

## **Informed consent form**

You are invited to participate in a research project on behalf of the Ben-Gurion University of the Negev, that aims to create a safe virtual space in which people can “meet”, converse and conduct various activities to relieve stress and boredom while we are prevented from leaving our homes and our daily routine is interrupted.

The activity will take place for three and a half weeks, in twice-weekly guided group sessions through Zoom (a videoconferencing app). Each group will contain 5-7 participants, and each session will last between 60-90 minutes. During the sessions, you will learn and practice techniques and skills to alleviate stress, and also conduct guided group discussions.

The project is accompanied by research aimed at assessing the effectiveness of these kinds of digital groups. Thus, you will be asked to fill out online questionnaires pre- and post-participation. Your information will be assigned a code number, instead of any personally identifying information. The list connecting your name to this code will be kept in secured file in the principle investigator computer. Your name will not be used in any report. There are no known risks involved in participation. However, if you feel any discomfort during the online sessions or during filling the questionnaire please contact the principal investigators and we will assist you in receiving help.

Your participation in this study is completely voluntary, and you have the right to withdraw from the study at any time without consequences.

If you have any questions about the study you are welcome to contact the head investigators:

Dr. Stav Shapira, email: [stavshap@bgu.ac.il](mailto:stavshap@bgu.ac.il); Tel: (972) 08-6728430

Dr. Daphna Yeshua-Katz, email: [yeshuad@bgu.ac.il](mailto:yeshuad@bgu.ac.il); Tel: (972) 08-6479017

Prof. Orly Sarid, email: [orlysa@bgu.ac.il](mailto:orlysa@bgu.ac.il); Tel: (972) 08-6428134

If you are interested in joining, please provide your consent at the following form:

### **Agreement**

I have read the procedure described above. I voluntary agree to participate in the project and I have received a copy of this description.

Participant full name: \_\_\_\_\_

Date: \_\_\_\_\_

Principal investigator: \_\_\_\_\_

Date: \_\_\_\_\_