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Please use this Human Subjects Review Protocol form when submitting to the IUP IRB.

New protocol data entry
- Submitted 1/3/2018 3:37:33 PM ET by [redacted]

[redacted]

Saving Instructions

Each time you click 'Next' or 'Previous' your work is saved. You may click 'Save for Later' to save where you are and leave the form. Finally, if you jump to another page, using the dropdown at the top of the form, your work on each page will be saved. You will not be able to 'Check and Submit' form until all required fields are entered.

Submitter

[redacted]

Email: [redacted]@iup.edu

Project Title

The Impact of Text Messages on Anxiety and Health Promoting Behaviors Among Baccalaureate Nursing Students: A Mixed-Methods Approach

Project Type

Dissertation Research

**ALL STUDENT PROJECTS MUST BE ACCOMPANIED BY A HUMAN SUBJECTS CITI TRAINING COMPLETION REPORT. PROTOCOLS FROM STUDENTS WILL NOT BE APPROVED UNTIL THIS ITEM IS RECEIVED*

Please enter the email address of the Principal Investigator.

[redacted]

Email: [redacted]@iup.edu

You must enter your official university email address (for example:jdoe@iup.edu or wxyz@iup.edu) Do NOT enter an alias email address (for example Jane.Doe@iup.edu)

Department

Nursing and Allied Health Professions

Please enter the email address of your faculty advisor.

[redacted]

Email: [redacted]@iup.edu

You must enter your faculty advisor's official university email address (for example:jdoe@iup.edu or wxyz@iup.edu) Do NOT enter an alias email address (for example Jane.Doe@iup.edu). If you receive a message that the contact is not found, please ask your faculty advisor to login to IRBManager at least once and that will resolve the issue.

Please add contact and then enter the email address for each Co-Investigator

No answer provided.

You must enter the co-investigator's official university email address (for example:jdoe@iup.edu or wxyz@iup.edu). Do NOT enter an alias email address (for example Jane.Doe@iup.edu) ***If the Co-investigator is not found and is a member of the IUP community****, please ask them to login into IRBManager at least once and that will allow you to complete this section. Otherwise click here to add non-IUP individuals to the system.*

Will students be added at a later date.

No

Estimated project start date

12/26/2017

The project cannot start before IRB approval

Estimated project end date

8/15/2018

This date cannot be longer than a year from the start date. If you plan your project to go beyond one year you will need to submit a request for continuing review at the appropriate time.

Funding Information

Project Funding Source

Entered: 12/18/17 **By:** [redacted] **Internal:** No

I am planning to apply for the Graduate School Research Grant Spring of 2018 to help off set the cost of the one tool. However, the proposals are not due until March 2018.

Entered: 01/03/18 **By:** Runge, Timothy **Internal:** No

If you are awarded a Graduate School Research Grant, you will need to amend your Informed Consent to explicitly state that "This research is partially funded by an IUP School of Graduate Students and Research Grant."

Non-funded research

Please check all that apply

Combined Funding Source

Non-funded research

Project Description

Purpose of the study

The purpose of this study is to examine if the inclusion of text messages related to self-care practices education in senior-level pre-licensure baccalaureate nursing curricula reduces state anxiety and improves the health-promoting behaviors of stress management and interpersonal relations.

In a few sentences, describe the purpose of the study. This section need not be elaborate, but does need to clearly indicate the purpose of the study in a way that is clear to persons not familiar with the project.

Background of the study

This section should provide the reader with the administrative and/or scholarly context from which the project emerges. The section should contain enough information to provide Board members with no expertise in your discipline an understanding of how/why the use of human participants is warranted. This can often (but not always) be accomplished in one single spaced typed page or less. It is important to provide relevant citations and complete references so that the Board can conduct any necessary review of these foundations.

Pre-licensure baccalaureate nursing students undergo a significant amount of stress throughout a nursing program. However, pre-licensure baccalaureate nursing students receive education on the theoretical content on self-care practices for patients but oftentimes do not utilize these practices to manage their own anxieties. Self-care practices are typically taught throughout the baccalaureate curricula. According to the Essentials of Baccalaureate Education for Professional Nursing Practice, the baccalaureate nursing graduate should be able to provide self-care instruction to others (American Association of Colleges of Nursing [AACN], 2008). Nursing students learn the application of self-care practice education for their patients and communities. However, many nursing students lack experience with personal self-care and health promotion (Nevins & Sherman, 2016), and may not be applying the practice of positive self-care strategies to help manage their own anxiety (Ashcraft & Gatto, 2015). In a recent study, nursing students who participated in a self-care course identified the need to provide self-care for themselves, learned about the application in their personal and professional lives, felt empowered to educate and advocate for their patients, and recognized the need to retain the knowledge for the future (Padykula, 2017). Additional studies have stated that nursing students who engage in self-care activities enjoy learning these practices (Blum, 2014), report both lower levels of stress (Drew et al., 2016), and lower levels of anxiety (Kang, Choi, & Ryu, 2009). Even with this knowledge, nursing students are at-risk for developing maladaptive coping strategies to stress. In fact, Drew et al. (2016) concluded that nursing students engage in less self-care practices as they progress through a nursing program and recommended that self-care practices be reinforced throughout the nursing curriculum.

Nursing students have reported that insufficient information, money, and rest have limited their ability to engage in positive health-promoting behaviors (Bryer, Cherkis, & Raman, 2013). Baccalaureate nursing students report that stress, anxiety, and time commitments are barriers to self-care behaviors in nursing school, even though they would like to improve their well-being with adequate sleep, exercise, diet, and hydration (Nevins & Sherman, 2016).

