

University of Redlands Institutional Review Board  
**Application to Use Human Subjects in Course Only Research**  
(Form revision date: August 25, 2017)

Please note that approval for Course projects does not convey approval for publically presenting the research outside the classroom. If projects are intended for public presentation or publication, you must complete the full standard IRB application. If you have questions about this, please contact the IRB chair or consult the IRB manual.

## Section A. Identification Information

Current date: 01/14/2018

Semester(s) course taught: Every Fall and Spring semester

Course name: PSYC 300 – Research Methods

Name of instructor: Jessica Hehman

Email of instructor: [jessica\\_hehman@redlands.edu](mailto:jessica_hehman@redlands.edu)

Instructor phone number: 909.748.8469

Department: Psychology

A.1. Has the Instructor completed the Collaborative Institutional Training Initiative (i.e., CITI training)?

x	Yes	No
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If you answered "Yes," attach the certificate of completion to this application.



**If you answered "No" to the previous question, stop completing this application until you complete the CITI training. Do not submit the application for IRB review.**

The Instructor will ensure that students complete their CITI training and forward the records to the IRB chair before data collection each time this course is offered with this component. :

## Section B. Overview

B.1. In lay language, summarize the purpose and rationale of the proposed project(s). Include the range of possible questions being addressed, possible methodologies, etc.

A major course objective for this course is to give students firsthand experience designing, conducting, and writing up a research study. As such, students are assigned to small groups in which they identify a topic of interest, conduct a literature search on the topic to review previous research in that area, formulate a hypothesis based on that literature, design a study to test that hypothesis, collect/analyze/interpret the data, and write it up in an APA-style paper. A representative sample of topics investigated by students include: the relationship between conformity and political ideology; the effect of background music on short term memory; the relationship between attachment to parents and prosocial behavior directed towards peers; the relationship between music preferences and personality; the relationship between sleep and depression; the

relationship between family structure and academic achievement; the relationship between personality and political affiliation; and the relationship between parenting style and sexual attitudes.

B. 2. Describe the possible participants, including potential recruitment strategies.

Students recruit participants through the PSYC 100 Subject Pool. Descriptions of the studies are posted (and managed) on the PSYC 100 Research Requirement Moodle site by the Instructor. No participants outside of the PSYC 100 subject pool are recruited. Therefore, the majority of participants are college freshmen with a typical age range of 18-21 years old. These studies usually take about 15-25 minutes and participants are given course credit for their participation, which is assigned by the Instructor.

B. 3. Describe the possible research methods/design.

Most of the students conduct correlational studies, measuring two variables via surveys which are kept anonymous (i.e., participants do not put their names on the surveys and all consent forms are kept separate from all survey data). Occasionally, students will conduct either a quasi-experimental (e.g., investigating differences in prosocial behavior based on attachment style) or experimental study (e.g., the effect of background music on short term memory). These studies also involve the use of short surveys, which are anonymous. Students are instructed to use validated psychological surveys which they obtain either from a large binder of psychological measures the Instructor provides and/or a search on Google Scholar if it happens to be a topic not covered in the binder of measures. All of the measures have been used in previous research and have been shown to be both reliable and valid.

B. 4. Describe the method for obtaining informed consent and attach the consent form template.

Participants are provided with the standard informed consent form before administration of any survey measures. Attached is a copy of a consent form used last semester.

## Section M. Certification for Teaching

*I certify that to the best of my knowledge the information provided above is complete and accurate.*

*I agree to obtain approval from the IRB for any modifications of the above protocol as described.*

*I accept responsibility for ensuring that the rights, welfare, and dignity of the subjects in this study have been protected and are in accordance with applicable federal/state/local laws and regulations and the University's Institutional Guidelines for the Treatment of Human Subjects in Research.*

*I will report promptly to the IRB all unanticipated problems or adverse events involving the subjects.*

*I will follow the IRB approved consent process for all subjects.*

*I will ensure that all personnel conducting the work of this protocol have or will receive appropriate training in the use of human participants in experimentation.*

