

Text 4 Thoughts Study Participant Tip Sheet

This study is inviting juvenile and adult twins to participate; answers are provided in such a way as to try and accommodate both groups.

Background & Significance of the Study:

1. How is the study being funded?

This study is being funded by a grant provided by the National Institutes of Health.

2. What does the researcher ultimately hope to do? Why are juveniles needed?

The research team hopes to learn more about the role that a teen's and young adult's mood changes play in their decision making patterns. Since the foundations for the types and manner of decision making a person will have well into adulthood is often laid during this time period, it's crucial to try and identify factors, like mood changes, which may be influencing these patterns. It is also critical to help identify other influencers, such as a person's genes and environment. From this information, we can hopefully identify ways to improve how and why young people make decisions in order to help reduce the likelihood that individuals will choose decisions and habits that can have negative consequences throughout their life.

General Study Participant Items:

3. Why does the study need twins?

Twins are needed because Dr. Bares also hopes to see what influences a person's genetics may have on this. By studying identical and fraternal twins, statistical models can be used to help establish the role of genetics or environment or the combination of the two on mood changes impacting behavior choice patterns.

4. Why are there different amounts of compensation?

Since Dr. Bares knows that genes, environment, and differing combinations of both are influencing this, having full twin pairs participate is crucial to the study design because it will allow her to model those influences. This is a unique part of this study that makes it a bit different from other studies looking at similar questions. If both members of the pair don't participate, then this fundamental part of the study is lost and the data is not as useful. Because of this, she has built in a "bonus" if both twins in a pair participate. But, since sometimes, only one twin may decide to actually complete the study, she doesn't want that twin not being compensated for their time and efforts so she made sure to build in funding to compensate individual twins if needed.

5. How is compensation being paid and how long will it take to receive?

Generally study compensation is provided by VISA gift cards or checks of the specified amounts—the study staff can let you know this at the time of your participation. In this case at least \$10 for individual twin participants that complete 90% or more of the surveys, or \$20 per twin if both members of a pair participate. Sometimes, during the course of a study, the staff may have to switch between the payment types. Also, since Universities have policies and procedures that have to be followed closely to make payments, it can

sometimes take a few weeks before a study can send out study compensation payments. These are details the study staff should be able to cover with you in greater detail.

6. You mentioned an assent process for juvenile twin participants; what is that?

The study wants to make sure that juvenile participants have an opportunity to agree to participate or not. The assent process gives juvenile study participants their own voice in the process. If you're a juvenile participant and you do not want to participate then you just decline participation during the assent (even if your parents had already provided their consent). But, if you do want to participate then you will need to read and provide your assent in order to be able to participate.

7. Will my parents (or teachers, friends, employers) see my *answers* to the survey questions?

Your parents, peers, teachers, etc will only see your answers if you show them. The study will not share your answers with your parents. Your participation is confidential. In the case of the juvenile twins, if parents would like to see examples of the survey questions, then the study will provide those, but they will not share your answers.

Study Participation-Related Items:

8. How will the study be contacting me?

For juvenile twins, the study will start their contact with your parents based on their preferred method (email or mail) of contact. For adult twins the study will start their contact with you either by email or traditional mail, based on the preference you told the MATR. But, if for some reason they are unsure that their letter or email was received, they may need to follow up by some other means of contact.

9. Do I have to use my own cell phone(s)?

No, if needed, the study can provide a loaner cell phone. We do not have information about the type of cell phone the study will be able to loan you, but we do know it's an option.

10. How much texting and data use will there be if I'm using my own cell phone?

The data usage for this study is minimal. For one day of participation, all the surveys together will take about 6 to 10 minutes total. Over the ten day study this will total up to about 90 minutes (and approx. 31 text messages). The study looked at AT&T and two other carriers to get an idea of how much data this will be and they estimate it will be, in total, approximately 0.03 GB of data for the whole study timeframe per participant. The study does not plan to reimburse any cell phone charges, so if you do not have a cell phone plan that can accommodate this, then you should probably use one of the study's loaner phones.

11. How will I receive the surveys?

The surveys are completed online using a secure web application developed for collecting and storing confidential data. Links to the surveys will be sent to cell phones as text messages and can be launched and completed from the cell phone.

12. When will I receive the text messages with the survey links?

Following completion of the initial survey, each participant will receive three text messages a day for ten days. The text messages are spread out to try and cover the majority of a day. For example, one will be sent to collect information during the morning hours (approximately 9:00 am to 11:30 am, midday to afternoon hours (approx. 2:00 pm to 5:00 pm), and a final one for evenings (approx. 8:00 pm to 10:30 pm). These are approximate time frames but the study may need to make adjustments to these. Generally, the texts are sent to match the time zone of the participant.

13. How long do I have to complete the survey in case I cannot do it right when I get the link?

You have until you receive the next survey link to complete a survey. Luckily the surveys are short and only take about three minutes to complete.

14. I am in school/work and can only have access to cell phones outside of school/work. Will I still be able to do the study?

The study staff will try and work with your schedule but sometimes they may not be able to come up with a plan that works for everyone. Please talk this over with the study staff to see if something can be arranged, but please be aware that it may be that you will not be able to participate in this study.

15. What types of questions are on the surveys, will you ask me if I drink or do drugs?

The baseline or initial survey is the longest (about 20 minutes) and asks everything from which twin was born first, how close you and your twin are/were, how much you and your twin look alike, what your peer groups are like, about your general feelings and moods as well as a few personality traits, and some demographic questions. While none of the surveys ask if you do drugs or drink alcohol, the surveys do ask about cigarette use—your own and others. The surveys also ask if your peers engage in drinking or drug use. The three daily surveys (which take about 3 minutes or so to complete) will also ask what your current moods are, where you are and who you are spending time with in that moment and what activities you are doing as well as activities of your friends. Basically, the daily surveys are trying to capture a “snapshot” of what was going on in your environment and surroundings in that moment as well as a couple hours leading up to it.

How to contact the MATR if you have more questions or want to talk about participation:

- Call our toll-free, voicemail line—1-800-URA-TWIN (872-8946) and leave a message asking to be called back. Please repeat your full name, provide your date-of-birth and say you are calling about the T4T study.
- Email us at matr@vcu.edu