Unfortunately, nursing students who are unable to manage their anxiety may develop low levels of self-confidence which can negatively impact their ability to learn. Anxiety can impair learning which leads to poor performance in the clinical environment (Cheung & Au, 2011; Melincavage, 2011; Melo et al., 2010; Nielsen & Harder, 2013), decrease levels of self-confidence (DeBrew & Lewallen, 2014), and contribute to low levels of self-efficacy (Watt et al., 2016). Additionally, nursing students who are unable to manage their anxiety are at-risk for clinical failure, hinder faculty-student and patient-student interactions, and present themselves as unprofessional and unsafe (DeBrew & Lewallen, 2014; Killiam, Luhanga, & Bakker, 2011). These negative outcomes can impact nursing students' ability to flourish throughout a nursing program and as they transition into the workforce. Poor role transition by newly graduated nurses could contribute to burnout, poor job performance, dissatisfaction, and departure from the nursing profession (Cheng, Liou, Tsai, & Chang, 2015; Unruh & Nooney, 2011). Newly graduated nurses are vital for the nursing workforce because they fill the gaps in the nursing shortage. Furthermore, with the anticipated rise in the geriatric population over the next decade healthcare providers will be needed in even greater numbers making it critical that the healthcare workforce retains registered nurses. Therefore, nurse educators need to educate, reinforce, and support nursing students' practicing positive self-care throughout the program so that they are equipped with these skills after graduation. Sending SMS messages to pre-licensure baccalaureate nursing students would be a valid approach to support the students to

reduce anxiety and improve the health-promoting behaviors of interpersonal support and stress management.

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What method(s) or design feature(s) do you plan to use in this study? Please choose all that apply

Experimental Group Questionnaire Social Media Survey	*This information is used only for internal record keeping and quick identification. Simply mark those methods/design features you currently plan to use.*

Subject Population

Age Range

18 years or older	*State the anticipated age range. If it is your intention to exclude minors (those 17 and under), please say so explicitly.*

Gender

All

Inclusion Criteria

(1) enrollment in a traditional pre-licensure baccalaureate nursing program in the Mid-Atlantic region
(2) current enrollment in a senior-level nursing course with a clinical component with an anticipated graduation in May or August of 2018
(3) Over the age of 18
(4) English-speaking
(5) Have a mobile device that is able to receive text messages

Exclusion Criteria

(1) Enrollment in an RN to BSN program, Accelerated BSN program, or 3 year BSN progam
(2) Enrollment in a junior-level, sophomore-level nursing course with a clinical component or are enrolled in a senior-level nursing course without a clinical component or anticipate graduation after August 2018
(3) Under the age of 18
(4) Exclusively non-English speaking
(5) Do not have access to a mobile device that is able to receive text messages

Protected population and sensitive subjects: Indicate if any Human Subjects from the following list will be involved in the proposed activity:

No answer provided.

Vulnerable Subjects

No vulnerable subjects will be used in this study.

If it is your intention to use vulnerable subjects, justify the importance of their use. Here and throughout the protocol discuss how their vulnerability will be matched with appropriate safeguards. The IRB web page discusses vulnerable subjects in more detail.]

Methods and Procedures

Methods and Procedures

This is arguably the most important section of the protocol. You should complete this section in such a way that all of the research procedures are clear. Do not assume that any parts of the procedure can be inferred, and compose this section as though you were writing instructions that someone else could follow to conduct the project.

Method of Subject Selection

Provide complete information about how research subjects will be identified, recruited, invited to participate, etc. Indicate approximately how many research subjects you will contact and how many you will actually use in your research. Your description of recruitment and selection must include any letters, announcements, advertisements, or other related materials. Any materials used in any selection/recruitment context should be included in the "Attachments" section below. Please see the IRB website for more information regarding how to protect the privacy, dignity, and welfare of potential subjects.

The setting for this study will be up to six public or private universities located in the Mid-Atlantic region. All potential schools of nursing have a traditional four-year baccalaureate degree in nursing program. The potential schools were identified through a review of the NCLEX-RN Performance of First Time Candidates Educated in Pennsylvania who Completed NCLEX in the U.S. published by the National Council of State Boards of Nursing. Nursing programs who had at least 50 graduates who were eligible to take the NCLEX in 2017 will be recruited. In Pennsylvania, 24 schools of nursing are eligible to be recruited based on these requirements. From the 24 schools of nursing in Pennsylvania, eight nursing schools were excluded because they have a PhD program. Pennsylvania State University has multiple campuses that offer traditional BSN programs. Two of the campuses will be excluded because they offer PhD programs (University Park & Hershey). However, this leaves five satelitte campuses that may be recruited from. If none of these 16 schools of nursing are agreeable to participate, the researcher will look to other traditional baccalaureate nursing schools in the Mid-Atlantic region.

An email will be sent to the nursing chairs or faculty contact at each of the 16 eligible schools of nursing in Pennsylvania. The email will describe the research study purpose, timeline, and ask if the nursing chair or faculty contact would be interested in being a study site. If the nursing chair or faculty contact is agreeable, an in-person or telephone meeting will be offered to discuss the project. The first six schools of nursing who are agreeable to participate will be used for the study. Site approval or site IRB approval will be completed at each instituion.

The researcher will go to each school in-person, provide a Zoom session, or offer to pre-record a video to introduce the study and provide the initial link to the pre-licensure senior-level baccalaureate nursing students. If the school would rather have the nursing secretary or site designee at the school distribute an initial email, the researcher will provide a precorded video to explain the study. Student recruitment will start at the beginning of the Spring semester of 2018.

A power analysis was conducted to estimate the sample size required for the quantitative data analysis. According to Polit and Beck (2012), many nursing research studies utilize an effect size between .20 to .40 to determine the relationship between independent and

dependent variables within the study population. Therefore, a medium effect size of .30 will be used. The standard significance level of 5% and .80 for power will be used (Polit & Beck, 2012). Based on an effect size of .30, significance level of 5%, and a power of .80, a sample size of 72 study participants was computed using G*Power Version 3.1.9.2. Therefore, it is anticipated that nursing students from up to six public or private institutions in the Mid-Atlantic region will be recruited. The attrition of study subjects needs to be addressed due to the three data collection time points. The attrition of study subjects is common in a longitudinal study and is rarely 0% (Polit & Beck, 2012). Therefore, an attrition rate of 20% was computed for this study indicating that 14 additional study participants, for a total of 86 study participants, would need to be recruited to overcome anticipated attrition over the study timeframe. The sampling plan projection appears to be sufficient to obtain the needed sample. The researcher is attempting to recruit 100 pre-licensure senior-level baccalaureate nursing students from multiple sites. (I have attached a document to outline this process).

Study Site

I will be seeking site approval or obtaining site IRB at BSN programs in the Mid-Atlantic Region. These are the potential study sites. I plan to have up to 6 study sites. I plan to use personal and professional contacts to connect with faculty members or nursing chairs at these institutions.

