

THE COLLEGE OF NEW JERSEY
PARENTAL PERMISSION FOR PARTICIPATION IN A RESEARCH PROJECT

Principle Investigator: Laura Bruno, Ed.D.

Study Title: Parental Perceptions of Self-Esteem and Overall Wellness in participants of Girls on the GLOW

IRB Protocol # _____

Invitation to Participate: You and your child are invited to participate in a research study investigating the perception of self-esteem and overall wellness in how it relates to your daughter. Researchers from the Department of Health and Exercise Science at The College of New Jersey (TCNJ) will perform this study.

Research Objective: The purpose of this study is to assess if parental perceptions are an accurate measurement of self-esteem and overall wellness in girls participating in the Girls on the GLOW program.

Description of Procedures: All study procedures will take place during the Girls on the GLOW meetings/practices held at J. Mason Tomlin Elementary School in Mantua, New Jersey. You will be responsible for transporting your child to and from the meeting/practice. Children with a pre-existing medical condition such as diabetes, a sports-related injury, or recent illness will not be permitted to participate in this study. The study has been broken down to the following two (2) phases:

Phase 1: At the first meeting, your daughter's age, height and weight will be recorded. This confidential information will be used to calculate healthy body mass index (BMI) range and simply serve as a baseline score. Your daughter will then complete the FitnessGram PACER test to assess current aerobic fitness level. The Progressive Aerobic Cardiovascular Endurance Run (PACER) is a multistage shuttle run. Used in K-12 public schools as an assessment tool, participants run back and forth across a 20 meter space at a pace that gets faster each minute. A point is scored for each 20 meter distance covered. The test starts easier in the beginning but progressively gets more difficult (Plowman, 2013). This will serve as a baseline score to determine if aerobic fitness improvements occur throughout the course of the program. This assessment will take approximately 20 minutes. Lastly, your daughter will complete the Kid-KINDL ® Quality of Life Questionnaire for Children (Ravens-Sieberer & Bullinger, 2000). In an age appropriate format, this pencil/paper tool will assess perceived self-esteem and overall wellness. The PI and research assistants will orally read this questionnaire aloud to the girls to ensure they can fully read/understand each question. The team will also be available to answer any questions. This test will take approximately 10 minutes. As the legal parents/guardian, you will also be asked to complete the corresponding Parents' Questionnaire KINDL ® (Ravens-Sieberer & Bullinger, 2000). All data collected from Phase 1 will serve as baseline score for each participant.

Phase 2: This will occur at the end of the season, during week 8. Final testing will include a second assessment of the FitnessGram PACER test, and Kid-KINDL ® Quality of Life Questionnaire for Children (Ravens-Sieberer & Bullinger, 2000). Protocol will mirror Phase 1 and during this time, the PI and research assistants will orally read the questionnaire aloud to ensure your child fully understands each question. During this time, you will also be asked to complete the Parents' Questionnaire KINDL ® (Ravens-Sieberer & Bullinger, 2000) one final time.

All testing and training sessions will be supervised by Girls on the GLOW volunteers, as well as faculty from the Department of Health and Exercise Science. TCNJ students will assist with selected aspects of data collection. It is anticipated that information for each child and parent will be collected within the eight week period.

Risks and Discomforts: As with any form of exercise or physical activity a certain amount of risk is involved. In addition to unforeseen medical problems, a possible discomfort includes muscle soreness or stiffness. The risk of injury and soreness will be minimized by adequate warm-up, close supervision and adherence to appropriate testing procedures. This perceived self-esteem and overall wellness that will be studied in this project does not go beyond

the scope of the Girls on the GLOW program/curriculum. As will be typical with each session, GLOW volunteers/coaches will be available to offer counseling or guidance if needed at any time.

Potential Benefits: In addition to providing information about the potential physical and psychosocial gains of participating in the Girls on the GLOW program, results from this research will help the Girls on the GLOW founders assess their short-term goals program success.

Will the results be confidential? Yes. All information gathered from this study will be completely confidential. Both you and your child's information will be given a code number instead of a name and only the researchers will have access to the data. All data collected will only be used for research purposes.

Is participation completely voluntary? Yes. It is completely up to you whether or not you and your child participate in this study. Participation or withdrawal from this study will not influence your child's ability to participate in the Girls on the GLOW program. If, for any reason, you wish to withdraw, you can contact Laura Bruno at any time. Neither you, nor your child will experience any negative repercussions if you select not to participate in this study.

Economic Considerations: As subjects in the study, participants will not be charged or financially compensated for participation.

Emergency Response Plan: A researcher and/or Girls on the GLOW volunteer/coach will initiate any appropriate emergency action if necessary.

Questions: If you have questions about this project or if you have a research-related problem, you may contact Dr. Laura Bruno (609) 771-2195 (brunol@tcnj.edu) or Dr Chu Kim-Prieto, TCNJ Institutional Review Board Chair, at (609) 771-2695 (kim@tcnj.edu).

Authorization: I have read this form and I allow (name of child) _____ to participate in the project described above. I permit the investigators to use both mine and my child's data for this research study. Its general purposes, the particulars of mine and my child's involvement and possible hazards and inconveniences have been explained to my satisfaction. My signature also indicates that I have received a copy of this permission form.

I attest that my child does not have any type of a pre-existing medical condition such as diabetes, a sports-related injury, or recent illness.

Signature of parent or guardian, Date

Printed name of parent or guardian

Printed name of child

Signature of researcher, Date

Name and address of researcher: Laura Bruno, Ed.D.
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