

**Appendix A**  
**Student Assent Form: Control Group Participants**

We are doing a research project to learn about how certain types of activities might help lower your stress and make your life better. We are asking for your help because we don't know very much about how kids your age are best able to reduce their stress levels.

If you agree to join our project, we are going to ask you some questions about yourself and your stress levels before and after this 8-week program; to find out if our program works, **we are asking some students to participate in something called a "control group," where we ask you the same questions as those participating in the program without your own participation in the program.** We are hoping you will agree to be in our control group; **even though you won't be participating in the program, you will still have access to the program AFTER the completion of the study.** Specifically, we want to know if students feel like yoga helps you feel calmer and/or happier, so if you'd like to participate in yoga after the end of our program, please use the contact information at the end of this form and let me know. Here's what the activities available to you **after the study ends** might look like:

**\*Yoga:** Each session will highlight deep breathing, mindful movement, and stress relief. Sessions will begin with goal-setting, then the physical practice, and will end with a peaceful relaxation activity that will help you feel less stressed. This will take place twice weekly for 8 weeks during your physical education class and online.

To compare those participating in the program with those who are not, we will be collecting a sample of your saliva (spit) periodically during the program to measure your stress hormone levels (cortisol) to see if this program helps reduce your stress. We will also be measuring your resting heart rate and sleeping patterns through a wearable fitness tracker; **as an incentive for your participation, if you complete all of the study activities, you will get to keep the Fitbit Inspire HR tracker at the end of the study!**

The questions we will ask you are only what you think before and after the study. There are no right or wrong answers, and this is not a test--it will NOT have any impact on your school grades. As a part of the research project, we will look at some information on your student records, your stress levels, and ask you to respond to a survey where you will provide the number of difficult life experiences you have experienced. To protect your privacy, no information concerning the details of these experiences will be collected other than the number you have experienced. All your information will be kept completely confidential and private. However, if you start to have suicidal thoughts, think about hurting yourself or others during any part of the study, we will let school officials know for your own and others' safety. **You can ask questions about this study at any time. If you decide at any time not to finish, then you don't have to be a part of the study; participation in this study is completely voluntary.** The questions on the surveys we will ask are only about what you think. There are no right or wrong answers because this is not a test.

**If you sign this paper, it means that you have read this and that you want to be in the control group for this study,** which means that you will NOT be participating in the program. If you don't want to be in the study, don't sign this paper. Being in the study is up to you, and no one will be upset if you don't sign this paper or if you change your mind later. It also won't affect your grades or school standing whatsoever.

Your signature: \_\_\_\_\_

Your printed name: \_\_\_\_\_

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**Contact Information:**

Dr. Lauren Davis (Principal Investigator)  
Montana State University  
Lauren.davis6@montana.edu  
406-994-7424

Note: This form is a requirement of Montana State University's Institutional Review Board (IRB). An IRB is an administrative body established to protect the rights and welfare of human research subjects recruited to participate in research activities conducted by faculty members of Montana State University. The IRB is charged with the responsibility of reviewing, prior to its initiation, all research involving human participants. The IRB is concerned with protecting the welfare, rights, and privacy of human subjects and has the authority to approve, disapprove, monitor, and require modifications in all research activities that fall within its jurisdiction as specified by both the federal regulations and institutional policy. If you have any questions regarding this proposed project, their contact information is listed below; please don't hesitate to reach out to them with any concerns.

Montana State University Institutional Review Board  
Mark Quinn, Chair  
P.O. Box 173610  
Bozeman, MT 59717  
Ph (406) 994-4707

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MSU IRB  
05/21/2020  
Date Approved



## Appendix B: Parent Consent Form for Control Group Participants

Dear Parents and Guardians,

We would like to invite your child to participate in a research project to learn about how certain activities might help them relieve stress and improve their quality of life. We are asking for your child's help because we don't know very much about how students your child's age might be able to best cope with and reduce stress. Participation in this study is completely voluntary. If you agree to your child being in our study, we are going to ask your child to answer a few questions about their stress levels and overall well-being before and after this 8-week program. We want to know if certain activities help reduce their stress—specifically, yoga. **To help us determine whether this program is successful, we need to have a “control group” of students who do NOT participate in the study but are asked the same questions and provide the same data as those participating.** Therefore, we are hoping that you will agree for your child to participate in our control group. **However, your child will be offered an opportunity to participate in the program AFTER our study concludes;** if he/she would like to participate, please contact me using the information at the end of this form. Here's what your child's activities might look like if they would like to participate after the end of our study:

**\*Yoga:** Each session will highlight deep breathing, mindful movement, and stress relief. Sessions will begin with goal-setting, will move into the physical practice, and will end with a peaceful reflection that will help students feel less stressed. This program will take place twice weekly during your child's regularly scheduled physical education class and online.

