

Informed Consent/Parent or Guardian

On My Mat: Promoting Compassion, Mindfulness, and Body Kindness in School Aged-Girls

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On My Mat is an after-school program that utilizes yoga and mindfulness to develop self-compassion in school aged girls in grades 3-8. OMM has been developed by Nicole Kever of On My Mat, LLC and Julie Mathers of On My Mat, LLC. Weekly sessions will be implemented by a group of trained volunteers. Throughout the program students will participate in the yoga practice, mindfulness techniques, and small group lessons. The program strives to promote compassion to self and others, cultivate mindfulness, and support body kindness. The long-term goal is to provide the tools at the elementary and middle school levels that to build and solidify self-esteem. Jennifer M. Frank and Karen Rice of the Millersville University Social Work Department are assisting Nicole and Julie with the evaluation of this program.

Title of the Study:

On My Mat: Promoting Compassion, Mindfulness, and Body Kindness in School-Aged Girls

Purpose and General Description

The purpose of this study is to assess the effectiveness of the On My Mat (OMM) program for school aged girls in which you are participating.

This study is being conducted by Jennifer M. Frank and Karen Rice of the Millersville University School of Social Work and Nicole Kever and Julie Mathers of On My Mat, LLC.

Participation

What we will ask you to do: Based on your child's participation in this program, she will be asked to complete a pre/post-survey at the beginning and end of the program. The survey comprises a number of questions that assess compassion, mindfulness, body kindness, and self esteem. The survey will take approximately 15 minutes to complete and will be done at the beginning of the first and last session of the program.

Voluntary Participation: Your child's participation in this research is entirely voluntary. It is her and your choice whether the youth completes the survey or not and it will have no bearing on her ability to participate in the program.

Your answers will be confidential. Data collected will be combined for analysis purposes and not be connected to the person completing the survey.

Although we are asking the youth to put her name on the survey, we will replace that name with a unique ID in order to match the pre and post surveys for analysis purposes. For all future use of the data, the youth's name will be replaced with this ID so no one is able to identify the person who completed the survey.

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Potential Risks

There are no known risks to participating in this study.

Potential Benefits

This study will explore compassion, mindfulness, body kindness, and self-esteem, key components of the program. Feedback will be used to evaluate the effectiveness of the program and identify necessary changes to enhance outcomes.

Compensation for Participation

Compensation will not be provided for participation in this study.

Alternatives to Participation

The only alternative to participation in this study would be to not participate, and individuals can deny or withdraw from participation at any time without repercussion.

Information Withheld

There will not be any information purposefully withheld from subjects in this study.

Debriefing

The contact information of the researchers is listed below. Participants are free to contact us at any point to obtain further details about study.

Confidentiality

Confidentiality of data will be strictly maintained. As stated above, personal information will not be attached to your responses. Data will be entered into and compiled on the researcher's password-protected computer. All data will be retained for at least three years in compliance with federal regulations.

Questions about the research and rights of research participants

If you have questions: The primary researchers conducting this study are Jennifer M. Frank and Karen Rice. You can contact Jennifer M. Frank at Jennifer.Frank@millersville.edu or 717-405-0361 or Karen Rice at Karen.rice@millersville.edu or 717-871-5297. Further, you can contact Nicole Keever at Nicole@onmymat.org or Julie Mathers at Julie@onmymat.org who are the primary coordinators of the OMM program.

If you have any questions or concerns regarding your rights as a subject in this study, you may contact the Institutional Review Board (IRB) at 717-871-2309 and ask for Dr. Rene Munoz.

Consent

I have read the above information, and understand why the research is being done. I give permission for my child to participate in this research study. I know that I am free to change my mind and withdraw my child from this research at any time. If I do decide to withdraw her, we will not be punished and all previously collected information about her will be expunged. Further, withdrawal from participation in

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the study has no bearing on my child's continued participation in the program. Additionally, by signing below, I also agree that I am at least 18 years of age.

Your Signature _____ Date _____

Your Name (printed)

Child's Name (printed)

This study has been approved by Millersville University of Pennsylvania's Institutional Review Board for the Protection of Human Subjects.