

## COVER PAGE

Study Title: Enhancing Health in Rural Populations: Music as Therapy

Clinical Trials Registration Number: NCT not yet assigned

Date of document: April 7, 2026

Office of Research Compliance

## Consent to Participate in Research

**Study Title:** Enhancing Health in Rural Populations: Music as Therapy

**Principal Investigator:** Ariel Roddy

**Sponsor:** NAU SHERC PPP

### Summary of the research

**This is a consent form for participation in a research study.** Your participation in this research study is voluntary. It contains important information about this study and what to expect if you decide to participate. Please consider the information carefully. Feel free to ask questions before making your decision whether or not to participate.

The purpose of this research study is to examine how actively engaging in music impacts the mental and physical health of youth, young adults, and nursing home residents living in northern Arizona. If you agree to take part in this study, you will be asked to complete a pre and post survey (electronically or paper) and participate in a 6-week music-based group through one of our community partners (The Guidance Center, Haven Health, or The Peaks). You may not directly benefit from this research and while we believe there are no known risks associated with this research study, with any online-related activity, the risk of break of confidentiality is always possible. The expected time commitment is approximately 8 hours.

### Why is this study being done?

This study is being done to examine how actively engaging in music impacts the mental and physical health of youth, young adults, and nursing home residents living in northern Arizona. If you agree to take part in this study, you will be asked to complete a pre and post survey (electronically or paper) and participate in a 6-week music-based group through one of our community partners (The Guidance Center, Haven Health, or The Peaks).

### What will happen if I take part in this study?

You will be asked to complete a pre-survey, attend weekly 1 hour group sessions for 6 weeks, and complete a post-survey for this study. A member of the research team will observe the group sessions and will take notes to ensure the fidelity of the music-based intervention. At the end of the group session, you will be invited to participate in a semi-structured interview with a research team member. The semi-structured interview will ask about your experience in the group, your mental and physical health, symptoms you experience, and coping strategies. Semi-structured interviews will be conducted in person at the community partner site (The Guidance Center, Haven Health, or The Peaks) in a private room or via Zoom (based on participant's

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choice) and audio/video recorded. We advise participants to choose a private, quiet, well-lit space where they feel comfortable and free from distractions or interruptions, such as a private room with a door that can close for Zoom interviews.

### How long will I be in the study?

The expected duration of your participation in this study is as follows:

1. Complete pre-survey lasting approximately 15-20 minutes.
2. Participate in a 1-hour weekly group for 6 weeks.
3. Complete post-survey lasting approximately 15-20 minutes.
4. *Optional: Participate in a semi-structured interview lasting approximately 30-45 minutes.*

### How many people will take part in this study?

We plan to enroll approximately 140 participants for this study across our community partner sites: Haven Health (sample size up to 20 participants), The Peaks (sample size up to 40 participants), and The Guidance Center (sample size up to 80 participants).

### Can I stop being in the study?

You do not need to participate in this study. If you decide to take part in the study, you may leave the study at any time. No matter what decision you make, there will be no penalty to you and you will not lose any of your usual benefits. Your decision will not affect your future relationship with Northern Arizona University. If you are a student or employee at the Northern Arizona University, your decision will not affect your grades or employment status.

### What risks or benefits can I expect from being in the study?

You may not directly benefit from this research; however, we hope that your participation in the study will advance the field of public health and shed light on how traditional ceremonial practices can assist with improving mental and physical health of often marginalized populations. We believe there are no known risks associated with this research study; however, as with any online related activity the risk of a breach of confidentiality is always possible.

### Will I be paid for participating in the study or experience any costs?

You will receive \$40.00 for taking part in this study according to the following schedule:

- \$20 gift card for completing the pre-survey
- \$20 gift card for participating in the 6-week group and completing the post survey

At the end of the group session, you will be invited to participate in a semi-structured interview with a research team member. If you chose to participate in the semi-structured interview, you will receive a \$25 gift card.

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Additional costs for participating in this study may include your time or transportation to and from the group sessions.

### **Will my study-related information be kept confidential?**

Your name will not be used in any report. Identifiable research data will be encrypted and password protected. Your responses will be assigned a code number. The list connecting your name to this code will be kept in an encrypted and password protected file. Only the research team will have access to the file. When the study is completed and the data have been analyzed, the list will be destroyed. With your permission, I would like to audiotape this interview so that I can make an accurate transcript. Once I have made the transcript, I will erase the recordings. Your name will not be in the transcript or my notes. Because of the nature of the data, it may be possible to deduce your identity; however, there will be no attempt to do so and your data will be reported in a way that will not identify you.

The information that you provide in the study will be handled confidentially. However, there may be circumstances where this information must be released or shared as required by law. The Northern Arizona University Institutional Review Board; other federal, state, or international regulatory agencies; or the sponsor of the study, if any, may review the research records for monitoring purposes.

To help us protect your privacy, we have obtained a Certificate of Confidentiality from the National Institutes of Health. The researchers can use this Certificate to legally refuse to disclose information that may identify you in any federal, state, or local civil, criminal, administrative, legislative, or other proceedings, for example, if there is a court subpoena. The researchers will use the Certificate to resist any demands for information that would identify you, except as explained below.

The Certificate cannot be used to resist a demand for information from personnel of the United States federal or state government agency sponsoring the project and that will be used for auditing or program evaluation of agency funded projects or for information that must be disclosed in order to meet the requirements of the federal Food and Drug Administration (FDA). You should understand that a Certificate of Confidentiality does not prevent you or a member of your family from voluntarily releasing information about yourself or your involvement in this research. If an insurer, medical care provider, or other person obtains your written consent to receive research information, then the researchers will not use the Certificate to withhold that information.

### **Will my study-related information be used for future research?**

Information collected about you will not be used or shared for future research studies.

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### Who can answer my questions about the study?

For questions, concerns, or complaints about the study you may contact the research team, Ariel Roddy (248-298-6978), Katie Mommaerts (928-523-2434), Rebecca Maniglia (928-523-6652), Craig Yarbrough (928-523-9104), Julie Roddy (928-523-9519), and Julie Baldwin (928-523-9104).

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 Human Research Protection Program at 928-523-9551 or online at <http://nau.edu/Research/Compliance/Human-Research/Welcome/>.

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### AGREEMENT TO PARTICIPATE

I have read (or someone has read to me) this form, 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 affirm that I am at least 18 years of age and voluntarily agree to participate in this study.

I am not giving up any legal rights by signing this form. I will be given a copy of this form.

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**Printed name of subject**

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**Signature of subject**

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**Date**

### AGREEMENT TO BE AUDIORECORDED

Subject Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### AGREEMENT TO BE VIDEORECORDED

Subject Signature: \_\_\_\_\_ Date: \_\_\_\_\_