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Anise Health: Digital Mental Health for Asian Americans

Title of the Study:	Anise Health: Digital Mental Health for Asian Americans Study #: 2025-07-18748
Trials registration number	Not yet assigned
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Funder	National Institute of Mental Health

Consent to Participate in Research

Anise Health: Digital Mental Health for Asian Americans
Clinicians (Intervention Group) Consent Form

Key Information*

- You are being invited to participate in a research study. Participation in research is completely voluntary.
- The purpose of the study is to improve the tools available for clinicians when working with clients.
- The study will take a total of 2 hours and you will be asked to partake in a Zoom focus group (60-90 minutes in length) and a brief 15-minute Qualtrics survey.
- Risks and/or discomforts may include some of the questions that cause you to experience negative thoughts when reflecting on your experiences.
- There is no direct benefit to you, but may benefit the society and researchers to gain a better understanding of how to improve the mental health services for Asian Americans.

Introduction and Purpose

My name is Brian Keum, Ph.D. I am a faculty member at the University of California, Berkeley in the School of Public Health. Anise Health Inc. and I would like to invite you to take part in my research study, which looks at improving the tools available for clinicians when working with clients. The aims are to improve the digital tools available to the clinicians on Anise Health when working with Asian American clients who experience bicultural stress, and racial trauma.

Procedures

Part I: If you agree to be in this study, the procedures involve reviewing the digital tools, receiving training to use the digital tools, and employing the digital tools with new clients you will work with. You will also partake in a Zoom focus group (60-90 minutes in length) and a brief 15-minute Qualtrics survey. The focus group will be audio-recorded and transcribed for study purposes.

Part II: You are also consenting us to use your clinical data for research purposes. We will collect your data from providing mental health services to clients across three time points (baseline, midpoint, and at the end of 12 weeks). The data will be used to corroborate quantitative results on the helpfulness of the digital tools and their impact on client prognosis.

Some sample questions we will ask are about:
Tell us a little bit about your initial impression and reactions to the digital tools.
Please describe whether the digital tools have the potential to provide benefits for addressing racial trauma and bicultural tension.
How satisfied are you with the digital tools?
I think that I would like to use this system frequently

Benefits
There are no anticipated significant benefits, but it may benefit society and researchers to gain a better understanding of how to improve the mental health services for Asian Americans.

Risks/Discomforts
There are no anticipated significant risks or benefits for completing this study. However, some of the questions might cause you to experience negative thoughts when reflecting on your experiences. You have the option to not answer or skip questions if you are feeling distressed, or entirely stop the study if you do not wish to continue.

As with all research, there is a chance that confidentiality could be compromised; however, we are taking precautions to minimize this risk.

Confidentiality
Your study data will be handled as confidentially as possible. If results of this study are published or presented, individual names and other personally identifiable information will not be used.

The researchers will do their best to make sure that your private information is kept confidential. Information about you will be handled as confidentially as possible, but participating in research may involve a loss of privacy and the potential for a breach in confidentiality. Study data will be physically and electronically secured. As with any use of electronic means to store data, there is a risk of breach of data security.

For the focus group, all participants will be asked not to share the focus group content (what they heard, who they saw) with anyone outside the focus group. However, we cannot guarantee complete confidentiality of this restriction.

The transcription of the audio recordings of the focus groups will be de-identified. Once transcribed, all audio recordings will be destroyed. Prior to any data analysis, we will reach out to all participants with the option to review and edit the transcription to ensure validity.

This research is covered by a Certificate of Confidentiality from the National Institutes of Health. The researchers with this Certificate may not disclose or use information or documents that may identify you in any federal, state, or local civil, criminal, administrative, legislative, or other action, suit, or proceeding, or be used as evidence, for example, if there is a court subpoena, unless you have consented for this use. Information, documents, or biospecimens protected by this Certificate cannot be disclosed to anyone else who is not connected with the research except, if there is a federal, state, or local law that requires disclosure (such as to report child abuse or communicable diseases but not for federal, state, or local civil, criminal, administrative, legislative, or other proceedings, see below); if you have consented to the disclosure, including for your medical treatment; or if it used for other scientific research, as allowed by federal regulations protecting research subjects.

We will transcribe the audio recordings as soon as possible after the interview, and then destroy the tapes. When the research is completed, I will save the transcriptions and other study data for possible use in future research done by me or others. I will retain these records indefinitely, for possible use in future research. The same measures described above will be taken to protect the confidentiality of this study data.
Your personal information may be released if required by law. Authorized representatives from the following organizations may review your research data for purposes such as monitoring or managing the conduct of this study:
- National Institutes of Health.
- University of California

Identifiers will be removed from the identifiable private information. After such removal, the information could be used for future research studies or distributed to other investigators for future research studies without additional informed consent from the subject or the legally authorized representative.

Compensation
For part I, you will be compensated with a $50 gift card. For part II, you will be compensated an additional $150 in gift cards.

Rights
Participation in research is completely voluntary. You are free to decline to take part in the project. You can decline to answer any questions and are free to stop taking part in the project at any time. Whether or not you choose to participate in the research and whether or not you choose to answer any questions or continue participating in the project, there will be no penalty to you or loss of benefits to which you are otherwise entitled.

Commercialization of Research Findings
The objectives of this research are aimed at developing and evaluating the benefits of digital tools that clinicians would use with their clients. If the digital tools are demonstrated to improve care, it is possible that the results of this research may be associated with future commercialization of the tools by Anise Health.

Research Funding and Conflict of Interest
UC Berkeley and Anise Health are receiving a grant from the National Institute of Mental Health to support this research.

Both Dr. Brian Keum and Ms. Alice Zhang, who are Co-Principal Investigators on the study team, have a financial interest in Anise Health, the company paying for this study. Dr. Keum is a clinical advisor to Anise Health and owns stock in Anise Health. Ms. Alice Zhang, is the Co-Founder of Anise Health.

Questions
If you have any questions about this research, please feel free to contact me at briankeum@berkeley.edu. You may also contact Alice Zhang at Anise Health Inc. (alice@anisehealth.co)

If you have any questions about your rights or treatment as a research participant in this study, please contact the University of California at Berkeley's Committee for Protection of Human Subjects at 510-642-7461, or e-mail subjects@berkeley.edu.

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CONSENT

Clicking on the "I GIVE MY CONSENT AND WISH TO CONTINUE" button below indicates that you are 18 years or older; a new clinician at Anise Health; you have read this consent form or have had it read to you; your questions have been answered to your satisfaction and you voluntarily agree to participate in this research study. You may print a copy of this consent form.
If you agree to participate, please click the button below.