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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 clients

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.
- If you agree to be in this study, the procedures involve receiving mental health services for 12 weeks from the clinical team and providing routine clinical data on the Anise Health platform.
- 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

If you agree to be in this study, the procedures involve receiving mental health services from the clinical team and providing routine clinical data on the Anise Health platform.

You will receive routine mental health care from the clinician and coach you are matched with. Your clinician will work with you regarding your mental health issues, such as exploration of your racial trauma and bicultural tension. The clinician may employ digital tools to help focus on these issues in the sessions. Your coach will help you set and achieve tactical goals to implement the strategies you discuss with your clinician, offering accountability and support.

After 12 weeks of your sessions, we will access the clinical data you provided on the Anise Health platform after the session with the clinician to examine the prognosis over time. To participate in the study, you are consenting for us to use your data for research purposes. We will access data across three time points in this 12 week period, at baseline, midpoint, and at the end of the 12-week study period.

The clinical data we will collect from you include measures assessing your mental health symptoms, your identity experiences, and cultural adjustment.

Some sample questions we will ask are about:
I feel a strong attachment to my ethnic group
I found it hard to wind down
I found myself getting agitated
My parents set very high standards for me
I often think about my cultural background.
I have had little interest or pleasure in doing things in the last 2 weeks

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. The sessions may prompt you to discuss your racial trauma and cultural experiences that may evoke difficult feelings or memories from the past. The survey items may also prompt you to reflect on your mental health state, which may trigger difficult reactions and feelings. 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 the 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.

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.

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. Information may be maintained indefinitely for the researcher's records.

Compensation
For your participation, you will be reimbursed a total of $75 ($25 per data collection across 3 time points) in discounts applied to Anise Health's services.

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 client 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.