and ask questions about anything you do not fully understand before making your decision about participating.

In the online survey, you will be asked questions about your background, health, psychological symptoms, and participation in wind therapy.

### **TIME COMMITMENT**

You will be asked to complete an anonymous online survey through QuestionPro, lasting approximately 10-15 minutes. At the end of the survey, we will ask if you would be willing to participate in an optional confidential follow-up interview to answer additional questions about your responses. You do not have to participate in the follow-up interview to participate in the survey. If you do wish to participate in a follow up interview, we will ask that you provide an email or phone number where we can contact you. Alternatively, you may email us at [windtherapy@uta.edu](mailto:windtherapy@uta.edu) to let us know you are interested in participating in a follow-up interview. If you are selected for an interview, it will last approximately 30 to 45 minutes. You may choose to participate in this interview face-to-face at the University of Texas at Arlington, Room 132A in the GACB Bldg, Arlington, TX or at Stay the Course, 855 Texas Street, Suite 105 Fort Worth, TX 76102. You may also choose to participate in a Web-based format (via a QuestionPro link that will be emailed to you), by phone, or in a virtual Microsoft TEAMS format.

### **RESEARCH PROCEDURES**

If you decide to participate in this research study, this is the list of activities that we will ask you to perform as part of the research:

- Read through this Informed Consent and make sure that any questions you may have are answered; then make your choice about whether to participate.
- If you agree to participate, you will be presented with survey questions.
- At the end of the survey questions, indicate whether or not you would be willing to participate in a follow-up interview and provide an email and/or phone number.
- If you are selected for a follow-up interview, respond to an email indicating your preferred interview format (face-to-face, online, phone, email) and date and time.

### **POSSIBLE BENEFITS**

There are no direct benefits to you as a participant. You may receive personal satisfaction for contributing to the knowledge about the experience of Wind Therapy.

### **POSSIBLE RISKS/DISCOMFORTS**

You may experience emotional discomfort when talking about Wind Therapy and how it relates to stress. Remember that you have the right to not answer questions and to stop the survey at any time without penalty by exiting the survey. You may discontinue the survey at any point during the interview.

## **COMPENSATION**

The survey is anonymous; however, if you complete the online survey and choose to provide your name and email address, you will be entered into a drawing for a chance to win 1 of 5 \$100 Amazon e-gift cards. You do not have to answer all of the questions to be entered into the drawing. If you are selected to receive an e-gift card, you will be notified by email by June 1, 2022. The Internal Revenue Service (IRS) considers all payments made to research subjects to be taxable income. You are responsible for reporting the study payment to the IRS.

## **ALTERNATIVE OPTIONS**

There are no alternative procedures offered for this survey study. However, you can elect not to participate or quit at any time at no consequence.

## **CONFIDENTIALITY**

The research team is committed to protecting your rights and privacy as a research subject. All electronic data collected from this study will be stored in a secure location on the UTA campus and/or a secure UTA server for at least three (3) years after the end of this research. A copy of this signed consent form and all data collected will be stored in the UTA School of Social Work office of Dr. Donna Schuman for at least three (3) years after the end of this research. The results of this study may be published and/or presented without naming you as a participant. The data collected about you for this study may be used for future research studies that are not described in this consent form. If that occurs, an IRB would first evaluate to ensure there is no information that is identifiable to you, and that all confidentiality protection would be maintained.

While absolute confidentiality cannot be guaranteed, the research team will make every effort to protect the confidentiality of your records as described here and to the extent permitted by law. In addition to the research team, the following entities may have access to your records, but only on a need-to-know basis: the U.S. Department of Health and Human Services and the FDA (federal regulating agencies), the reviewing IRB, and sponsors of the study.

## **CONTACT FOR QUESTIONS**

Questions about this research study or reports regarding an injury or other problem may be directed to Dr. Donna Schuman, School of Social work, University of Texas at Arlington ([windtherapy@uta.edu](mailto:windtherapy@uta.edu) or 817-272-3181). You may also learn more about this research project at <https://www.uta.edu/academics/schools-colleges/social-work/research/windtherapy>.

Any questions you may have about your rights as a research subject or complaints about the research may be directed to the Office of Research Administration; Regulatory Services at 817-272-3723 or [regulatoryservices@uta.edu](mailto:regulatoryservices@uta.edu).

## **CONSENT**

By consenting to participate, you are confirming that you understand the study's purpose, procedures, potential risks, and your rights as a research subject. By agreeing to participate, you are not waiving any of your legal rights. You can refuse to participate or discontinue participation at any time, with no penalty or loss of benefits that you would ordinarily have. Please click "I agree" if you are at least 18 years of age and voluntarily agree to participate in this study. If you do not wish to participate, you may exit the survey at this time by closing it.

\_\_\_\_\_ **I Agree (date)**

*\*You may download a copy of this consent form from the study web site,  
<https://www.uta.edu/academics/schools-colleges/social-work/research/windtherapy> to keep  
for your records.*