Potential study sites
Bloomsburg University BSN
Cedar Crest College BSN
DeSales University BSN
Edinboro University BSN
Holy Family University BSN
Jefferson College of Nursing BSN
LaSalle University BSN
Misercordia University BSN
Moravian College BSN
Neumann University BSN
PA State University BSN
Robert Morris University BSN
Temple University BSN
University of Scranton BSN
West Chester University BSN
York College of PA BSN

I will be emailing each faculty contact or nursing chair with an email asking them if they would be willing to be a study site. IRB submission will occur if the contact is willing to be a study site.

Indicate where the study will be conducted. For sites other than IUP (and sometimes for various offices on the IUP campus), investigators must provide a site approval letter from the outside site. The site approval letter needs to come on the site's own letterhead (i.e., not a plain piece of paper or IUP letterhead for outside sites), contain language that indicates the site understands the nature of the research in question and what their involvement will entail, and be signed by a person from the site with the authority to provide such approval. If the site approval letter is included with the protocol, note this fact in this section, indicate it as one of the "Attachments" (later in this document), and append it to the protocol. If the site approval will arrive under separate cover, state that here.

Methods and Procedures Applied to Human Subjects

Entered: 01/03/18 **By:** Runge, Timothy **Internal:** No

In addition to listing each university's resources to provide participants after each data collection period, please include some national resources as well (hotlines, websites, etc.).

Entered: 01/03/18 **By:** [redacted] **Internal:** No

I have added a sentence : "In addition to the university resources, national resources such as hotlines and websites will also be included that focus on stress and anxiety."

Describe exactly will happen with the subjects from the time of their first contact until the time of their last contact. What will participants actually do while participating in the project?

After initial correspondence and site approval/IRB approval obtained then the researcher will arrange a time to introduce the study. The researcher will offer to come to each school to introduce the study or offer a Zoom or pre-recorded video to introduce the study to the pre-licensure baccalaureate nursing students. The researcher will provide the link to the nursing students or the nursing department designee may send the initial email invitation to the nursing students. The researcher will not be able to identify who received the initial email invitation to participate in the study. Student recruitment will start at the beginning of the Spring semester of 2018. The two group experimental design will collect data over the course of the spring academic semester. There will be three seperate points of data collection. This is explained below.
Senior-level pre-licensure baccalaureate nursing students will access Qualtrics® via a link provided by the email invitation or offered by the researcher in person, Zoom, or on a pre-corded video. Implied consent will be established if a nursing student selects “yes” on the consent page in Qualtrics®. Contact information for the researcher and dissertation chair will be made available on the informed consent on Qualtrics®. After reviewing the consent and indicating intent to participate, potential study participants will then proceed directly survey tools. There are three data collection time periods within the study (1st two weeks of the semester, after the 5th text message, and within the last month of the semester). The two main tools used in the study have been found to be valid and reliable: The State-Trait Anxiety Inventory and the Health-Promoting Lifestyle Profile-II. I have attached the demographic questionnaire, HPLP-II, and the open-ended questions. Here is a breakdown of the tools used during each of the three data collection time periods:
The first two weeks of the semester:
• Demographic questionnaire (12 questions)

• State-Trait Anxiety Inventory State subscale (20 questions)
• State-Trait Anxiety Inventory Trait subscale (20 questions)
• Two subscales of the Health-Promoting Lifestyle Profile-II: stress management and interpersonal relations (17 questions)
• Total of 69 questions

After the 5th text message was distributed:
• State-Trait Anxiety Inventory State subscale (20 questions)
• Two subscales of the Health-Promoting Lifestyle Profile-II: stress management and interpersonal relations (17 questions)
• Total of 37 questions

Within the last month of the semester:
• State-Trait Anxiety Inventory State subscale (20 questions)
• Two subscales of the Health-Promoting Lifestyle Profile-II: stress management and interpersonal relations (17 questions)
• Open-ended questions on self-care (6 questions)
• Total of 43 questions

On each survey, nursing students will be asked to enter their email address. On the first demographic questionnaire, students will provide their ten-digit cell phone number for potential distribution of the text messages. Senior-level pre-licensure baccalaureate nursing students will be told to consistently use the same email address throughout the study. The email address provided by the senior-level pre-licensure baccalaureate nursing students will be used to distribute these tools and to link the responses. The ARL will initiate a link provided for the remaining two data collection times. Implied consent will continue to be established each time the nursing student selects "yes" on the consent page in Qualtrics®. Contact information for the researcher and dissertation chair will be made available on the informed consent on Qualtrics®. At the conclusion of each survey, a list of resources at their school will be provided to help them with stress and anxiety. This is list will be obtained through a through look at each college or university's website. In addition to the university resources, national resources such as hotlines and websites will also be included that focus on stress and anxiety.

Nursing students will be reminded that their participation is voluntary throughout the study and they have the right to withdraw from the study at any time. The nursing department designee will send a reminder email within 72 hours of the initial study invitation. For the second and third data collection times, senior-

level pre-licensure baccalaureate nursing students will have 72 hours to complete the tools. After the 72 hours, an email reminder will be sent to the study participants to complete the tools within the next 72 hours for the second and third distribution. Since the email addresses will not be known for the first data collection time, an email reminder can not be sent. Study participants will have one week to complete the instruments from the initial email distribution. Qualtrics® is a password protected online survey program. The researcher will create the surveys, reminders, and text messages in Qualtrics® and will hand over the distribution to the ARL. The ARL will distribute and have access to the data and email addresses and will link the responses during the study period. During this time, the researcher will not have access to the data and will receive a de-identified file with the study data merged from the ARL. Throughout the study, the identifiable information will remain anonymous to the researcher. Additionally, the phone numbers and email addresses will also remain anonymous to the researcher.

The randomization of schools will be established prior to the first data collection. Each school will be considered a unit and will be randomized to either the intervention or control group. After the initial data collection, pre-licensure baccalaureate nursing students randomized to the intervention will receive text messages distributed from Qualtrics® throughout the semester.

The researcher anticipates 10 text messages will be sent to the senior-level pre-licensure baccalaureate nursing students. Nursing students will not receive any in-person or online form of education. The text messages will be no longer than 160 characters and will be created from the ANA's book Self-Care and YOU: Caring for the Caregiver (Richards, Sheen, & Mazzer, 2014). The messages were reviewed by a content expert. The text message will be sent from Qualtrics® by using a carrier text message. The email messages and distribution times will already be loaded into Qualtrics® prior to the ARL taking over the distribution.

