

RESET CHALLENGE PRESCREENING CONSENT

Title of Project: Feasibility and Preliminary Efficacy of the 30-Day Reset Challenge

Principal Investigator:

- Dokyoung S. You, PhD, Department of Family and Community Medicine

Co-Investigators:

- Michelle vanDellen, PhD, Department of Health Promotion Sciences within the Hudson College of Public Health
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Research Coordinator

- Jordan Keast
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Study Title: Reset Challenge: Reducing High-risk Drinking for Cancer Prevention

Principal Investigator: Dokyoung Sophia You, PhD

About the Research Study

We are asking you to participate in a research study. Taking part in this study is completely voluntary. If you choose to participate, you may change your mind at any time. Your decision will not affect your access to any services, care, or benefits you would otherwise receive.

The study involves completing a brief survey about your demographic characteristics, lifestyle, and health. Your responses will be used to determine whether you are eligible for a follow-up study. The survey will take approximately 5 minutes to complete. If you discontinue the survey before completing it, any responses you have already provided will still be retained and used for research purposes. However, your contact information will only be collected if you complete the survey and choose to provide it at the end. We will need your contact information so that we can reach out if you are eligible for the follow-up study.

The risks of this study are minimal and are similar to those encountered in everyday use of the internet and in answering questions about your health and lifestyle. We will store study data in a HIPAA-compliant database that is accessible only to authorized study personnel.

There are no direct benefits to you for completing this survey. However, this information is necessary to determine eligibility for a follow-up study and may contribute to the development of future behavioral health interventions.

If you have any questions about this research study, please contact the Principal Investigator, Sophia You, PhD, at dokyoung-you@ou.edu or other study team members at adaptivehealth@ou.edu. For questions about your rights as a research participant, you may contact the University of Oklahoma Health Sciences Center Director of the Human Research Participant Protection Program at (405) 271-2045.

Completion of this survey will be considered your consent to participate in this research study.