Jessica Hehman	1/14/2018
Signature of Instructor	Date

**For IRB use only. Do not write or type below this line.**

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### IRB Decision

Approved

IRB approval number:

Date approval starts:

Approved with conditions (i.e., the IRB requires as a condition of approval that the investigator make specified changes to the research protocol or informed consent document(s), confirm specific assumptions or understandings on the part of the IRB regarding how the research will be conducted, or submit additional documents)

Not Approved

<input type="text"/>	<input type="text"/>
Signature of IRB Chair	Current date

\*NOTE: Sample consent form  
used by students in PSYC 300



## Consent to Participate in a Research Study

(For use with adult subjects only)

What follows is a consent form that explains what will be happening if you choose to participate in this research study. The first section (Investigator Information) should have been completed by the investigator. If this section is incomplete, do not continue with the study. Do not participate if this study has not been assigned an IRB approval number. The information you need to provide begins on Page 2. Please read each section carefully.

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### Investigator Information (to be completed by Principle Investigator)

IRB approval number: 2018-09-REDLANDS-COURSE

Title of project: Relationship Between Exercise and Academic Achievement

Name of principle investigator (PI): [REDACTED]

Email of PI: [REDACTED]

Telephone number of PI: [REDACTED]

Department or major of PI: Psychology

Position held by PI:

- faculty
- administrator/staff
- student

*If PI is a student or staff, complete the remainder of Investigator Information, otherwise go to next page.*

Name of faculty or administrator sponsor: Jessica Hehman

Department or office of sponsor: Psychology

Position held by sponsor:

- faculty
- administrator

**General information about this study.** You are being asked to participate in a research study. Whether you do is entirely up to you. You may refuse to participate, or you may stop participating at any time for any reason without any penalty. The purpose of this study is to investigate the relationship between academic performance and physical activity. You are being asked to participate in this study because you are 18 or older and enrolled in Intro to Psychology

**Reasons why you should not participate in this study.** If you are under the age of 18 or have previously participated in this study.

**How long this will take (i.e., duration of participation).** If you choose to participate in this study, your involvement will take about 15-20 minutes.

**What will happen if you participate in this study.** You will be given a survey asking a series of questions related to your involvement with physical activity and your academic achievement, as well as general demographic information.

**Protecting your privacy.** Your confidentiality will be maintained because the survey will be completely anonymous. People who participate in this study will not be identified in any report or publication about this study. Although every effort will be made to keep the research records private, there may be times when federal or state law requires the disclosure of such records, including personal information. This is unlikely to happen, but if disclosure is required, the investigator will take whatever steps are allowable by law to protect the privacy of your personal information. In some cases, your information in this research study could be reviewed by representatives of the University of Redlands, research sponsors, or government agencies for purposes such as quality control or safety.

**What will happen if you experience any problems or discomforts during or after your participation.** It is possible that there are unknown risks or discomforts. Please report any problems immediately to the researcher. Anything you do, including participating in research, carries with it some chance that something problematic or unwanted may happen. Although the researcher may direct you to medical, psychological, or other services, any costs related to such problems are your or your insurance company's responsibility.

**Compensation for participating in this study.** You will receive ½ hour of course credit for PSYC 100 for participating in this study.

**Questions about this study.** You may ask and have answered any question about the research. If you have questions or concerns, you should contact the Principle Investigator (PI) or faculty or administrator sponsor (if the PI is a student).

**Questions or concerns about the investigators, staff members, and your participation in the study.** This study was approved by the University of Redlands Institutional Review Board (IRB). This board tries to ensure that your rights and welfare are protected if you choose to participate in the study. If you have any questions about your role or how you were treated by the research personnel, you may contact the Chair of the IRB at Catherine\_salmon@redlands.edu or by telephone at 909-748-8672.

## Participant's Agreement

I, \_\_\_\_\_,  
Print Name Above

have read the information presented above. I have asked all questions I had at this time. I voluntarily agree to participate in this research study.

Signature of Research Participant	Date

*To be completed by researcher who is obtaining consent after Participant signs above:*

\_\_\_\_\_  
Print Name of Person Obtaining Consent

Signature of Person Obtaining Consent	Date