



## Teen Take Heart Student Research Study Assent Form

My name is Steven Palazzo, and I am an Assistant Professor at Seattle University. I'm working on a program called Teen Take Heart. Teen Take Heart is an educational program that teaches about the heart and how to take care of your health to prevent heart disease. Teachers and nursing students from Seattle University developed the Teen Take Heart lessons. In order to help us find out if this program helped your education, we are asking you to be part of an associated research study. We will collect information about how much you know about the heart and your feelings and behaviors related to exercise and eating habits. Your school nurse or a research assistant from Seattle University will also take your blood pressure, weight, and height. Information will be collected before you begin the program, immediately after the program, and then at 3 and 6 months after the program. Because you are a teenager, I would like your help, if you want to participate.

After completing the Teen Take Heart Program you will get a certificate and become a Healthy Heart Ambassador. As a Healthy Heart Ambassador you can choose to help plan and put on a community event about heart health. If you choose to participate in this program we will ask you to take a brief survey after the community event in order to measure how this process impacted your feelings about making positive changes in your community.

There aren't any dangers involved in participating in this study. You might feel an increase in anxiety realizing you, your friends, or your family may be at risk for heart disease. However, we make every effort to present the information in a manner that helps you to make healthy choices.

I will not give you any money or prizes to participate in this study. Your grade will not be affected. This study may help you improve your test scores on science exams, improve thinking skills, and help you to make healthy choices for yourself and your family. Findings from this study may be helpful to students and teachers in the future.

The survey forms that you complete and your answers to personal information will not be revealed to anyone outside of the research study unless we feel your health is at immediate risk (we may reveal to the school nurse or your parents/guardians significantly elevated blood pressure readings). You will be assigned a number that you will use on all data collection forms. We will store all information in a locked file cabinet in my office and safely in the computer with a password. Only the study team will look at the information. If I write a paper about this information, your name or any other information directly related to you will not be in it. I will not tell anyone else about anything you say or do in this study unless I learn that you plan to hurt yourself or someone else.

I am asking your parent or guardian's permission for you to participate in this study. If you decide to participate, you can stop at any time, and no one will be upset with you. You will still be able to continue with the program – we just won't store your data. You also won't get in trouble with your teachers or anyone at school if you decide to stop.

If you have any questions about the research study or want to find out what I learn in this study, you or your parent can contact me at (206)-406-7199 or palazzos@seattleu.edu.

If you understand everything that I have written and you would like to participate in this study, please sign your name below, and write the date. If you start to do this study and become concerned that your rights are being violated, you can call Dr. Michelle DuBois, Chair of the Seattle University Institutional Review Board at (206) 296-5951.

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**Participant's Signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Investigator's Signature**

\_\_\_\_\_  
**Date**

**STUDENT:                    I agree to give my parent or guardian the Parental  
Permission Form that is associated with this study**