

Study Consent Form

Mental Health Self-Care in Medical Students: Barriers and Benefits of Use

Jessica Gold and Kirsten Wilkins, MD

Purpose:

We are conducting a research study to learn about people's opinions, attitudes, and behaviors in regards to mental health self-care and its relationship to general health and social behaviors, help seeking behaviors, and stigma.

Procedures:

Participation in this study will involve completing a brief survey. We anticipate that your involvement will require about 10-15 minutes.

Risks and Benefits:

Although this study will not benefit you personally, we hope that our results will add to the knowledge of the mental health issues medical students and health care professionals face. The survey questions pose minimal risk. The only risk might be that the line of questions themselves, which are largely about mental health needs and help-seeking behaviors, could raise questions or concerns about your mental health needs that you might not have previously considered. If this survey raises such questions or concerns, please see the debriefing form at the end of the survey for mental health resources. You can also choose not to participate or answer any of the questions. Any responses you may provide will have no influence on your academic record whatsoever. There are no right or wrong answers to any of the questions.

Confidentiality:

All of your responses will be anonymous. Only the researchers involved in this study and those responsible for research oversight will have access to the information you provide, which will contain no identifying information. We may also share the data with other researchers so that they can check the accuracy of our conclusions but will only do so if we are confident that your confidentiality and anonymity are protected.

Voluntary Participation:

Participation in this study is completely voluntary. You are free to decline to participate, to end participation at any time for any reason, or to refuse to answer any individual question. Whether or not you choose to participate in this study will have no influence on your academic record whatsoever.

Compensation:

By agreeing to participate in this study, you can choose to be entered into a drawing with a chance of winning a \$20 gift certificate to www.amazon.com by providing your contact information via a separate link to a Google document (which will be kept separate from your results). Your chance of winning will not be restricted or affected in any way by your responses (or lack thereof) during the study. The drawing will be administered by: Robert Feeley, Resident in the Department of

Psychiatry, Yale University. This way, the primary investigators will remain blinded to the names of those who participated.

Questions:

If you have any questions about this study, you may contact the investigator, Jessica Gold at jessica.gold@yale.edu or Kirsten Wilkins at kirsten.wilkins@yale.edu.

If you have any questions about your rights as a research participant or concerns about the conduct of this study, you may contact the Yale University Human Subjects Committee, Box 208010, New Haven, CT 06520-8010, 203-785-4688, human.subjects@yale.edu.

If you give your consent to participate in the study under these conditions, please click on "yes" below. If you do not give your consent to participate then click on the "no" button.

☐ Yes

☐ No

同意书

医学生心理健康的自我护理：运用的障碍和益处

Jessica Gold and Kirsten Wilkins, MD

目的：

我们诚邀您来参与此研究，旨在了解人们关于心理健康自我护理的观点、态度以及行为。

程序：

参与此研究只需要完成一份简单的调查。我们估计完成此问卷需要 10-15 分钟。

风险以及好处：

尽管此项研究不能直接使您个人受益，但是我们希望我们的调查结果可以加深社会对医学生及卫生保健专业人员的心理健康问题的认识。此调查问卷的问题的风险已经降到最低。唯一的风险是这些问题大部分涉及心理健康需求以及求助行为，可能让您产生以前从未有过的关于心理健康需求的问题和疑虑。如果发生这样的问题，请阅读问卷结尾处的事后解说以寻求心理健康资源。您也可以随时拒绝回答任意一个问题。您做出的任何回答都将不会影响您的学业记录。任何问题的答案都没有正确和错误之分。

保密性：

您所有的回答都将被严格保密。只有参与此研究的研究人员和负责督导此研究的人员才能接触到您所提供的信息，并且没有任何可以辨识您身份的信息。我们或许也会将数据与其他研究者分享以便他们核查我们结论的准确性，前提是我们确信您的保密性和匿名性得到充分的保护。

自愿参与：

参与此研究是完全自愿的。您可以拒绝参加，可以由于任何原因随时终止参加，还可以随时拒绝回答任何单个问题。无论是否参加此调查都不会对您的学业记录有任何影响。

问题：

如果您对此研究有任何疑问，可以联系调查员 Jessica Gold，她的邮箱地址是：jessica.gold@yale.edu；或者 Kirsten Wilkins，邮箱为：kirsten.wilkins@yale.edu。如果您对您作为被研究对象的权利有任何疑问和担忧，可以联系耶鲁大学人体试验委员会，208010，纽黑文市，CT06520-8010，203-785-4688，邮箱为：human.subjects@yale.edu。

在此情况下，如果您同意参加此研究，请填写以下问卷。

附录：事后解说

感谢您参与本次研究调查。现在,您已经完成了调查,请花点时间阅读以下信息。

本研究的主要目的是检测医学生有关心理健康的行为和障碍。在这次调查中你需要回答一些关于你的个人健康行为、个人心理健康行为和精神疾病防治中的使用障碍的问题,以便我们确定医学生在寻求精神卫生保健中的障碍。

我们相信此项目将改善医学行业尤其是医学生现有的心理健康知识。来自本研究的发现将被研究人员用于指导和干预一些旨在改善学生的心理健康自助和提升公众意识和教育的工作中去。

我们非常感谢您的参与,同时也感谢您肯花时间来仔细回答调查问卷。我们想再次强调,这项研究中的数据会保持匿名,并且不会使用或收藏可识别的信息。

我们很乐意回答您关于这次研究的任何问题或担忧。这个项目的研究者是精神科的 Jessica Gold 和 Dr. Kirsten Wilkins。您可以随时通过发送邮件至 jessica.gold@yale.edu 联系 Jessica 或者 Kirsten.Wilkins@yale.edu 联系 Dr. Wilkins。

如果这项研究使你有任何关于心理健康方面的问题或担忧,请联系学生心理健康和心理咨询部门,或和你的朋友聊聊。如果你正处在危机中或有伤害自己的想法,请去离你最近的急诊室或拨打心理危机援助热线。请不要犹豫地寻求你需要的帮助!