

## Informed Consent

This informed consent is for participants in the study on factors contributing to parent stress experienced by those raising a child with autism.

Amber Hasbun Principal Investigator  
Approved by Alliant International University

I am Amber Hasbun and a doctoral student at Alliant International University. You are invited to participate in a study on stress for parents caring for a child with autism. I'm going to provide you with some information on why I think this information is important. You can choose to participate in this study at any time. Before you decide, please feel free to talk to anyone you feel comfortable with about your involvement. If anything in this informed consent is unclear, please email with questions ([ahasbun@alliant.edu](mailto:ahasbun@alliant.edu)). You may also contact the Faculty Supervisor of the study, Dr. Alba Nino ([anino@alliant.edu](mailto:anino@alliant.edu)).

### **Purpose of the Research**

This study is to better understand the factors and experiences that are contributing the higher reports of parent stress for those raising a child with autism. Autism Spectrum Disorder is becoming more and more common. The Center for Disease Control and Prevention reported that 1 in 68 are identified as being on the spectrum in 2016. This is up from 1 in 88 in 2008 and estimates of 1 in 150 in 2000, all by the CDC. Better treatment can be available once we learn about the unique experiences of parents.

### **Research Procedures**

For this study, you will be asked to complete a series of question on your experiences. At the beginning of the study you will be asked some basic demographic questions. Then questions range from rating your experience on a scale of 1 to 5 to indicate degree of agreement or disagreement with a specific question. Some questions responses will be true or false. The survey will take 35-45 minutes to complete.

### **Voluntary Participation**

Please know that your involvement in this research is entirely voluntary. You may stop at any time without penalty. All participants in the study will receive a copy of the resources list, regardless if they complete the survey. To receive an electronic copy of the survey, please email the principal researcher: [ahasbun@alliant.edu](mailto:ahasbun@alliant.edu). Please put "Resource list request" into the subject line.

### **Risks**

Potential risks to the study are minimal, however participants may experience some discomfort with responding to the questions. To reduce these risks, know that your continued participation in the study is voluntary. You may pause, skip a question, or stop your involvement at any time. Should you be experiencing and heightened anxiety or depressed mood, please call the parental stress hotline (800-632-8188). If you are experiencing any thoughts of self-harm, please contact the National Suicide Prevention and Crisis Hotline at 1-800-273-8255 or Dial 911 for immediate assistance. You can also consult your physician if you feel it is appropriate and you are not at immediate risk.

**Benefits**

Potential benefits of responding to this study vary. Some participants may experience positive feelings for contributing to the knowledge on this subject. Others may experience positive feelings related to sharing their strengths and concerns.

**Compensation**

In appreciation of your time and involvement in this study, all participants will receive a resource list. The list contains a summary of service, resource and where to find more information on each. Resources range from treatments to family supports. Participants can also choose to receive a copy of the study findings. The findings will be emailed to participants at the end of the study. Participants who are interested, can also enter a lotto to receive 1 of 10, \$20 visa gift cards. Chances of being selected are 1 in 15.

**Confidentiality**

Please know that all responses will be anonymous. At no point in the study will you be asked to provide identifying information. Each survey response will be assigned a random number and will not contain any personal information. For those wish to participate in the raffle or receive a copy of the study findings can provide their email address. Your email address will not be linked to your survey responses in any way. The survey link is designed to help respondents remain anonymous.

For general questions about rights of research participants contact the Alliant International University Institutional Review Board at [Alliant-irb@alliant.edu](mailto:Alliant-irb@alliant.edu)

Please either download or print this consent form before proceeding with this study. This will ensure that you have access to phone numbers and emails contained in this consent form, should you need to contact the persons responsible for the oversight, supervision or completion of this study.

**Certificate of Consent**

By marking “yes” and typing your initials, you are indicating that you have read this document. Mark “yes” and typing your initials next to each statement below if you consent to participant in this study.

I acknowledge that I have read the informed consent. Yes \_\_\_ No \_\_\_ Initial \_\_\_\_\_

I understand that my participation is voluntary, and I may stop at any time. Yes \_\_\_\_, No \_\_\_\_\_  
Initial \_\_\_\_\_

I consent to participating in this study. Yes \_\_\_ No \_\_\_ Initial \_\_\_\_\_

Date \_\_\_\_\_

Day/month/year

**Approved by Alliant International University Institutional Review Board**