



UCSD Sleep and General Health Online Survey Consent Form

You are being invited to complete an online survey regarding sleep quality, anxiety and depression, and inhalant use. This survey is being managed by Ira Advani & Laura E. Crotty Alexander MD from the University of California San Diego (UCSD).

The purpose of this survey is to explore relationships between sleep quality, symptoms of anxiety and depression, and the type of tobacco and vaping products used by subjects in the setting of the ongoing COVID-19 pandemic. If you agree to take part in this survey, you will be asked to complete an online survey/questionnaire. This survey/questionnaire will ask about sleep habits and quality, symptoms of depression and anxiety, and inhalant use and is 40-75 questions long and it will take you approximately 5-10 minutes to complete.

There may or may not be any direct benefit to you from this research. The investigator(s), however, may learn more about associations between tobacco and vaping products and sleep quality. All participants who complete the online health questionnaire will be entered in a weekly lottery to win a \$100 Amazon gift card. Those who decline enrollment in the study or the survey will still have the opportunity to participate in the lottery; participation in the study is not required to enter the lottery. Those individuals who are not asked to participate in the study will also be eligible to enter the lottery. To enter the lottery, an individual will provide an email address to serve as their entrance into the lottery. For survey participants, this email address will be collected during the survey. Non-participants can provide their email address by emailing lca@ucsd.edu who will add it to the lottery database. After completion of enrollment of the study or 10/1/2020, whichever comes first, the winner will be selected, notified, and the gift card will be delivered all via email. The lottery winner will be selected in a blinded and random process, that is double checked by two team members. All emails will be assigned a number, the numbers will be entered into a random number generator on a TI-84 Plus calculator, the upper and lower limits and n will be defined, and one number will be randomly selected. Team members will notify the winner via email and will deliver the amazon gift card via email. With our targeted enrollment of 100 participants per week, we would estimate the odds of winning the lottery at 1:100 (odds will vary depending on the number of study nonparticipants who enroll in the lottery).

There are minimal risks associated with this research study. There are no physical risks associated with this online survey. This survey will take a very small amount of your time (10 minutes maximum). The risk of a data breach is low, but not zero. No computerized data is 100% free from the risk of loss of confidentiality or unauthorized access. However, our online survey is conducted using an encrypted and secure online vendor, SSL encryption for data in transit, and stored on encrypted hard-drives with password protected files. Furthermore, data will be de-identified and anonymized (which will mitigate damages in the unlikely event of a data breach). After completion of the study and analysis, all data will be securely deleted. Therefore, in summary, there is minimal risk of loss of confidentiality. Research records will be kept confidential to the extent allowed by law and may be reviewed by the UCSD Institutional Review Board.

Your participation in this survey is completely voluntary and you can withdraw at any time by simply exiting the survey. Choosing not to participate or withdrawing will result in no penalty or loss of benefits to which you are entitled. You are free to skip any question that you choose, though.

If you have questions about this project or if you have a research-related problem, you may contact the researcher(s), Laura Crotty-Alexander MD, at lcrotty@ucsd.edu or 619-471-0820. If you have any questions concerning your rights as a research subject, you may contact the UCSD Human Research Protections Program Office at 858-246-HRPP (858-246-4777).

By clicking “You agree” below you are indicating that you are at least 18 years old, have read this consent form, and agree to participate in this survey. Please print a copy of this page for your records.

You
Agree

You Do
Not Agree