

Informed Consent Form

Title: Primary Care Based Mindfulness Intervention for Chronically Traumatized Individuals

NCT Number: NCT03922581

IRB Approval Date: January 27, 2022

You Are Being Asked to Be in a Research Study

Concise presentation of key concepts

You are being asked to be in a research study. A research study is designed to answer a scientific question. If you agree to be in the study you will be one of 80 people who are being studied, at Emory.

Why is this study being done?

This study is being done to answer the question: How well does a Mindfulness therapy work for people who have symptoms of both depression and post-traumatic stress-disorder. You are being asked to be in this research study because we met you in the Primary Care Clinics at Grady Memorial Hospital and we believe that you could potentially benefit from this therapy and help us to determine if the therapy will work well for others as well.

Do you have to be in the study?

It is your decision to be part of this research study. You do not have to be in it. Your choice will not affect your access to medical care for your condition. Before you make your decision, you should take time to learn about the study.

What do I have to do if I choose to participate in this study?

If you are eligible and want to be part of the study, you will participate for about 3 months (3-11 study visits, depending on which study group you are part of). The researchers will ask you to do the following: Answer some questions about yourself and your current symptoms and maybe participate in the group mindfulness therapy. All of these procedures will be paid for by the study.

How is this study going to help you?

If you are in the study, you will be helping the researchers answer the study question.

What are the risks or discomforts I should know about before making a decision?

The study will take time. The therapy that is being tested may not work any better than regular care, and may even cause harm. All studies have some risks. Some risks are relatively small, like being bored or losing time. Some are more serious – for this study, these include distress when thinking about things that can be upsetting, loss of privacy, and breach of confidentiality. A full list of expected risks, their frequency and severity are in the “What are the possible risks and discomforts?” section of this document.

Alternatives to Joining This Study

If you decide not to enter this study, there is care available to you outside of this research study. Grady Memorial Hospital offers psychiatric services and there is no effect to your treatment there by participating in this study.

Costs

You WILL NOT have to pay for any of the study procedures.

What Should I Do Next?

Read this form, or have it read to you. Make sure the study doctor or study staff explains the study to you. Ask questions (e.g., about exact time commitment, about unfamiliar words, more details on specific procedures, etc.) Take time to consider this, and talk about it with your family and friends.

**Emory University and Grady Health System
Consent to be a Research Subject / HIPAA Authorization**

Title: Primary Care Based Mindfulness Intervention for Chronically Traumatized Individuals

Principal Investigator: Dr. Abigail Powers Lott

Introduction

You are being asked to be in a medical research study. This form is designed to tell you everything you need to think about before you decide if you want to be a part of the study. **It is entirely your choice. If you decide to take part, you can change your mind later on and withdraw from the research study.** The decision to join or not join the research study will not cause you to lose any medical benefits. If you decide not to take part in this study, your doctor will continue to treat you.

Before making your decision:

- Please carefully read this form or have it read to you
- Please listen to the study doctor or study staff explain the study to you
- Please ask questions about anything that is not clear

You can take a copy of this consent form, to keep. Feel free to take your time thinking about whether you would like to participate. You may wish to discuss your decision with family or friends. Do not sign this consent form unless you have had a chance to ask questions and get answers that make sense to you. By signing this form, you will not give up any legal rights.

What is the purpose of this study?

The purpose of this study is to test how well a therapy works for people who have symptoms of both depression and post-traumatic stress disorder.

What will I be asked to do?

If you agree to be in the study you will answer questions about how you handle your emotions and your current mental health symptoms. These visits may occur in person or virtually. If you come in person, we will measure the sweating of your hands when you talk about an event in your life that was stressful. After this first visit you will be randomly (like flipping a coin) put in 1 of 2 groups.

Group 1: In this group you will do 8 weeks of virtual group therapy with a trained therapist (One 90-minute visit per week). The therapy will help you to learn more about depression and PTSD symptoms. You will learn ways to increase your awareness of thoughts and emotions. You will learn to reduce how much those thoughts and emotions bother you. At some of these visits you will also answer questions about how you handle your emotions.

Group 2: In this group you will be contacted in about 4-5 weeks to check how you are feeling and how you handle your emotions.

All groups will also complete a visit at the end of 8 weeks and then again 1 month later. Both of these visits will ask questions about how you handle your emotions and your current mental health symptoms.

Who owns my study information and samples?

If you join this study, you will be donating your samples and study information. You will not receive any payment if your samples or information are used to make a new product. If you withdraw from the study, data and samples that were already collected may be still be used for this study.

What are the possible risks and discomforts?

The most common risks and discomforts expected in this study are:

- The risk of a loss of confidentiality
- The risk of psychological distress when answering questions

It is possible that the researchers will learn something new during the study about the risks of being in it. If this happens, they will tell you about it. Then you can decide if you want to continue to be in this study or not. You may be asked to sign a new consent form that includes the new information if you decide to stay in the study.

Will I benefit directly from the study?

This study is not designed to benefit you directly. This study is designed to learn more about how effective the therapy is. The study results may be used to help others in the future.

