Application to Use Human Subjects in Research

PROJECT TITLE: Establishment of an academic self-regulation baseline for first year freshman community college students.

1. Data Collection Schedule: From 12/01/15 to 02/28/16

2. Researcher:
   - Student Investigator Name (if more than one, provide only the lead student researcher):
     Delaram Fakhrai
   - Department: Psychology
   - Email: dfakhraiedu@gmail.com
   - Faculty Advisor Name: Jerry Rudmann
   - Department: Psychology
   - Email: jrudmann@ivc.edu

3. This Research is for:
   - D Honors Project
   - D Independent Study
   - X A Course – course name: Psychology 15
   - X Other – describe: Psi Beta National Research project – organization-wide study

4. Participant Information (approximate number and all applicable categories):
   - Number of participants proposed: 180
   - Check all that apply:
     - Female
     - Male
     - Children (17 or younger)
     - IVC students
     - IVC faculty and/or staff
     - Other: First year community college students, 18 and older

5. Project Period: From 12/01/15 to 05/15/16

   Is this research being funded? D No D Yes
   If yes, submit one copy of the proposal abstract with the application.

   Does the funding agency require IRB approval? D No D Yes D N/A
   If yes, provide all relevant forms, instructions, etc. with this application.

6. Review Category: Please mark any that may apply to your research project.
I. Administrative Review / Exempt (based on the following categories):

- Research conducted in established or commonly accepted educational settings, involving normal educational practices, such as (a) research on regular and special education instructional strategies, or (b) research on the effectiveness of or the comparison among instructional techniques, curricula, or classroom management methods.

- Research involving the use of educational tests (cognitive, diagnostic, aptitude, achievement), survey procedures, interview procedures or observation of public behavior, unless: (a) information obtained is recorded in such a manner that human subjects can be identified, directly or through identifiers linked to the subjects, and (b) any disclosure of the human subjects' responses outside the research could reasonably place the subjects at risk of criminal or civil liability or be damaging to the subjects' financial standing, employability, or reputation.

- Research involving the use of educational tests (cognitive, diagnostic, aptitude, achievement), survey procedures, interview procedures, or observation of public behavior that is not exempt elsewhere in this section, if: (a) the human subjects are elected or appointed public officials or candidates for public office; or (b) federal statute(s) require(s) without exception that the confidentiality of the personally identifiable information will be maintained throughout the research and thereafter.

- Research involving the collection or study of existing data, documents, records, pathological specimens, or diagnostic specimens, if these sources are publicly available or if the information is recorded by the investigator in such a manner that subjects cannot be identified, directly or through identifiers linked to the subjects.

- Research and demonstration projects which are conducted by or subject to the approval of department or agency heads, and which are designed to study, evaluate, or otherwise examine: (a) Public benefit or service programs; (b) procedures for obtaining benefits or services under those programs; (c) possible changes in or alternatives to those programs or procedures; or (d) possible changes in methods or levels of payment for benefits or services under those programs.

- Taste and food quality evaluation and consumer acceptance studies, (a) if wholesome foods without additives are consumed or (b) if a food is consumed that contains a food ingredient at or below the level and for a use found to be safe, or agricultural chemical or environmental contaminant at or below the level found to be safe, by the Food and Drug Administration or approved by the Environmental Protection Agency or the Food Safety and Inspection Service of the U.S. Department of Agriculture.

II. Expedited Review (based on the following categories):

Note: Submit original and one copy of all application materials.

- Recording data from adults using non-invasive procedures
- Collecting moderate blood samples from healthy adults
- Voice recordings made for research purposes
- Moderate exercise by healthy volunteers
- Study of existing data, documents, or records
- Non-manipulative, non-stressful research on individual or group behavior
- Other: (Describe Here)

III. Full Board Review: Entire board will review and meet to discuss the application.
7. Description of the Research Project – Please respond to the prompts provided below to briefly describe the objectives and methodology of your research.

A. Objectives of the Study: Establish an academic self-regulation baseline for first year community college freshmen aged 18 and older. The study will also explore the possible relationship between self-regulation, mindset, happiness, and satisfaction with life.

B. Hypothesis: Students with a growth (incremental) mindset perspective concerning intelligence, compared to students with an entity (fixed) mindset perspective, will have a higher level of academic self-regulation. Second, academic self-regulation will be found to have a positive correlation with happiness and satisfaction with life.

C. Methodology

a. Recruitment of participants: Participants will be recruited by having Psi Beta research students visit psychology classrooms and explaining the study. Students who wish to participate will each provide their email address on an index card. The researcher will use the index cards to send emails having the link to the online questionnaire.

b. Informed consent: When the student researchers visit the class to recruit participants, they'll mention informed consent. When participants begin the online questionnaire, they'll need to read and click a button to indicate their informed consent. The data for any participant who fails to indicate informed consent will be deleted from the data file before conducting any analyses.

