



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

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.

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.

While the study is interested in improving understanding of how adolescent and young adult mood changes impact general decision-making, like peer choices and activity preferences, the study is particularly interested in how mood changes influence decisions regarding cigarette use. So, we will ask about your experience with cigarettes and/or e-cigarettes.

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

Study participation starts with the study staff contacting you and completing study enrollment, which includes a consent. Once enrolled, participation involves completing a series of online surveys. The first survey is the longest of the surveys because helps confirm eligibility and collects baseline information. It will take about 20 minutes to complete. Following that, you will 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 moods, such as: if you are happy, contented, irritable, tense, etcetera; where you are spending your time, and whether you're spending time with others or alone. So, for example, are you at home, work, or some other place...are you with friends or family...are you talking or texting on the phone, watching TV, smoking cigarettes, 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 you have a cell phone then it is likely easier to use your own phone, though this is not required. The study can provide a loaner phone.

This study is completely voluntary and you can refuse participation at any time. It is important though that both you and your twin participate fully in the study, otherwise the data provided will not be as useful. The study will compensate you at least ten dollars for completing approximately 90% of the surveys. But, if both you and your twin complete the study, then you each will be compensated 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, whether you have a cell phone you might be willing to use for the study, and whether or not you've ever tried (even one or two puffs) a cigarette and/or an e-cigarette.

#### ***→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. [Optional: 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. [Optional: 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 voluntary and the first step to participate in the *Text 4 Thoughts* research study.

We will ask you a few questions confirming contact information & contact preferences as well as whether you have ever experienced cigarette or e-cigarette use specifically. The study will use this information to help determine if you are eligible to participate. 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, gender, 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.

Please keep in mind, when you share information about yourself there is the possibility of a loss of confidentiality. However, we take your privacy very seriously and will make every effort to keep the information you provide confidential. For example, whenever possible, we use coded identifiers and not names and when sending information to the study we use password protected files and encryption.

Also, while generally we do not directly share your decision about participating in a study with your twin, since this study requires full twin pairs, if you both agree to participate then once you start the study, your twin will likely realize that you are part of the MATR and that you agreed to participate in this study.

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 zygosity.

[Optional: 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 without repercussion.

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

***Do we have your permission to share your name, date of birth, gender, race, zygosity, contact information, and data from this phone call 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 twin's contact information and collecting the best number and days/times for the study to attempt to contact you if they need to reach you by phone.