Will I be compensated for my time and effort?

You will get \$60 for the initial study visit and the second visit, to compensate you for your time and effort. You will get \$20 for the third study visit (it is much shorter). If you do not finish the study, we will compensate you for the visits you have completed. You will get \$180 total, if you complete all study visits. If you are placed in Group 1, you will receive \$10 for each completed therapy session to compensate you for your time and effort. If you are in this group, you will receive up to \$260 total. You may be asked to fill out a tax form, including your Social Security or Taxpayer Identification Number, in order to be reimbursed, depending on the amount and method of payment. Some payment methods involve mail coming to your house, which may be seen by others in your household. You can decline payment if you are concerned about confidentiality, or you can talk to the study team to see if there are other payment options.

What are my other options?

If you decide not to enter this study, there is care available to you outside of this research study. Grady Memorial Hospital offers psychiatric services and there is no effect to your treatment there by participating in this study.

How will you protect my private information that you collect in this study?

Whenever possible, a study number, rather than your name, will be used on study records. Your name and other identifying information will not appear when we present or publish the study results.

Certificate of Confidentiality

There is a Certificate of Confidentiality from the National Institutes of Health for this Study. The Certificate of Confidentiality helps us to keep others from learning that you participated in this study. Emory will rely on the Certificate of Confidentiality to refuse to give out study information that identifies you. For example, if Emory received a subpoena for study records, it would not give out information that identifies you.

The Certificate of Confidentiality does not stop you or someone else, like a member of your family, from giving out information about your participation in this study. For example, if you let your insurance company know that you are in this study, and you agree to give the insurance company research information, then the investigator cannot use the Certificate to withhold this information. This means you and your family also need to protect your own privacy.

The Certificate does not stop Emory from making the following disclosures about you:

- Giving state public health officials information about certain infectious diseases,
- Giving law officials information about abuse of a child, elderly person or disabled person.
- Giving out information to prevent harm to you or others.
- Giving the study sponsor or funders information about the study, including information for an audit or evaluation.

Storing and Sharing your Information

De-identified data from this study (data that has been stripped of all information that can identify you), may be shared with the research community at large to advance science and health. Data from this study may be placed into public databases where, in addition to having no direct identifiers, researchers will need to sign data use agreements before accessing the data. We will remove or code any personal information that could identify you before your information is shared. This will ensure that, by current scientific standards and known methods, it is extremely unlikely that anyone would be able to identify you from the information we share. Despite these measures, we cannot guarantee anonymity of your personal data.

Your data from this study may be useful for other research being done by investigators at Emory or elsewhere. To help further science, we may provide your deidentified data and/or specimens to other researchers. If we do, we will not include any information that could identify you. If your data or specimens are labeled with your study ID, we will not allow the other investigators to link that ID to your identifiable information.

We will use your sample and data only for research. We will not sell them. However, the results of this research might someday lead to the development of products (such as a commercial cell line, a medical or genetic test, a drug, or other commercial product) that could be sold by a company. You will not receive money from the sale of any such product.

In general, we will not give you any individual results from the study of the samples you give us. If we find something of urgent medical importance to you, we will inform you, although we expect that this will be a very rare occurrence.

Medical Record

If you have been an Emory and Grady Health System patient before, then you already have an Emory and Grady Health System medical record. If you have never been an Emory and Grady Health System patient, you do not have one. An Emory and Grady Health System medical record will be made for you if an Emory and Grady Health System provider or facility gives you any services or procedures for this study.

Tests and procedures done at non-Emory and Grady Health System places may not become part of your Emory and Grady Health System medical record. Also, if you decide to be in this study, it is up to you to let your other health providers know.

In Case of Injury

If you get ill or injured from being in the study, Emory and Grady Health System will help you get medical treatment. Emory and Grady Health System and the sponsor have not, however, set aside any money to pay you or to pay for this medical treatment. The only exception is if it is proven that your injury or illness is directly caused by the negligence of an Emory and Grady Health System or sponsor employee. "Negligence" is the failure to follow a standard duty of care.

If you become ill or injured from being in this study, your insurer will be billed for your treatment costs. If you do not have insurance, or if your insurer does not pay, then you will have to pay these costs.

If you believe you have become ill or injured from this research, you should contact Dr. Lott at telephone number [REDACTED]. You should also let any health care provider who treats you know that you are in a research study.

Costs

There will be no costs to you for participating in this study, other than basic expenses like transportation. You will not be charged for any of the research activities.

Withdrawal from the Study

You have the right to leave a study at any time without penalty.

For your safety, however, you should consider the study doctor's advice about how to go off the study treatment.

The researchers also have the right to stop your participation in this study without your consent for any reason, especially if they believe it is in your best interest or if you were to object to any future changes that may be made in the study plan.

Authorization to Use and Disclose Protected Health Information

The privacy of your health information is important to us. We call your health information that identifies you, your "protected health information" or "PHI." To protect your PHI, we will follow federal and state privacy laws, including the Health Insurance Portability and Accountability Act and regulations (HIPAA). We refer to all of these laws as the "Privacy Rules." Here we let you know how we will use and disclose your PHI for the study.

