

June 8, 2026

ClinicalTrials.gov
Unique Protocol ID 2024B0224

Informed Consent Form

Study Title: Effectiveness of a Mind-Body Conditioning Course for the Management of Physical and Emotional Stressors in University Dance Students

Document Date: 10-23-2024
NCT06925503

Attached is the IRB approved informed consent form that study participants reviewed and signed prior to participating in this research study.

Sincerely,

Beth Steinberg, PhD, RN
Primary Investigator

The Ohio State University Consent to Participate in Research

Study Title: Effectiveness of a Mind-Body Conditioning Course for the Management of Physical and Emotional Stressors in University Dance Students

Protocol Number: 2024B0224

Researcher: Beth Steinberg, PhD, RN

Sponsor: None

This is a consent form for research participation. It contains important information about this study and what to expect if you decide to participate.

Your participation is voluntary.

Please consider the information carefully. Feel free to ask questions before making your decision whether or not to participate.

Purpose: The purpose of this study is to evaluate the effects of integrating an evidence based, eight week mindfulness-based intervention into the OSU Dance 2802 curriculum on second year OSU Dance majors' perceived stress, burnout, resilience, and physical pain and injury. The study will also assess the feasibility of integrating the mindfulness-based intervention into the Dance 2802, Introductory Dance Seminar for second year OSU Dance majors.

Procedures/Tasks: Second year Dance majors enrolled in Dance 2802 at The Ohio State University Department of Dance will participate in an eight-week mindfulness based intervention, a Mind-Body Conditioning course, as part of the required Second Year Seminar. The 8-week intervention will include a weekly 60-minute session of education, discussion, and experiential practice tailored to the physical, mental, and emotional needs of collegiate dance students. You will also download and have access to a companion smartphone app, the Mindfulness in Motion smartphone app, that will have related mindfulness content and practices for use during the week. As a second year Dance major, your participation in the Mind-Body Conditioning coursework, integrated into the Dance 2802 course curriculum, will not be part of your course grade.

Second year Dance majors will complete brief information about your age, gender, race/ethnicity and surveys to measure stress, burnout, resilience, and physical pain and disability on the Mindfulness in Motion smartphone app. The survey that asks you about physical pain and disability that you may experience as a college Dance major and also includes questions about medical diagnoses that could be considered sensitive, i.e. history of headaches, lupus, fibromyalgia, etc. This information will be completed before the Mind-Body Conditioning course and again, after the eight-week intervention is completed. At the end of the eight-week Mind-Body Conditioning course, second year Dance majors will also complete four questions about integrating the intervention content into the Dance 2802 course. All surveys will again be accessed and completed in the Mindfulness in Motion smartphone app.

Third year Dance majors, who completed Dance 2802 during their second year of study, will serve as the historical control group. They will download the Mindfulness in Motion smartphone app and complete the brief information about age, gender, race/ethnicity and surveys to measure stress, burnout, resilience, and physical pain and disability before the second year Dance majors begin the Mind-Body Conditioning course. The survey that asks you about physical pain and disability that you may experience as a college Dance major and also includes questions about medical diagnoses that could be considered sensitive, i.e. history of headaches, lupus, fibromyalgia, etc. The third year Dance majors will also complete the surveys again after the second year Dance majors complete the Mind-Body Conditioning coursework. All surveys will be accessed and completed in the Mindfulness in Motion smartphone app. The third year Dance majors will not receive mindfulness content and practices on the smartphone app during the study.

Duration: The surveys that will be completed both before and after the Mind-Body Conditioning course will take Second year Dance majors approximately 15-20 minutes each time to complete; the estimated time commitment for the second year Dance majors is approximately 30-40 minutes.

Third year Dance majors will spent approximately 15-20 minutes completing the surveys both before and after the second year Dance majors participate in the intervention; the estimated total time commitment is approximately 30-40 minutes.