Every nursing student in the intervention group will receive the same text message to ensure consistency. Each text message will also come with a link that will provide additional resources for the student at their institution. This will be the same information that is provided for the student at the conclusion of each survey. The nursing students will click on the link that is described by saying "The link will provide you will a list

of resources available on your campus". Pre-licensure baccalaureate nursing students who receive the text messages will have the option to unsubscribe from the text message by clicking on a link within the message. The verbiage states "Click here to unsubscribe". At the conclusion of the study, senior-level pre-licensure baccalaureate nursing students who were in the control group will have the option to receive a Microsoft® Word document containing the text messages to their email address.
Baccalaureate nursing students will have the option to be entered into a random drawing for a gift card at the conclusion of each survey. At the bottom of the page, they will click "Yes" that they want to be entered into the drawing. They will be directed to a separate survey to enter in their email address. The gift card survey and the study survey are two separate surveys and will not be linked. This will remain anonymous to the researcher. The ARL will assist in the distribution of the Amazon giftcards.

Risks/Benefits

Potential Risks

There are no direct risk for participation in the study.

Describe the level of risk of the study to the participants, investigators, and any other group that might be impacted. You should compare the level of risk in your study and the federal definition of "minimal risk". "Minimal risk" is defined in 45 CFR46.1029(i) as "the probability and magnitude of harm or discomfort anticipated in the research are not greater in and of themselves than those ordinarily encountered in daily life or during the performance of routine physical or psychological examinations or tests." Visit the IRB website for more detail on this topic.

Protection Against Risks

They have the right to withdraw from the study at any time. If they withdraw from the study, all of the data will be destroyed and not used. All of the data will be distributed by the Applied Research Lab and will remain anonymous to the researcher.

Discuss in detail how the investigators will provide safeguards against the identified risks.

Potential Benefits

There may be no direct benefits from participation in the study. However, the knowledge received may be valuable for nurse educators to help senior-level pre-licensure baccalaureate nursing students as they transition into the workforce. In addition, the study participants may become more aware of health promoting behaviors and this could improve their overall well-being.

Discuss any potential benefits to the human subjects in the research.

Compensation for Participation

Study participants are eligible to be entered to win a Amazon gift card at the conclusion of each data collection time period. At the conclusion of survey, participants will be redirected to another survey to enter in their email address to be randomly entered into the giftcard drawing for Amazon. The gift cards will increase in value during each of the three data collection time points. There will be up to six giftcards distributed at each data collection time point. One gift card will be randomly selected from the participants at each study site. The first set of giftcards will be $10.00, the second set will be $20.00 each, and the third set of giftcards will be $50.00 for a potential total of $480.00 dollars worth of Amazon giftcards. Nursing students do have the option to not be entered into the drawing by selecting "no". The Applied Research Lab at IUP will randomize the winners and send the giftcard to study participants since the researcher will not have access to the participating students email addresses.

Discuss any and all forms of compensation for participation. This includes payment, extra credit, chances at winning a gift card, etc. Discuss also how the research subject will receive this compensation.

Alternatives Participation

Nursing students are not required at their school of nursing to participate and will have access to the Microsoft Word document with the text messages at the conclusion of the study.

Information Withheld

No information will be withheld. They will know if they are in the control group if they do not receive text messages during the research study.

If information will be intentionally withheld from research subjects, discuss this here along with the rationale for doing so.

Debriefing

There will be no debriefing included in this study. However, the control group will receive a Microsoft Word document at the conclusion of the study with the ten text messages included.

If any debriefing will be provided to the research subjects, please discuss it here.

Privacy/Consent/Nature of Risk

Privacy/Confidentiality

Prospective senior-level pre-licensure baccalaureate nursing students will have the opportunity to withdraw from the research study at any time by contacting the ARL at Indiana University of Pennsylvania. Every time the senior-level pre-licensure nursing student receives the email invitation to complete the study tools, the study participant will be able to review the informed consent and decide if he or she would or would not like to participate. There is no anticipated risk for participation in this study. However, every student will receive a link to the list of local and institutional resources to assist if any psychological distress would occur. This list will also be provided to each nursing department chair. To minimize coercion, the researcher will not have access to any of the data or distributions until the study has closed. The informed consent that the students will access on Qualtrics® will address the benefits, risks, right to withdraw, and researcher contact information. Nursing students will be made aware that their participation in this study will have no impact on their grade nor will the faculty members know their acceptance or refusal to participate in the research study. Nursing students will not be awarded any extra credit and will not be asked any information about their health status or current mental health diagnosis, medications, or treatment during the study. Senior-level pre-licensure baccalaureate nursing students will have the option to enter to win a gift card during each of the three data collection periods. The students will be directed to a separate page in Qualtrics® that will not be linked to the data for the study. Each student can provide an email address that will be randomized to distribute an Amazon e-gift card to the student at the conclusion of each survey. The ARL will assist with the randomization of email addresses and distribute the e-gift card because the researcher is not aware of study participants. All study documents will be kept in a locked, secure cabinet for a period of three years in accordance with federal guidelines. All electronic data files will be stored in a password-protected file, and saved to a password-protected USB thumb drive for three years.

This USB thumb drive will be kept in a locked, secure cabinet when not in use. Data will be collected and aggregated by the ARL and will remove the email address and ten-digit phone number provided by the senior-level pre-licensure baccalaureate nursing students. The

Define the level of privacy that will be afforded the research subjects (i.e., anonymity, confidentiality, or no expectation of privacy). Indicate how the level of privacy that is defined by the researcher is consistent with the study procedures and how their privacy will be protected within that framework. Federal regulations require researchers to maintain data and consent documents for three years. Please indicate you will do that and where the data will be stored.

researcher will receive a Microsoft® Excel document that will contain no personally identifiable information of nursing students from the ARL. The participants will provide a ten-digit cell phone number and email address over the course of the study but will be de-identified and all participants will be provided with a new study ID number by the ARL. All study data will remain anonymous to the researcher and confidential to the ARL.

The Consent Process

Every time the senior-level pre-licensure nursing student receives the email invitation to complete the study tools, the study participant will be able to review the informed consent and decide if he or she would or would not like to participate. The following statement will be displayed near the bottom of the informed consent on Qulatrics.

