EMOTIONAL COMMUNICATION AND STRESS

Study Information Sheet

You are invited to take part in a research study on emotional communication and stress. The study is being conducted by John Crowley of the Department of Communication at the University of Washington. This information sheet gives a general overview of this paid research opportunity. If you have questions, please contact John Crowley at crowlj3@uw.edu\*

*\*Please note that we cannot guarantee the confidentiality of information sent by e-mail.*

**What is this study about?**

The purpose of this study is to examine how a writing exercise might help lesbian, gay, bisexual, or transgender (LGBT) individuals cope with hate-speech targeted at their sexual orientation. We are specifically examining how writing about the benefits or traumatic features of an experience with hate speech might help people to cope with its negative physical and psychological effects.

**What will I have to do?**

If you agree to participate, we will schedule a time to come into the lab for a 1.5-hour lab session in the late morning. We will ask you to restrict diet and exercise before coming to the lab. Specifically, you will be asked not to consume alcohol or caffeine at least 8 hours before your lab appointment, and not to eat or drink anything other than water and to avoid exercise an hour before coming to the lab. When you arrive at the laboratory, you and your lab attendant will discuss the details of your experience with hate-speech. After this 10-minute discussion, you will provide another saliva sample, and then participate in one of three 20-minute writing exercises. After that, you will provide another saliva sample and complete a short exit survey.

**How much time will it take?**

The online screening survey to see if you are eligible should take no longer than 10 minutes. The pre-lab session should take 25-30 minutes, and the lab itself should take approximately 1.5 hours in total.

**How much will I be paid?**

Upon completion of the study you will be paid $25.

**What about my rights?**

This study is voluntary. You don’t have to participate if you don’t want to. It is ok for you to say no. Even if you begin the study, you are free to withdraw from the study at any time. Even if you are selected for the study based on the screening survey, you are under no obligation. You can say no. You may skip any survey question or study activity that causes you to feel uncomfortable. All of the information you give us will be strictly confidential. The information you give will be given an anonymous ID number and will not be linked to your real name in any way.

**How can I find out if I’m eligible to participate?**

We are selecting approximately 60 males and females in good general health and who identify as lesbian, gay, bisexual, or transgender for participation. However, because our measures can be influenced by a number of factors that have nothing to do with the study, we need to screen for eligibility. To determine if you are eligible, please complete the brief online survey here:

<https://catalyst.uw.edu/webq/survey/crowlj3/124828>