You may leave the study at any time. If you decide to stop participating in the study, there will be no penalty to you, and you will not lose any benefits to which you are otherwise entitled. Your decision will not affect your future relationship with The Ohio State University.

Risks and Benefits: In this study, breach of confidentiality of data is always risk. Given the small number of second and third year Dance major study participants, and online nature of survey completion, participants could be at risk of identification, however, all precautions to maintain data security will be taken. After the study, the survey responses from all second year Dance majors will be combined and reported as a group. Similarly, the survey responses from the third year Dance majors will be combined and reported as a group. These two groups of data, as well as the comparison of survey responses between the groups, will be posted in an online data repository on the internet. Your individual survey responses, or your names and IP addresses, will not be posted online and identifying information about your individual survey responses will never be posted online.

We anticipate that the intervention will bring stress relief and provide coping tools to participants in the study. University Dance students experience increased levels of stress and anxiety due to the rigors of academic study, the preparation, training, and performances that are integral to the Dance curriculum, the isolation that comes with hours of individual study and practice, and extremely high self-expectations. Students with underlying anxiety and/or depression may experience even more stress that can negatively impact their academic success and emotional well-being. Supportive interventions that are acceptable and easily

integrated into academic curriculum are more likely to help Dance students manage the physical, cognitive, and behavioral symptoms that are experienced due to their course of study.

Confidentiality:

Because we are using the internet to administer the survey, there is a chance someone could access your original online responses without permission before we have a chance to remove some of your personal information.

Also, there may be circumstances where this information must be released. For example, personal information regarding your participation in this study may be disclosed if required by state law. Also, your records may be reviewed by the following groups (as applicable to the research):

- Office for Human Research Protections or other federal, state, or international regulatory agencies;
- The Ohio State University Institutional Review Board or Office of Responsible Research Practices;
- Authorized Ohio State University staff not involved in the study may be aware that you are participating in a research study and have access to your information; and
- The sponsor, if any, or agency (including the Food and Drug Administration for FDA-regulated research) supporting the study.

Future Research: If you consent to be in this study, your de-identified information will be shared on the internet and may be used by researchers for study replication or manuscript publication, or by other people for any purpose without your additional informed consent. Information that could directly identify you will never be included.

Incentives: You can expect to receive up to \$50 in the form of electronic Amazon gift cards for your full participation in this study (\$25.00 after completion of the pre-intervention surveys and \$25.00 after completion of the post-intervention surveys). By law, payments to participants are considered taxable income.

Participant Rights:

You may refuse to participate in this study without penalty or loss of benefits to which you are otherwise entitled. If you are a student or employee at Ohio State, your decision will not affect your grades or employment status.

If you choose to participate in the study, you may discontinue participation at any time without penalty or loss of benefits. By agreeing to participate, you do not give up any personal legal rights you may have as a participant in this study.

An Institutional Review Board responsible for human subjects research at The Ohio State University reviewed this research project and found it to be acceptable, according to

applicable state and federal regulations and University policies designed to protect the rights and welfare of participants in research.

Contacts and Questions:

For questions, concerns, or complaints about the study, or you feel you have been harmed as a result of study participation, you may contact Beth Steinberg, PhD, RN at Steinberg.35@osu.edu or 614-406-7067.

For questions about your rights as a participant in this study or to discuss other study-related concerns or complaints with someone who is not part of the research team, you may contact the Office of Responsible Research Practices at 1-800-678-6251 or hsconcerns@osu.edu.

Providing consent

I have read (or someone has read to me) this page and I am aware that I am being asked to participate in a research study. I have had the opportunity to ask questions and have had them answered to my satisfaction. I voluntarily agree to participate in this study. I am not giving up any legal rights by agreeing to participate.

To print or save a copy of this page, select the print button on your web browser.

Please click the “yes” button below to proceed and participate in this study. If you do not wish to participate, please click on the “no” button which will still allow access to the MIM app but not require answering the survey questions.

[Link to Survey](#)