"Your participation in this study is voluntary. If you choose to participate, you can stop taking the survey and exit your browser at any time. If you are willing to participate in this study, please indicate your agreement by clicking on the "Yes" box on the bottom of the page. " If the pre-licensure baccalaureate nursing students chooses not to participate, they will select "No". Each informed consent explains the purpose of the study, benefits, risks, and contact information. The researcher, faculty advisor, and Applied Research Lab contact information is also provided each time. The survey link will be sent from the researchers IUP email addresss of shvt@iup.edu

The informed consent is attached in the documents.

Every process has some sort of Consent process, whether or not there is a written consent document. This section should describe the Consent Process in detail including, how Consent will be presented to the subjects, how subjects will indicate their Consent. Any relevant documents should be attached in the "Attachments" section of this form. Hard copy consent forms must be printed or copied onto IUP letterhead. If the consent document is provided electronically (e.g., Qualtrics survey), it must be sent from a valid IUP email address. NOTE: The IRB website discusses Informed Consent in detail.

Nature of Risk

No

In your judgment, does your research involve more than minimal risk? Refer back to the definition of minimal risk provided above.

Exemption Qualification

Exemption Instructions

In your judgment, does your research fall under one of the six exempt categories? If you believe it does, indicate the category under which you are claiming an exemption by choosing yes next to the relevant category.

Will the research be conducted in established or commonly accepted educational settings, involving normal educational practices, such as (i) research on regular and special education instructional strategies, or (ii) research on the effectiveness of or the comparison among instructional techniques, curricula, or classroom management methods?

Yes

Will the research be involving the use of educational tests (cognitive, diagnostic, aptitude, achievement), survey procedures, interview procedures or observation of public behavior, unless: (i) information obtained is recorded in such a manner that human subjects can be identified, directly or through identifiers linked to the subjects; and (ii) any disclosure of the human subjects' responses outside the research could reasonably place the subjects at risk of criminal or civil liability or be damaging to the subjects' financial standing, employability, or reputation.

No

Will the research be involving the use of educational tests (cognitive, diagnostic, aptitude, achievement), survey procedures, interview procedures, or observation of public behavior that is not exempt under (2) of this section, if: (i) the human subjects are elected or appointed public officials or candidates for public office; or (ii) federal statute(s) require(s) without exception that the confidentiality of the personally identifiable information will be maintained throughout the research and thereafter.

No

Will the research be involving the collection or study of existing data, documents, records, pathological specimens, or diagnostic specimens, if these sources are publicly available or if the information is recorded by the investigator in such a manner that subjects cannot be identified, directly or through identifiers linked to the subjects.

No

Are these research and/or demonstration projects being conducted by or subject to the approval of department or agency heads, and which are designed to study, evaluate, or otherwise examine: (i) Public benefit or service programs; (ii) procedures for obtaining benefits or services under those programs; (iii) possible changes in or alternatives to those programs or procedures; or (iv) possible changes in methods or levels of payment for benefits or services under those programs?

No

Will your research involve taste and food quality evaluation and consumer acceptance studies, (i) if wholesome foods without additives are consumed or (ii) if a food is consumed that contains a food ingredient at or below the level and for a use found to be safe, or agricultural chemical or environmental contaminant at or below the level found to be safe, by the Food and Drug Administration or approved by the Environmental Protection Agency or the Food Safety and Inspection Service of the U.S. Department of Agriculture?

No

Expedited Review Qualification

Expedited Instructions

In your judgment, does your project fall under one of the nine (9) categories eligible for expedited review (listed below)? If you believe it does, indicate the category of which your claiming expedited review by choosing yes next to the relevant category.

Clinical studies of drugs and medical devices only when condition (a) or (b) is met. a. Research on drugs for which an investigational new drug application (21 CFR Part 312) is not required. (Note: Research on marketed drugs that significantly increases the risks or decreases the acceptability of the risks associated with the use of the product is not eligible for expedited review.) b. Research on medical devices for which (i) an investigational device exemption application (21 CFR Part 812) is not required; or (ii) the medical device is cleared/approved for marketing and the medical device is being used in accordance with its cleared/approved labeling.

No

Collection of blood samples by finger stick, heel stick, ear stick, or venipuncture as follows: a. from healthy, nonpregnant adults who weigh at least 110 pounds. For these subjects, the amounts drawn may not exceed 550 ml in an 8 week period and collection may not occur more frequently than 2 times per week; or b.from other adults and children2, considering the age, weight, and health of the subjects, the collection procedure, the amount of blood to be collected, and the frequency with which it will be collected. For these subjects, the amount drawn may not exceed the lesser of 50 ml or 3 ml per kg in an 8 week period and collection may not occur more frequently than 2 times per week.

No

Prospective collection of biological specimens for research purposes by noninvasive means. Examples: (a) hair and nail clippings in a nondisfiguring manner; (b) deciduous teeth at time of exfoliation or if routine patient care indicates a need for extraction; (c) permanent teeth if routine patient care indicates a need for extraction; (d) excreta and external secretions (including sweat); (e) uncannulated saliva collected either in an unstimulated fashion or stimulated by chewing gumbase or wax or by applying a dilute citric solution to the tongue; (f) placenta removed at delivery; (g) amniotic fluid obtained at the time of rupture of the membrane prior to or during labor; (h) supra- and subgingival dental plaque and calculus, provided the collection procedure is not more invasive than routine prophylactic scaling of the teeth and the process is accomplished in accordance with accepted prophylactic techniques; (i) mucosal and skin cells collected by buccal scraping or swab, skin swab, or mouth washings; (j) sputum collected after saline mist nebulization

No

Collection of data through noninvasive procedures (not involving general anesthesia or sedation) routinely employed in clinical practice, excluding procedures involving x-rays or microwaves. Where medical devices are employed, they must be cleared/approved for marketing. (Studies intended to evaluate the safety and effectiveness of the medical device are not generally eligible for expedited review, including studies of cleared medical devices for new indications.) Examples: (a) physical sensors that are applied either to the surface of the body or at a distance and do not involve input of significant amounts of energy into the subject or an invasion of the subjects privacy; (b) weighing or testing sensory acuity; (c) magnetic resonance imaging; (d) electrocardiography, electroencephalography, thermography, detection of naturally occurring radioactivity, electroretinography, ultrasound, diagnostic infrared imaging, doppler blood flow, and echocardiography; (e) moderate exercise, muscular strength testing, body composition assessment, and flexibility testing where appropriate given the age, weight, and health of the individual.

