



INFORMED CONSENT FORM – 18 YO YOUTH

Project Title: Project GPS
Principal Investigator: Richard M. Lerner, Tufts University
Version Date: October 28, 2010

What is the purpose of this form?

This form contains information you will need to help you decide whether to be in this study or not. Please read the form carefully and ask your mentor questions about anything that is not clear.

Why is this study being done?

You are invited to participate in a study to test the merits of a teaching tool that will be used by youth-serving professionals to educate young people about strategies that are useful for setting and achieving their goals. These strategies, which we are calling “GPS”, which stands for **G**oals, **P**ursuit strategies, and **S**hifting **G**ears, have been linked to positive outcomes in youth across the nation.

Over 1000 youth will be invited to participate in this study.

Why am I being invited to take part in this study?

You are being invited to participate in this study because you take part in a youth mentoring organization. Both you and your mentor will participate in the study.

Your mentor will participate in the study. The mentor will complete the same survey about you. As you and your mentor work on goals over a nine-month period, you will both complete the survey three times. In addition, you will use some activities that are related to goal directed skills.

What will happen if I take part in this study?

You will be asked to complete an online survey three times. Each time, it should take less than 45 minutes to complete. The first part is a number of scales that will ask your ratings on the strategies that you use to achieve goals. The second part is several scales that will ask how you think you are doing in a variety of different areas, for instance, in academic skills or in connection with a community.

What are the risks and possible discomforts of this study?

There is very minimal risk to you for participating in the study. The only possible foreseeable risk is that you may feel uncomfortable with some of the questions as some questions deal with personal topics (for example, questions about your views about your future). Although we would like you to answer all the questions, participants are free to skip any questions you don't want to answer.

What are the benefits of this study?

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This study is based on research evidence that suggests that youth who have strong goal-management abilities also develop positively. Your participation in this study may improve your goal-management abilities, which may also improve your success in a number of areas. Additionally, your participation in this study will improve the program for the future, as it may be used across the country.

Will I be paid for participating in the study?

Every person who fully completes the study will be mailed a \$50 gift certificate from Target or another regional retail outlet. The gift cards can be used at retail stores and online.

Who is paying for this study?

This study is being conducted in partnership with Dr. Richard Lerner at Tufts University. The study is made possible in part through a grant from the Thrive Foundation for Youth.

Who will see the information my child provides?

The information you provide will not be seen by your mentor or organization. The information you provide during this research study will be kept confidential to the extent permitted by law. Research records will be stored securely and only researchers at Tufts University will have access to the records.

None of the records will contain your name in a way that can link any particular record directly to you. Your record will be given a unique identification number in order to match your responses to those of your mentor. Only the research staff at Tufts will have access to the information that matches your ID number to your name.

The results of the study may be shared with the Thrive Foundation, and /or be published in academic journals or presented at conferences. Only group data will be reported; your individual responses will not be singled out in any way.

What other choices do I have if I do not wish to take part in the study?

Your participation in this study is voluntary. If you decide to participate, you are free to withdraw at any time without penalty. Furthermore, you may choose not to answer any question you do not wish to. You will not be treated differently if you decide to stop taking part in the study, and your participation in your program will not be affected in any way. If you choose to withdraw from this project before it ends, the researchers may keep information collected about you and this information may be included in study reports.

Who do I contact if I have a question?

If you have any questions about the research project, please contact:
Dr. Edmond Bowers, Research Assistant Professor at Tufts University
617-627-4489
Ed.bowers@tufts.edu

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YOUR SIGNATURE INDICATES THAT THE RESEARCH STUDY HAS BEEN EXPLAINED TO YOU, THAT YOUR QUESTIONS HAVE BEEN ANSWERED, AND THAT YOU ARE AGREEING TO YOUR PARTICIPATION IN THE STUDY

WHAT DOES MY SIGNATURE ON THIS CONSENT FORM MEAN?

This form contains all the information you need to know in order to make an informed decision about whether or not to participate in this study. Your signature indicates that this study has been explained to you, that your questions have been answered, and that you agree to take part in this study. You will receive a copy of this form.

Your Name (printed): _____

(Signature of Participant)

(Date)

THANK YOU. PLEASE RETURN THIS LAST PAGE TO THE PARTICIPATING MENTOR.

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