In order to measure stress levels, students' stress hormone (cortisol) levels will be tested throughout the program through a collected saliva (spit) sample; you can learn more about the procedure for this safe, non-invasive process here: <https://www.nationwidechildrens.org/family-resources-education/health-wellness-and-safety-resources/helping-hands/saliva-cortisol-test-collection-guidelines>. We will also be using wearable fitness trackers to track students' sleep patterns and resting heart rate; **as an incentive for participating in the control group, if your child completes all of the requirements of the study, they may keep their Fitbit Inspire HR fitness tracker!** You or your child can ask questions about the details of study at any time. If you or they decide at any time not to continue participating, then they won't be a part of the study.

The questions we will ask are only about what your child thinks and feels before and after the study, which will take place for 8 weeks. There are no right or wrong answers, and we will explain to them that this is not a test. As a part of the study, we will look at your child's academic records and stress levels measured in multiple ways; specifically, we will examine their MAPS scores, attendance/tardiness records, and behavioral referrals before and after the study. We will also ask your child to fill out surveys that gather information about their overall quality of life, and we will also give students a survey where they will be providing the number of difficult life experiences they have experienced. In order to protect your child's privacy, no information concerning the details of these experiences will be collected other than the number the child has experienced. All student information will be kept completely confidential and private--random ID numbers will be assigned by your child's teacher to each child in the study. However, in the event that a child shows any indication of suicidal thoughts, risk of self-harm, or harm to others during any part of the study, we will promptly notify school officials to discuss appropriate responses. Copies of all surveys and questionnaires will be provided to parents/guardians by request prior to the beginning of the program.

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**Please return this form to the school immediately upon receipt.** Being in the study is up to you and your child. No one will be upset if you don't want your child to be in the study or if you or your child decide later not to participate. It will also not impact your child's grades or school standing in any way.

**Please choose one option:**

Yes, I give permission for my child to participate. \_\_\_\_\_

No, I do not want my child to participate. \_\_\_\_\_

**Please choose one option:**

Yes, I would like for my child to participate in the yoga program AFTER the study concludes \_\_\_\_\_

No, I do not want my child to participate in the yoga program AFTER the study concludes \_\_\_\_\_

**Your child's name:** \_\_\_\_\_

**Your signature:** \_\_\_\_\_

**Your printed name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Contact Information:**

Dr. Lauren Davis (Principal Investigator)  
Montana State University  
Lauren.davis6@montana.edu  
406-994-7424

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## Appendix C: Parent Consent Form: Experimental Group Participants

### Parent Consent Form: Experimental Group Participants

Dear Parents and Guardians,

We would like to invite your child to participate in a research project to learn about how certain activities might help them relieve stress and improve their quality of life. We are asking for your child's help because we don't know very much about how students your child's age might be able to best cope with and reduce stress. Participation in this study is completely voluntary. If you agree to your child being in our study, we are going to ask your child to answer a few questions about their stress levels and overall well-being before and after this 8-week program. We want to know if certain activities help reduce their stress—specifically, yoga. Here's what your child's activities might look like:

**\*Yoga:** Each session will highlight deep breathing, mindful movement, and stress relief. Sessions will begin with goal-setting, will move into the physical practice, and will end with a peaceful reflection that will help students feel less stressed. This program will take place twice weekly during your child's regularly scheduled physical education class and online.

At the end of the program, we may ask your child if they feel like they can concentrate in class more, if they feel less stressed out, or if they feel happier or less anxious. In order to measure stress levels, students' stress hormone (cortisol) levels will be tested throughout the program through a collected saliva (spit) sample; you can learn more about the procedure for this safe, non-invasive process here: <https://www.nationwidechildrens.org/family-resources-education/health-wellness-and-safety-resources/helping-hands/saliva-cortisol-test-collection-guidelines>. We will also be using wearable fitness trackers to track students' sleep patterns and resting heart rate; **as an incentive for participating in the control group, if your child completes all of the requirements of the study, they may keep their Fitbit Inspire HR fitness tracker!** You or your child can ask questions about the details of study at any time. If you or they decide at any time not to continue participating, then they won't be a part of the study.

The questions we will ask are only about what your child thinks and feels before and after the study, which will take place for 8 weeks. There are no right or wrong answers, and we will explain to them that this is not a test. We will also ask your child to write down and share with us his or her reactions to the yoga session in a journal each week so we can learn what was helpful to them in this study. As a part of the study, we will look at your child's academic records and stress levels measured in multiple ways; specifically, we will examine their MAPS scores, attendance/tardiness records, and behavioral referrals before and after the study. We will also ask your child to fill out surveys that gather information about their overall quality of life, and we will also give students a survey where they will be providing the number of difficult life experiences they have experienced. In order to protect your child's privacy, no information concerning the details of these experiences will be collected other than the number the child has experienced. All student information will be kept completely confidential and private--random ID numbers will be assigned by your child's teacher to each child in the study. However, in the event that a child shows any indication of suicidal thoughts, risk of self-harm, or harm to others during any part of the study, we will promptly notify school officials to discuss appropriate responses. Copies of all surveys and questionnaires will be provided to parents/guardians by request prior to the beginning of the program.