Measures of primary variables: The measures used in this study are all adapted from published research journal articles. They include the following:

• Goal Orientation scale – Button, Mathieu, & Zajac (1996)
• Mindset scale – Flores, Lemons, & McTerman (2006)
• Satisfaction with Life scale – Diener, Emmons, Larsen, & Griffin (1985)
• Self-Efficacy for Self-Regulated Learning scale – Zimmerman, Bandura, & Martinez-Pons (1992)
• Subjective Happiness scale – Lyubomirsky & Lepper (1999)

c. Procedure – step by step overview of the research experience from the participant's perspective: Student researchers will visit classrooms and read a script prepared for recruiting participants. Once the participant agrees to participate, he/she will receive an email having a link to the online questionnaire. The online questionnaire contains 5 scales listed above, following by a section in which the participant reports the following demographic information: Sex, age, college units completed, semester in college, (optional) ethnicity, and college name. NOTE: The college name is needed for participating Psi Beta chapter researchers who wish to compare data gathered from their participants with data gathered from participants at other two-year colleges.

D. Data Collection: The data collection phase is December 1, 2015 to February 28, 2016.

E. Debriefing procedure and statement: Upon completing the questionnaire, participants will be thanked for their participation. There is no formal debriefing
because the study does not use deception, the information being sought is obvious to the participants and not particularly sensitive or embarrassing information, and the researchers will not gather any personal information that could pose a risk to the participants.

F. Data Analysis: Data will be downloaded and imported into SPSS. Analyses will consist of description and appropriate inferential statistical analyses.

G. Confidentiality and protection of the study's data: No personal identifying information will be sought from the participants. Data will be kept on a server belonging to the Psi Beta honor society.

H. Risks and benefits of the study: This study poses minimum risk to the participants. The information we hope to gather is not of a sensitive nature and the identity of the participants will be anonymous. The benefits for the study include further understanding the extent to which first year college students are confident of their ability to self-regulate in an academic setting and some of the factors (e.g., mindset, happiness, and goal clarity) which relate to self-efficacy. The baseline information will be helpful for designing and conducting a more sophisticated experimental study in which we hope to examine the efficacy of providing students with strategies designed to improve academic self-efficacy and, therefore, increase their overall level of academic success (i.e., confidence, GPA, and term-to-term persistence) of first year freshmen.

I. Dissemination: Psi Beta students participating in this study will have the option of presenting their findings in local, regional, or national conference poster session. Psi Beta students will have the option of writing their findings in APA format and submitting their paper to Psi Beta’s annual national research paper competition.

8. Attachments: All relevant project materials and documents, including the following:

- Surveys, questionnaires, and interview instruments
- Informed Consent and Assent (if applicable) forms
- Letters of approval (if applicable) on letterhead from cooperating agencies, schools, boards of education, etc.
- Debriefing statement or explanation sheet (if applicable)
- Participant recruitment materials (e.g., fliers, advertisements)

NOTE: We have included the participant recruitment script.
9. Affirmation of Compliance - Investigators or researchers are required to notify the IRB of substantive changes to protocol, unanticipated adverse, serious events experienced by participants, and project completion. Projects lasting longer than one year require an annual Request for Continuation (Protocol Renewal) or Notice of Project Ending by emailing the Student Research Compliance Officer, Dr. Jerry Rudmann at jrudmann@ivc.edu. The consent forms and data must be kept at least three years after the study ends.

- I agree to follow the procedures outlined herein and to ensure that the rights and welfare of human participants are properly protected. I will commence the study only after receiving approval from the IRB (or departmental Human Participants Review Board) and having complied with required modifications. I will promptly report additions, changes, or problems involving the rights or welfare of human participants to the IRB by contacting the Student Research Compliance Officer at jrudmann@ivc.edu. If the project continues for more than one year from the approval date, I will submit the required documentation.

- I affirm that I have read and reviewed the accuracy of this application and accept responsibility for the ethical conduct of this research, supervision of human participants, and maintenance of data and informed consent documentation as required by the IRB.

Signature of Student Investigator

APPROVAL OF FACULTY ADVISOR OR SPONSOR:

- I affirm that I have proofread and reviewed the accuracy of this application and accept responsibility for the ethical conduct of research, student supervision, and documentation maintenance. (Copy and paste additional faculty advisor approval signatures and contact information lines as needed below.)

- I agree to follow the procedures outlined herein for my student(s) and to ensure that the rights and welfare of human participants are properly protected. I will ensure that data gathering does not commence until the study has been approved by the Irvine Valley College Student Research IRB or by the Irvine Valley College IRB committee. I will promptly report additions, changes, or problems involving the rights or welfare of human participants to the IRB by contacting the Student Research Compliance Officer at jrudmann@ivc.edu. If the project continues for more than one year from the approval date, I will submit the required documentation.

Signature of Faculty Advisor

For office use only:

- New project (ID # assigned by IRB): 1001
- Resubmission project (Enter IRB ID # assigned):
- Date of most recent previous review: Nov. 1, 2015

COMMENT(S) ON STATUS: EXEMPT, Masseur 11/23/2015