**ADULT CONSENT FORM -ESPE**

Please read below with care. You can ask questions at any time, now or later. You can talk to other people before you sign this form.

**BLUE TYPE - instructions RED TYPE - Examples**

**Title:**       (This title needs to match the title of your IRB submission.)

**Study Number:**       (This you will find in Cayuse, i.e. FY-21-22-\_\_\_)

**Why is this study being done?**

(Describe the study’s aims and purpose, briefly and clearly. Do **NOT** use any jargon or technical language. Make sure you state the purpose of the research.) Ex. The purpose of this study is to examine if dehydration causes a significant effect on how much power your lower body can produce during repeated high intensity exercise.

**Eligibility Requirements** (Include all eligibility criteria here.) To participate in this study, you must be 18 years of age or older and………….

**Acknowledgment of Exclusion Criteria** (Include any excluding conditions)

EX: Below is a set of exclusion criteria. This form is designed for you to be able to identify yourself as ineligible for this study without specifying the reason. Please review the list. If any of the criteria below is true for you, you may not be a good match for this study but we thank you for your interest. Please simply tell the researcher that you are not eligible. No explanation is required.

**Example Criteria**

* Lower body injury within the past year requiring a physician’s care.
* History of lower body surgery.
* Current pain the in the lower body at the time of participation.
* Doctors orders not to participate in high impact activity.
* A current student of Dr. \_\_\_\_\_\_\_\_\_\_.
* Aware of a current pregnancy.
* Have a disorder that may affect neurological functioning.
* Taking medication, hormones, or drugs that may affect your movement.

**What will happen while you are in the study?**

(Clearly list what the participants will experience, in chronological order. Do **NOT** use any jargon or technical language.)

EX:

* During the first visit you will be asked to complete one pre-trial session to assess your peak power and overall health and body composition.
* The following two visits you will be asked to complete exercise consisting of three 30-second maximal cycling sprints.
* Prior to this exercise, you will supply a small urine sample, a saliva sample, and your perceived level of thirst.
* After this, you will be outfitted with four small sensors to monitor muscle activity: two will be placed on the upper leg and two on the lower leg.
* You will be asked to complete one session when you are well hydrated and the second when you are dehydrated.

**Time:** This study will take about       (give the amount of time in minutes or hours and/or days. If the study has different sessions, list how long each session will last.)

**Risks:** You may ….       Include anything pertinent, i.e. muscle soreness, fatigue.

(Describe foreseeable risks or discomfort to participants, including physical, psychological, social, economic, criminal or civil liability, employability, or reputation risks)

(If you are collecting data using the internet and/or email, you may consider including the following) Data will be collected using the Internet; we anticipate that your participation in this presents no greater risk than everyday use of the Internet. Please note that email communication is neither private nor secure. Though we are taking precautions to protect your privacy, you should be aware that information sent through email or internet could be read by a third party.

**What will happen if I am injured or a medical event occurs in the study**

Initial first aid will be administered to the best of the researchers’ ability. Emergency services will be called if necessary. You will be responsible for any medical costs associated with any injury that occurs as a result of your participation in this study. Neither the researcher nor Montclair State University will be held responsible for injury or related costs.

**Benefits:** You may benefit from this study

(Describe foreseeable benefits to the participant if relevant. If there are no benefits to the participants, state explicitly, “There are no benefits to you being in this study.”)

(ALWAYS Include the benefits to your field of study) Others may benefit from this study

Do not include payment amounts, gifts, SONA credit, etc.; that should be described under the Compensation section.)

**Compensation** To compensate you for the time you spend in this study, you will receive *(...describe compensation, including amount, type, and distribution method/timeline here. If there is no compensation, please state that).*

*(For compensated studies, please also state whether participants will be eligible for compensation if they withdraw from the study prior to its completion. If compensation is pro-rated over the period of the participant's involvement, indicate the points/stages at which compensation changes during the study. When listing that participant may be entered into a drawing for a gift, describe approximately when that drawing will take place).*

**Who will know that you are in this study?** You will not be linked to any presentations. We will keep who you are confidential (*Or if applicable,* anonymous).

You should know that New Jersey requires that any person having reasonable cause to believe that a child has been subjected to child abuse or acts of child abuse shall report the same immediately to the Division of Child Protection and Permanency.

**Do you have to be in the study?**

You do not have to be in this study. You are a volunteer! It is okay if you want to stop at any time and not be included in the study. You do not have to answer any questions you do not want to answer. You can leave the study at any time and will still receive the (compensation promised).

(*If your study targets Montclair students)* Your grade for courses you are enrolled in will not be affected by your participation or non-participation in this study.

(*If your study targets Montclair employees or other employees)* Your employment will not be affected by your participation or non-participation in this study.

**Do you have any questions about this study?** Phone or email the (Principal Investigator’s name, phone number, and email address and Faculty Sponsor’s Investigator’s name, phone number, and email address.)

**Do you have any questions about your rights as a research participant?** Phone or email the IRB Chair, Dr. Dana Levitt, at 973-655-2097 or [reviewboard@montclair.edu](mailto:reviewboard@montclair.edu).

*(Optional: you should only include this if you are requesting to use data in your future studies)*

**Future Studies** It is okay to use my data in other studies:

Please initial: Yes No

***When the investigator is audiotaping, videotaping, or photographing participants, add the following:***

As part of this study,it is okay to (audiotape, videotape, or photograph – include only process(es) pertinent to your study) me:

Please initial: Yes No

**One copy of this consent form is for you to keep.**

**Statement of Consent**

I have read this form and eligibility inclusion/exclusion requirements, and decided that I will participate in the project described above. Its general purposes, the particulars of involvement, and possible risks and inconveniences have been explained to my satisfaction. I verify that I meet the eligibility requirements listed on this form. I understand that I can withdraw at any time. My signature also indicates that I am 18 years of age or older and have received a copy of this consent form.

Print your name here Sign your name here Date

Name of Principal Investigator Signature Date

**GENERAL TEMPLATE INSTRUCTIONS TO BE DELETED BEFORE SUBMITTING**

When developing consent forms for your study, please follow the format above. The section titles and introductory phrases are designed to help you achieve the appropriate Flesch-Kincaid Grade Level Reading. When adding text to the Montclair Templates, please reference [**Improving Consent Readability Level**](http://www.montclair.edu/institutional-review-board/wp-content/uploads/sites/179/2019/11/Improving_Consent_Readability2019-11.pdf)for ways to achieve the desired reading levels. For the general public we ask for a readability level of 6th to 8th grade.

**All Montclair State University’s faculty, staff, and students MUST use Montclair State University department letterhead for approved consent forms. You may customize the header of this template to fit your department. Just double-click in the header section.**

**Delete the above paragraphs, the instructions in parentheses above, and the grey boxes before submitting your consent form(s)!**