Official Title:
Group-Based Acceptance and Commitment Therapy Versus Active Control in University Students With Emotional Symptoms

NCT:
CE2025/37

Informed Consent Form Eligibility criteria

Document date:
27 March 2026

INFORMED CONSENT

You are being invited to participate in a screening stage of a Psychology research study conducted by researcher Mag. Mónica Larrosa, under the supervision of Dr. Francisco J. Ruiz.

The purpose of this initial stage is to determine whether you meet the necessary criteria to participate in a broader study that evaluates group psychological interventions in university students with emotional symptomatology.

The main study, to which you may be invited to participate, will consist of a free, in-person group psychological intervention to be held in Montevideo. It will involve five in-person sessions, once per week, over approximately five weeks.

This stage does not yet involve participation in the main study; it solely allows for the identification of those who are eligible to be invited to continue.

What does this stage involve?
If you decide to participate, you will be asked to:

- Complete a brief sociodemographic questionnaire and three short psychological scales: PHQ-9, GAD-7, and the PIL-Test. These questionnaires are used to detect current symptoms and to assess certain aspects of psychological well-being.
- The estimated time required is 10 minutes.

Important considerations

- No physical risks are anticipated.
- If your responses indicate any significant psychological risk, a professional may contact you to guide you toward clinical support if necessary. This is an exception intended to protect your safety.
- Participation is voluntary, and you may withdraw at any time.

The information provided in this evaluation will not be anonymous, as contact details will be requested solely to communicate with you in the event that you meet the inclusion criteria to continue to later stages of the study. We wish to reassure you that your data will be treated with strict confidentiality, used exclusively for research purposes, and securely safeguarded by the research team. Under no circumstances will it be shared with third parties. Our commitment is to protect your privacy and well-being throughout the entire process.

Based on your responses

- If you meet the inclusion criteria, you will be contacted to receive complete information about the main study, its procedures, its commitments, and to provide a second informed consent.

- If you do not meet the criteria, your data will be deleted once the screening process has been completed, and you will not be contacted again.

Consent

I voluntarily agree to participate in this study.

Participant signature: _____

Researcher signature: _____

Date: ____ / ____ / _____