



Teen Take Heart Research Study Parental Permission

- TITLE:** Teen Take Heart
- INVESTIGATOR:** Steven J. Palazzo, PhD, MN, RN, CNE
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- PURPOSE:** Your child is participating in a program at school called Teen Take Heart. Teen Take Heart is an educational initiative that will teach students about the heart and how to take care of their 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 project helped your child's education, we are asking your child to participate in an associated research study. Your child's health/biology teacher will collect information about exercise and eating habits from your child. The school nurse or a research assistant who is a registered nurse will also take their blood pressure, weight, and height in a private setting. Your child will be asked to complete on-line surveys during class. After participating in Teen Take Heart your child will get a certificate and become a Healthy Heart Ambassador. As a Healthy Heart Ambassador your child can choose to help plan and put on a community event about to heart health. If they choose to participate in this program we will ask them to complete a brief survey after their community event in order to measure how this process impacted their feelings about their ability to make positive changes in their community.
- SOURCE OF SUPPORT:** This study is supported by a grant from the Robert Wood Johnson Foundation and through a partnership with the Hope Heart Institute.
- RISKS:** There are no known risks associated with this study. However, it is possible your child may experience some anxiety learning that they, their friends, or family may be at risk for heart disease. However, we make every effort to present the information in a way that helps students make healthy choices and to teach their friends and families how to make healthy choices.
- BENEFITS:** While no benefits are guaranteed, possible benefits for your child as a result of being in this study include: better grades on science exams, improved thinking skills, and an increased ability to make healthy choices for themselves. Findings from the study may also benefit other students and teachers in the future.
- INCENTIVES:** Your child will receive no money for this study. Participation in the project will require no cost to you or your child.

CONFIDENTIALITY: Your child will be asked to complete an Assent form that describes the program and offers the choice of whether to participate in the research part of the program. When assent is given, a code (or i.d. number) is assigned to your child that will be used in all data collection, and your child's name will never appear on any survey or research instruments. All written materials will be stored in a locked file in the primary investigator's office. Only the study investigators will have access to the data. The results from the study and responses your child gives may appear in written or oral form at scientific meetings and/or scientific journals, but no personal information will be attached to these results and responses. Your child's name will never appear in any publication of this information. All materials will be kept for a minimum of three (3) years then will be destroyed. Human Subjects research regulations require that data be kept for a minimum of three (3) years. When the research study ends, all identifying information will be removed from the data, or it will be destroyed. All of the survey answers and personal information that your child provides will be confidential. However, if we learn your child intend to harm him/herself or others, we must notify the authorities. Also, if we feel your child's health is at immediate risk (significantly elevated blood pressure readings) we may share this information with the school nurse and/or report this information to you.

RIGHT TO WITHDRAW: Your child's participation in this study is *voluntary*. He or she may choose to withdraw at any time without penalty. Or you may withdraw your permission for your child to participate in this study. Withdrawal at any point will not influence any other services to which he or she may be otherwise entitled. Because the Teen Take Heart lessons are part of the curriculum, your child will still participate in the program, but collected data will not be stored

SUMMARY OF RESULTS: A summary of the results of this research will be supplied to you, at no cost, upon request. (206) 406-7199 palazzos@seattleu.edu

VOLUNTARY PERMISSION: **If you agree to have your child participate, you do not need to do anything.**

If you do not wish your child to participate, please call (206) 406-7199 and leave your name, your child's name, and the name of your child's school. You may also email palazzos@seattleu.edu. Keep in mind that we cannot guarantee email confidentiality. For questions or concerns about the study you can contact me, Dr. Steven Palazzo, at the following telephone number or email address: 1-206-406-7199 palazzos@seattleu.edu If you have concerns that your child's rights are being violated, you may contact Dr. Michelle DuBois, Chair of the Seattle University Institutional Review Board at (206) 296-5951.

For more information about the Teen Take Heart program, please visit our webpage at: www.teentakeheart.org