PHI that Will be Used/Disclosed:

The PHI that we will use or share for the research study includes:

- Name, Birthday, Address, and phone number
- Medical information about you including your mental health history

Purposes for Which Your PHI Will be Used/Disclosed:

We will use and share your PHI for the conduct and oversight of the research study. We will use and share your PHI to provide you with study related treatment. We will also use and share your PHI to conduct normal business operations. We may share your PHI with other people and places that help us conduct or carry out the study, such as data management centers, data monitors and Institutional Review Boards (IRBs). If you leave the study, we may use your PHI to determine your health, vital status or contact information

Use and Disclosure of Your Information That is Required by Law:

We will use and disclose your PHI when we are required to do so by law. This includes laws that require us to report child abuse or abuse of elderly or disabled adults.

Authorization to Use PHI is Required to Participate:

By signing this form, you give us permission to use and share your PHI as described in this document. You do not have to sign this form to authorize the use and disclosure of your PHI. If you do not sign this form, then you may not participate in the research study.

People Who will Use/Disclose Your PHI:

The following people and groups will use and disclose your PHI in connection with the research study:

- The Principal Investigator and the research staff will use and disclose your PHI to conduct the study and give you study related treatment.
- Emory and Grady Health System may use and disclose your PHI to run normal business operations.

- The Principal Investigator and research staff will share your PHI with other people and groups to help conduct the study or to provide oversight for the study.
- The National Institute of Mental Health is the Sponsor of the study. The Sponsor may use and disclose your PHI to make sure the research is done correctly and to collect and analyze the results of the research. The Sponsor may disclose your PHI to other people and groups like study monitors to help conduct the study or to provide oversight for the study.
- The following people and groups will use your PHI to make sure the research is done correctly and safely:
 - Emory and Grady Health System offices that are part of the Human Research Participant Protection Program and those that are involved in study administration and billing. These include the Emory IRB, the Grady Research Oversight Committee, the Emory Research and Healthcare Compliance Offices, and the Emory Office for Clinical Research.
 - Government agencies that regulate the research including: Office for Human Research Protections
 - Public health agencies.
 - Research monitors and reviewer.
 - Accreditation agencies.
- Sometimes a Principal Investigator or other researcher moves to a different institution. If this happens, your PHI may be shared with that new institution and their oversight offices. PHI will be shared securely and under a legal agreement to ensure it continues to be used under the terms of this consent and HIPAA authorization.

Expiration of Your Authorization

Your PHI will be used until this research study ends.

Revoking Your Authorization

If you sign this form, at any time later you may revoke (take back) your permission to use your information. If you want to do this, you must contact the study team at: Dr. Abigail Lott, [REDACTED]

At that point, the researchers would not collect any more of your PHI. But they may use or disclose the information you already gave them so they can follow the law, protect your safety, or make sure that the study was done properly and the data is correct. If you revoke your authorization you will not be able to stay in the study.

Other Items You Should Know about Your Privacy

Not all people and entities are covered by the Privacy Rules. HIPAA only applies to health care providers, health care payers, and health care clearinghouses. If we disclose your information to people who are not covered by the Privacy Rules, including HIPAA, then your information won't be protected by the Privacy Rules. People who do not have to follow the Privacy rules can use or disclose your information with others without your permission if they are allowed to do so by the laws that cover them.

To maintain the integrity of this research study, you generally will not have access to your PHI related to this research until the study is complete. When the study ends, and at your request, you generally will have access to your PHI that we maintain in a designated record set. A designated record set is data that includes medical information or billing records that your health care providers use to make decisions about you. If it is necessary for your health care, your health information will be provided to your doctor.

We may remove identifying information from your PHI. Once we do this, the remaining information will not be subject to the Privacy Rules. Information without identifiers may be used or disclosed with other people or organizations for purposes besides this study.

Contact Information

Contact [redacted] at [redacted]

- if you have any questions about this study or your part in it,
- if you have questions, concerns or complaints about the research

Contact the Emory University Institutional Review Board at 404-712-0720 or 877-503-9797 or irb@emory.edu:

- if you have questions about your rights as a research participant.
- if you have questions, concerns or complaints about the research.
- You may also let the IRB know about your experience as a research participant through our Research Participant Survey at <http://www.surveymonkey.com/s/6ZDMW75>.

If you are a patient receiving care from the Grady Health System and have a question about your rights, you may contact the Office of Research Administration at research@gmh.edu.

Consent and Authorization

TO BE FILLED OUT BY SUBJECT ONLY

Please **print** your name, **sign**, and **date** below if you agree to be in the study. By signing this consent and authorization form, you will not give up any of your legal rights. We will give you a copy of the form to keep.

Name of Subject

Signature of Subject (18 or older and able to consent)

Date Time

TO BE FILLED OUT BY STUDY TEAM ONLY

Name of Person Conducting Informed Consent Discussion

Signature of Person Conducting Informed Consent Discussion

Date Time