No

Research involving materials (data, documents, records, or specimens) that have been collected, or will be collected solely for nonresearch purposes (such as medical treatment or diagnosis).

No

Collection of data from voice, video, digital, or image recordings made for research purposes.

No

Research on individual or group characteristics or behavior (including, but not limited to, research on perception, cognition, motivation, identity, language, communication, cultural beliefs or practices, and social behavior) or research employing survey, interview, oral history, focus group, program evaluation, human factors evaluation, or quality assurance methodologies.

Yes

Continuing review of research previously approved by the convened IRB as follows: a. where (i) the research is permanently closed to the enrollment of new subjects; (ii) all subjects have completed all research-related interventions; and (iii) the research remains active only for long-term follow-up of subjects; or b. where no subjects have been enrolled and no additional risks have been identified; or c. where the remaining research activities are limited to data analysis.

No

Continuing review of research, not conducted under an investigational new drug application or investigational device exemption where categories two (2) through eight (8) do not apply but the IRB has determined and documented at a convened meeting that the research involves no greater than minimal risk and no additional risks have been identified.

No

Attachments

Please attach all Informed Consent Documents if applicable

Informed consent	Consent Form	*A sample consent form can be found by clicking this link Sample Consent Form*
Revised_informed consent	Consent Form	

Please attach any site approval letters

Entered: 12/18/17 **By:** [redacted] **Internal:** No

Pending

Entered: 01/03/18 **By:** Runge, Timothy **Internal:** No

The IRB can approve your protocol (once all revisions are addressed) pending site permission. That is when you can approach sites. You then submit site permissions for our review as you receive them.

Study Site Recruitment	Site approvals	*The site approval letter **must** be on the official letterhead of the site and endorsed by the person responsible for the site.*

Please attach CITI Training Completion Certificates.

[redacted] CITI training certificate	CITI training certificate	*All students submitting a protocol are required to attach their CITI Training Completion Certificate. Student protocols will not be approved without the certificate attached.*

Please click 'Add Attachment' and add all relevant attachments (Questionnaire, Survey, Syllabi, Interview Guide, Focus Group Questions, Debriefing forms, Recruitment Materials)

Entered: 12/18/17 [redacted] **Internal:** No

The State-Trait Anxiety Inventory is a copy righted survey tool and is not able to be attached.

Text Messages (to intervention group)	Survey
Demographic Questionnaire & open-ended questions	Survey
HPLP-II	Survey
Revised Recruitment email	Recruitment flyer

Research Study Informed Consent (on Qualtrics)

You are invited to take part in my dissertation research project as a doctoral student at Indiana University of Pennsylvania. The following information is provided to help you make an informed decision whether or not you choose to participate. If you have any questions please do not hesitate to email me at [redacted]@iup.edu. You are eligible to participate because you are a senior-level pre-licensure baccalaureate nursing student.

The purpose of this study is to understand the anxiety and health-promoting behaviors of senior-level baccalaureate nursing students. The information gained from this study will help nursing faculty understand more about the experiences of senior-level baccalaureate nursing students prior to their graduation. Participation or non-participation will not affect your grade nor will your instructor know who did or did not participate.

If you agree to participate you will be asked questions using the on-line survey tool Qualtrics that can be accessed on your phone, mobile device or computer and should take no more than 10 minutes of your time. Completion of all three surveys will require up to 30 minutes of your time over the course of the semester.

You will be asked questions related to stress management, interpersonal support, and perceptions of how you feel when you are in a stressful situation. The same survey questions will be distributed three times over the course of your semester. The number of questions will vary each of the three data collection times.

The first survey will consist of 69 demographic, anxiety, and health-promoting behavior questions. The second survey will be 37 questions regarding anxiety and health promoting behaviors. The last survey will be 43 questions regarding anxiety health-promoting behaviors, and self-care practices. The completion of each survey is extremely helpful to understand the anxiety and health-promoting behaviors of pre-licensure senior-level baccalaureate nursing students prior to graduation.

Your nursing school will be randomized to either the intervention or control group of the study. If your nursing school is randomized to the intervention group, you will receive 10 Short Message Service (SMS) to your mobile device. Each text message is informational and does not require a response. The researcher will not compensate study participants for the cost of the SMS messages. If your school is randomized into the control group will you simply complete the Qualtrics surveys. At the conclusion of the survey, you will be emailed the 10 SMS messages.

At the completion of each survey, you will have the option to enter in your email address to receive one of the randomly awarded Amazon gift cards. Amazon gift cards will be randomly selected after each survey administration. The gift cards will increase in value with each survey completion ($10.00, $20.00, and $50.00). The winners of the gift cards will be notified by email from the Applied Research Lab at Indiana University of Pennsylvania.

Risks/Benefits
There are no direct risks for participation in this study. You have the right to withdraw from the study at any time. If you withdraw from the study, all of your data will be destroyed and not used.

There may be no direct benefits of participating in this study. However, the knowledge received may be valuable for nurse educators to help senior-level nursing students as they transition into the workforce. In addition, you may become more aware of health promoting behaviors and this could improve your overall well-being

Confidentiality
All information pertaining to this research study will be kept confidential in accordance with all applicable federal, state, and local laws and regulations. Data will be stored on a password-protected flash drive. All information you share will be kept anonymous. The Applied Research Lab (ARL) at Indiana University of Pennsylvania will merge the data and send the de-identified information to the primary researcher. None of your responses can be traced back to you. Data will only be used in combination with others. The results of this study may be published in a scientific journal or book and/or presented at scientific meetings, and national and/or regional conferences. However, your identity will be kept strictly confidential.

You are free to decide not to participate in this study or to withdraw at any time without adversely affecting your relationship with the investigators or IUP. Your decision will not result in any loss of benefits to which you are otherwise entitled. If you choose to participate, you may withdraw at any time by notifying the Applied Research Lab (724-357-3055). Upon your request to withdraw, all information pertaining to you will be destroyed.

Your participation in this study is voluntary. If you choose to participate, you can stop taking the survey and exit your browser at any time. If you are willing to participate in this study, please indicate your agreement by clicking on the "Yes" box on the bottom of the page.

If you have any questions about the survey, you can contact the investigator and/or the faculty sponsor using the email address listed below.