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It is possible that the program may bring up strong emotions for the participants; to help with this this, the research team will caution students that this may happen, and we will and emphasize the importance of self-care and knowing one's own limits with the program. If needed, referrals for additional, outside treatment will be provided if necessary and/or requested. Additional resources include:

- Talking with someone who you can trust
- Calling 911, your doctor or other healthcare provider
- Going to an Emergency Room
- Calling 1-800-273-TALK (8255) to talk with a crisis worker for free
- Texting 741741 to text with a counselor for free
- Visiting NowMattersNow.org to learn skills for dealing with thoughts of suicide

Importantly, there are also potential benefits to being part of the study. Participants may have reductions in severity of depression and/or anxiety as well as improvements in overall behavioral health and well-being. Additional benefits for participants may be improved sleep, improved social skills, improved emotion regulation, improved academic behaviors and outcomes.

Please return this form to the school immediately upon receipt. Being in the study is up to you and your child. No one will be upset if you don't want your child to be in the study or if you or your child decide later not to participate. It will also not impact your child's grades or school standing in any way.

**Please choose one option:**

Yes, I give permission for my child to participate. \_\_\_\_\_

No, I do not want my child to participate. \_\_\_\_\_

**Your child's name:** \_\_\_\_\_

**Your signature:** \_\_\_\_\_

**Your printed name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Contact Information:**

Dr. Lauren Davis (Principal Investigator)  
Montana State University  
Lauren.davis6@montana.edu  
406-994-7424

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**Appendix D: Student Assent form for Experimental Group Participants**  
**Student Assent Form: Experimental Group**

We are doing a research project to learn about how certain types of activities might help lower your stress and make your life better. We are asking for your help because we don't know very much about how kids your age are best able to reduce their stress levels.

If you agree to join our project, we are going to ask you some questions about yourself and your stress levels before and after this 8-week program. We want to know if you feel like certain activities help you feel calmer and/or happier after participating in yoga. Here's what the activities might look like:

**\*Yoga:** Each session will highlight deep breathing, mindful movement, and stress relief. Sessions will begin with goal-setting, then the physical practice, and will end with a peaceful relaxation activity that will help you feel less stressed. This will take place twice weekly for 8 weeks during your physical education class and online.

After you complete the program, we may ask you if you feel more focused in class, if you feel less stressed out, or if your grades have changed with the exercise program. We will also be collecting a sample of your saliva (spit) periodically during the program to measure your stress hormone levels (cortisol) to see if this program helps reduce your stress. We will also be measuring your resting heart rate and sleeping patterns through a wearable fitness tracker; **as an incentive for your participation, if you complete all of the study activities, you will get to keep the Fitbit Inspire HR tracker at the end of the study!**

The questions we will ask you are only what you think before and after the study. There are no right or wrong answers, and this is not a test—it will NOT have any impact on your school grades. As a part of the research project, we will look at some information on your student records, your stress levels, and ask you to respond to a survey where you will provide the number of difficult life experiences you have experienced. To protect your privacy, no information concerning the details of these experiences will be collected other than the number you have experienced. All your information will be kept completely confidential and private. However, if you start to have suicidal thoughts, think about hurting yourself or others during any part of the study, we will let school officials know for your own and others' safety. **You can ask questions about this study at any time. If you decide at any time not to finish, then you don't have to be a part of the study; participation in this study is completely voluntary.**

The questions on the surveys we will ask are only about what you think. There are no right or wrong answers because this is not a test. We will also ask you to write down and share with us your reactions to the yoga session in a journal each week so we can learn what was helpful to you in this study.

It is possible that the program may bring up strong feelings for you; it's important for you to know your own limits and take care of yourself during the program. If you ask or if you need it, we will give you information for where you can find extra support. Some examples are:

- Talking with someone who you can trust
- Calling 911, your doctor or other healthcare provider
- Going to an Emergency Room
- Calling 1-800-273-TALK (8255) to talk with a crisis worker for free
- Texting 741741 to text with a counselor for free
- Visiting NowMattersNow.org to learn skills for dealing with thoughts of suicide

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**If you sign this paper, it means that you have read this and that you agree to be in the study.** If you don't want to be in the study, don't sign this paper. Being in the study is up to you, and no one will be upset if you don't sign this paper or if you change your mind later. It also won't affect your grades or school standing whatsoever.

**Your signature:** \_\_\_\_\_

**Your printed name:** \_\_\_\_\_

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