



Using a Targeted Supplement to Replenish Depleted Nutrients for Young Adults on Hormonal Birth Control

Protocol Number: IRB #2025-383

National Clinical Trial (NCT) Identified Number: NCT07271316

Principal Investigator: Sarah E. Hill

Sponsor: Texas Christian University

3 December 2025

Wellness in Women #1 (Non-Treatment) Screening Consent

IRB#: 2025-383

Thank you for contacting Hill Lab regarding the Wellness in Women #1 study. I would like to ask you a few questions in order to determine whether you may be eligible for the research. Before I begin the screening, I would like to tell you a little bit about the research.

The purpose of this research is to better understand how a supplement affects multiple domains of women's health (e.g., mood, hormonal symptoms, etc.)

The screening will take about 30 minutes. I will ask you a series of questions including your age, birth control information, and supplement usage. You do not have to answer any questions you do not wish to answer or are uncomfortable answering, and you may stop at any time. Your participation in the screening is voluntary.

Your answers will be confidential. No one will know your answers except for the research team. If you are not eligible, your responses will be deleted at the end of the study upon data download; we will not store your data.

If you are eligible, we will email you to let you know that you are eligible and then sign you up for a study session if you are interested. Additionally, we will keep your prescreen study responses, but ensure they are de-identified upon final data analysis.

What are the benefits of participating in this study?

Although you will not directly benefit from being in this study, others might benefit because you are contributing to a growing body of research on nutritional supplements and women's health.

Will I be compensated for participating in this study?

You will receive 0.25 sona credit for participating in this portion of the study. If you are eligible for part 2, you will be able to earn an extra 3.0 sona credit (1 credit during the first in-person study session and 2 credits during the second in-person study session).

What are my costs to participate in the study?

There are no costs associated with participating in this study.

Who should I contact if I have questions regarding the study or concerns regarding my rights as a study participant?

You can contact Dr. Sarah Hill at s.e.hill@tcu.edu, or graduate researcher Melissa Brillhart, m.brillhart@tcu.edu with any questions that you have about the study.

If you have questions about your rights as a research subject or if you wish to voice any problems or concerns you may have about the study to someone other than the researchers, please call the TCU Office of Research Compliance at (817) 257-5070.

By selecting "Agree to participate" below, you are agreeing to be in this study. Make sure you understand what the study is about before you agree. You will be given a copy of this document

for your records upon request. If you have any questions about the study after you agree to participate, you can contact the study team using the information provided above.

- Agree to participate
- Disagree to participate