Primary Investigator:
[redacted]
Doctoral Candidate
Indiana University of Pennsylvania
Department of Nursing
[redacted]@iup.edu

Faculty Sponsor:
[redacted]
Distinguished University Professor
Indiana University of Pennsylvania
Department of Nursing
[redacted]@iup.edu

This project has been approved by the Indiana University of Pennsylvania Institutional Review Board for the Protection of Human Subjects (Phone: 724-357-7730).

Research Study Informed Consent (on Qualtrics)

You are invited to take part in my dissertation research project as a doctoral student at Indiana University of Pennsylvania. The following information is provided to help you make an informed decision whether or not you choose to participate. If you have any questions please do not hesitate to email me at m.e.gross2@iup.edu.

You are eligible to participate if you are:

(1) enrolled in a traditional pre-licensure baccalaureate nursing program in the Mid-Atlantic region
(2) current enrollment in a senior-level nursing course with a clinical component with an anticipated graduation in May or August of 2018
(3) Over the age of 18
(4) English-speaking
(5) Have a mobile device that is able to receive text messages

The purpose of this study is to understand the anxiety and health-promoting behaviors of senior-level baccalaureate nursing students. The information gained from this study will help nursing faculty understand more about the experiences of senior-level baccalaureate nursing students prior to their graduation. Participation or non-participation will not affect your grade nor will your instructor know who did or did not participate.

If you agree to participate you will be asked questions using the on-line survey tool Qualtrics that can be accessed on your phone, mobile device or computer and should take no more than 10 minutes of your time. Completion of all three surveys will require up to 30 minutes of your time over the course of the semester.

You will be asked questions related to stress management, interpersonal support, and perceptions of how you feel when you are in a stressful situation. The same survey questions will be distributed three times over the course of your semester. The number of questions will vary each of the three data collection times.

The first survey will consist of 69 demographic, anxiety, and health-promoting behavior questions. The second survey will be 37 questions regarding anxiety and health promoting behaviors. The last survey will be 43 questions regarding anxiety health-promoting behaviors, and self-care practices. The completion of each survey is extremely helpful to understand the anxiety and health-promoting behaviors of pre-licensure senior-level baccalaureate nursing students prior to graduation.

Your nursing school will be randomized to either the intervention or control group of the study. If your nursing school is randomized to the intervention group, you will receive 10 Short Message Service (SMS) to your mobile device. Each text message is informational and does not require a response. The researcher will not compensate study participants for the cost of the SMS messages. If your school is randomized into the control group

will you simply complete the Qualtrics surveys. At the conclusion of the survey, you will be emailed the 10 SMS messages.

At the completion of each survey, you will have the option to enter in your email address to receive one of the randomly awarded Amazon gift cards. At the bottom of the page, you will be able to click "Yes" to be entered into the drawing. You will be directed to a separate survey to enter in your email address. The gift card survey and the study survey are two separate surveys and will not be linked. This will remain anonymous to the researcher. The ARL will assist in the distribution of the Amazon gift cards. Amazon gift cards will be randomly selected after each survey administration. The gift cards will increase in value with each survey completion ($10.00, $20.00, and $50.00). The winners of the gift cards will be notified by email from the Applied Research Lab at Indiana University of Pennsylvania. If you do not want to be entered in to the drawing, you can select "No" at the bottom of the page.

Risks/Benefits
There are no direct risks for participation in this study. You have the right to withdraw from the study at any time. If you withdraw from the study, all of your data will be destroyed and not used.

There may be no direct benefits of participating in this study. However, the knowledge received may be valuable for nurse educators to help senior-level nursing students as they transition into the workforce. In addition, you may become more aware of health promoting behaviors and this could improve your overall well-being

Confidentiality
All information pertaining to this research study will be kept confidential in accordance with all applicable federal, state, and local laws and regulations. Data will be stored on a password-protected flash drive. All information you share will be kept anonymous to the researcher but confidential to the Applied Research Lab (ARL) at Indiana University of Pennsylvania. The researcher will not be aware of who is participating nor have access to any information throughout the study. The ARL will merge the data and send the de-identified information to the researcher. Data will only be used in combination with others. The results of this study may be published in a scientific journal or book and/or presented at scientific meetings, and national and/or regional conferences. However, your identity will be kept strictly confidential.

You are free to decide not to participate in this study or to withdraw at any time without adversely affecting your relationship with the investigators or IUP. Your decision will not result in any loss of benefits to which you are otherwise entitled. If you choose to participate, you may withdraw at any time by notifying the Applied Research Lab (724-357-3055). Upon your request to withdraw, all information pertaining to you will be destroyed.

Your participation in this study is voluntary. If you choose to participate, you can stop taking the survey and exit your browser at any time. If you are willing to participate in

this study, please indicate your agreement by clicking on the "Yes" box on the bottom of the page.

If you have any questions about the survey, you can contact the investigator and/or the faculty sponsor using the email address listed below.

Primary Investigator:
[redacted]
Doctoral Candidate
Indiana University of Pennsylvania
Department of Nursing
[redacted]@iup.edu

Faculty Sponsor:
[redacted]
Distinguished University Professor
Indiana University of Pennsylvania
Department of Nursing
[redacted]@iup.edu

This project has been approved by the Indiana University of Pennsylvania Institutional Review Board for the Protection of Human Subjects (Phone: 724-357-7730).

CITI PROGRAM

Completion Date 03-Feb-2015
Expiration Date N/A
Record ID 15164090

This is to certify that:

[redacted]

Has completed the following CITI Program course:

Human Subjects Research (Curriculum Group)
Social, Behavioral, Educational Researchers (Course Learner Group)
1 - Basic Course (Stage)

Under requirements set by:

Indiana University of Pennsylvania

CITI
Collaborative Institutional Training Initiative

Verify at www.citiprogram.org/verify/?wbf3490a2-746e-4297-bb2b-ccc3775dd846-15164090

Potential SMS Messages (with character count)

