



## Summary of Information Covered During the MATR Recruitment Phone Call for the *Text 4 Thoughts* (T4T) Study (JV Group)

The information on this webpage is being provided to give you an idea of what will be discussed during the MATR recruitment phone call. Please keep in mind that giving the MATR your permission to share your contact information with the study does not obligate you to participate. If you agree to be contacted by the study and the research staff determines that your family might be eligible for participation, they will provide with you with more detailed information prior to your appointment day.

### ***During our phone call with you...***

#### ***→We will provide information on the study background and why the study is being done:***

This study is being conducted by Dr. Cristina Bares at the University of Michigan and focuses on mood changes during adolescence and young adulthood and how those mood changes impact certain behavior choices and activities. Since teenage and young adult years are packed with developmental and life changes along with many social pressures, it is a timeframe that lays the foundation for decisions and habits that can impact an individual's health and quality of life well into adulthood.

As a parent of a teenager, you are likely familiar with the sometimes rapid change in your teens' moods. Dr. Bares is hoping to track those changes throughout the day over the course of a little over a week. Using this data, she hopes to identify patterns of moods that may be influencing choices such as who a teen chooses to spend time with or what activities they might be doing. Because this has shown to be such a critical timeframe, we are inviting female twin pairs that are 16 through 21 years old to learn more about this study. We are contacting twins specifically, because twin participation will also offer unique & crucial insight into the role genes and environment may be playing as well.

We hope that data from this study will further the understanding of factors that are driving decisions made by teens and young adults and could ultimately help to improve how teens make decisions that may influence their life.

#### ***→We will provide information generally covering what participation in the study will involve:***

Study participations starts with the study staff contacting you and requesting your consent for your twins to participate. They will answer additional questions you or your twins may have. The study will also provide an opportunity for each twin to assent or decline to participate.

After the consent and assent process, the study will ask your twins to complete a series of online surveys. The first survey is the longest of the surveys because it collects baseline information. It will take about 20 minutes to complete. Following that, twins will then be texted links to three short surveys per day for ten days. The time involved each day is relatively brief with each of these surveys taking about 2 to 3 minutes to complete. These short surveys will ask about your teens' moods, such as if they are happy, contented, irritable, tense, etcetera; where the teens are spending their time and who they are with or are they alone. So, for example, are they at home, school, or some other place...are they with friends or family...are they talking or texting on their phone...what are they and the people they are spending time with doing—playing a game, watching TV, smoking cigarettes, riding in a car, etcetera? These are just some examples of the types of behaviors and activities the surveys will ask about. The surveys are scheduled to be received sometime during morning, then midday to afternoon, and finally evening hours. They are spread out like this, in order to capture mood changes and decision patterns throughout the day over the course of a little over a week.

All the survey links are sent by text message, so a cell phone must be used to complete the study. If your twins have a cell phone then it is likely easier for them to use their own phone, though this is not required. The study can provide a loaner phone.

This study is completely voluntary and even if you give *your* permission, the twins retain their right to refuse to participate. It is important though that both twins participate fully in the study, otherwise the data provided will not be as useful. Each individual twin will be compensated at least ten dollars based on their own participation. However, if both twins participate, the compensation is a bit higher and each twin receives twenty dollars.

#### ***→We will request information the study will use to help determine how and if they will contact you:***

This will include a handful of questions that will help guide the study on whether you like emailed or phoned contact more and whether your twins have cell phones you'll allow them to use for the study.

**→We will request your verbal consent to share information with the study staff:**

Just prior to starting the eligibility questions, we have to read a consent statement (copied below) and get your permission to share your information and answers with the study staff. For those that are willing, we tape record the consent. You do not have to be tape recorded to complete the consent.

**The Consent Statement:**

*Note: The following is the consent that will be read to you. Prior to reading the consent we will ask you if we can record it (this recording will not have your name). You can still provide consent whether it is recorded or not. The choice is yours.*

If I say something you do not understand, please stop me and ask me to explain what I said. This telephone call is the first step for allowing your twins to participate in the *Text 4 Thoughts* Study.

We will ask you a few questions confirming contact information and preferences. The questions along with reading this statement, will take approximately five minutes.

If you give us your permission to do so, then the information you provide during this call as well as your date of birth, your twins' dates of birth, genders, race, zygosity and contact information will be shared with the researchers. The MATR may also retain any information you provide in this phone call in order to select you for contact regarding future studies, to possibly match this data with other data to answer general scientific questions, and in the administration of the registry. We take your privacy very seriously and will make every effort to keep the information you provide confidential. This information will be identified with a code. Only very select MATR personnel have the authorization and access needed to match this code and data to your name.

Information the study will share back to the MATR will be related to your participation status in the study, such as the date of your study enrollment and any changes in your participation status. The MATR will also be informed of any updates to your contact information and your twins' zygosity. Both the study and the MATR adhere to strict confidentiality policies; that means that we cannot share information with you that your twins provide during their participation.

If you have allowed us to record this consent, the consent recording will be saved in a secure computer file and will only be identified by a number. Information from this call and the taped consent may be looked at or copied for research or legal purposes by the sponsor or people who ensure that the rights of research participants are protected. This may include people at the Department of Health and Human Services or people at Virginia Commonwealth University. It's normal for these people to be able to review information from research studies. If you have questions about your rights as a research participant please call VCU's Office of Research at (804) 827-2157, but if your questions are about your eligibility status for the study or other study-related topics, please call 1-800-URA-TWIN (1-800-872-8946).

There are no direct benefits to you for completing this call. You are welcome to stop your participation at any time.

*We will ask you if you have any questions and then we will ask the following:*

***Do we have your permission to share your and your twins' names, dates of birth, genders, race, contact information, data from this phone call and your twins' zygosity with the study?***

- If you say yes, we proceed with the rest of the call which includes the screener questions and verifying contact information.
- If you say yes, we will also ask you if you want a copy of the consent statement sent to you for your records.
- If you say no, we end the call.
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The rest of the phone call deals with verifying yours and your twins' information and collecting contact details, such as the best number and days/times for the study to attempt to contact you if they need to reach you by phone.