1. Start each day with a positive affirmation; expect a good day. You are capable of anything and you are enough. You can do it!
   - *(125 characters with spaces)*
2. Post short, positive notes around in highly visible areas around your home or personal workspace. You are capable of reaching your goals! Keep it up!
   - *(152 characters with spaces)*
3. Ask for help before you feel overwhelmed. Delegate and let it be. The task may not be done how you would have done it, but it's not worth your extra stress.
   - *(160 characters with spaces)*
4. Ramp up your time with people who pump you up, believe in your dreams, and want the absolute best for you! Be a good friend by being fully present!
   - *(150 characters with spaces)*
5. Spend 10 minutes alone each day to bring yourself into the present moment. Let your mind be thoughtless, settling into the feeling of calm.
   - *(142 characters with spaces)*
6. Take a walk outside. With each step, visualize stress, negativity and anxiety literally falling away from your body.
   - *(120 characters with spaces)*
7. Create a self-calming or helpful mantra such as "This, too, shall pass" or "Look at how far I have come".
   - *(109 characters with spaces)*
8. You are almost there! Make sure you set some time aside each day to connect with important people in your life and tell them how much they mean to you!
   - *(155 characters with spaces)*
9. Learn to transition your mood as you are traveling by listening to music, or choosing silence. Do not feel compelled to fill each minute of time.
   - *(150 characters with spaces)*
10. Be mindful of your breathing. Take a few moments each hour to fill up your lungs and slowly exhale. Repeat until you feel your stress level subside.
    - *(152 characters with spaces)*

Demographic Questionnaire (on Qualtrics)

1. What is your ten-digit cell phone number (excluding dashes)?

2. What is your mobile provider?
    - AT&T
    - Cellular One
    - Nextel
    - Sprint
    - T-Mobile
    - Verizon Wireless
    - Virgin Mobile
    - Other (option to write in)

3. What is your gender?
    - Male
    - Female

4. What is your race?
    - Caucasian
    - African American
    - Asian
    - Alaska Native/American Indian
    - Native Hawaiian or Other Pacific Islander
    - Other

5. What is your ethnicity?
    - Hispanic
    - Non-Hispanic

6. How old are you?

7. Are you currently a paid employee?
    - Yes
    - No

8. If yes, how many hours a week do you work?
    - None
    - 1-5 hours
    - 6-10 hours
    - 11-15 hours
    - 16-20 hours
    - 21 or more

9. Do you have experience working in the healthcare setting outside of your clinical experiences for school?
    - Yes
    - No
10. Do you have a previous degree?
    - Yes, bachelor's
    - Yes, associate's
    - No

11. Have you repeated a nursing course?
    - Yes
    - No

Six Open-Ended Self-Care Questions

1. How would you define self-care?
2. Describe how you feel about self-care.
3. How do you think self-care practices impacted your academic performance?
4. What could nursing faculty do to support you to perform self-care?
5. Describe any obstacles you encountered that limited your ability to perform self-care?
6. Tell me what self-care activity you would most likely use after graduation and why.

Appendix C

HPLP-II Letter

University of Nebraska Medical Center

COLLEGE OF NURSING
Community-Based Health Department

985330 Nebraska Medical Center
Omaha, NE 68198-5330
402/559-6382
Fax: 402/559-6379

Dear Colleague:

Thank you for your interest in the *Health-Promoting Lifestyle Profile II*. The original *Health-Promoting Lifestyle Profile* became available in 1987 and has been used extensively since that time. Based on our own experience and feedback from multiple users, it was revised to more accurately reflect current literature and practice and to achieve balance among the subscales. The *Health-Promoting Lifestyle Profile II* continues to measure health-promoting behavior, conceptualized as a multidimensional pattern of self-initiated actions and perceptions that serve to maintain or enhance the level of wellness, self-actualization and fulfillment of the individual. The 52-item summated behavior rating scale employs a 4-point response format to measure the frequency of self-reported health-promoting behaviors in the domains of health responsibility, physical activity, nutrition, spiritual growth, interpersonal relations and stress management. It is appropriate for use in research within the framework of the Health Promotion Model (Pender, 1987), as well as for a variety of other purposes.

The development and psychometric evaluation of the English and Spanish language versions of the original instrument have been reported in:

Walker, S. N., Sechrist, K. R., & Pender, N. J. (1987). The Health-Promoting Lifestyle Profile: Development and psychometric characteristics. Nursing Research, 36(2), 76-81.

Walker, S. N., Volkan, K., Sechrist, K. R., & Pender, N. J. (1988). Health-promoting lifestyles of older adults: Comparisons with young and middle-aged adults, correlates and patterns. Advances in Nursing Science, 11(1), 76-90.

Walker, S. N., Kerr, M. J., Pender, N. J., & Sechrist, K. R. (1990). A Spanish language version of the Health-Promoting Lifestyle Profile. Nursing Research, 39(5), 268-273.

A copy of the instrument (English and Spanish versions), scoring instructions, an abstract of the psychometric findings, and a list of publications reporting research using all versions of the instrument are available for download.

Sincerely,

Susan Noble Walker, EdD, RN, FAAN
Professor Emeritus

LIFESTYLE PROFILE II

DIRECTIONS: This questionnaire contains statements about your *present* way of life or personal habits. Please respond to each item as accurately as possible, and try not to skip any item. Indicate the frequency with which you engage in each behavior by circling:

N for never, **S** for sometimes, **O** for often, or **R** for routinely

1. Discuss my problems and concerns with people close to me.	N	S	O	R
2. Choose a diet low in fat, saturated fat, and cholesterol.	N	S	O	R
3. Report any unusual signs or symptoms to a physician or other health professional.	N	S	O	R
4. Follow a planned exercise program.	N	S	O	R
5. Get enough sleep.	N	S	O	R
6. Feel I am growing and changing in positive ways.	N	S	O	R
7. Praise other people easily for their achievements.	N	S	O	R
8. Limit use of sugars and food containing sugar (sweets).	N	S	O	R
9. Read or watch TV programs about improving health.	N	S	O	R
10. Exercise vigorously for 20 or more minutes at least three times a week (such as brisk walking, bicycling, aerobic dancing, using a stair climber).	N	S	O	R
11. Take some time for relaxation each day.	N	S	O	R
12. Believe that my life has purpose.	N	S	O	R
13. Maintain meaningful and fulfilling relationships with others.	N	S	O	R
14. Eat 6-11 servings of bread, cereal, rice and pasta each day.	N	S	O	R
15. Question health professionals in order to understand their instructions.	N	S	O	R
16. Take part in light to moderate physical activity (such as sustained walking 30-40 minutes 5 or more times a week).	N	S	O	R
17. Accept those things in my life which I can not change.	N	S	O	R
18. Look forward to the future.	N	S	O	R
19. Spend time with close friends.	N	S	O	R
20. Eat 2-4 servings of fruit each day.	N	S	O	R
21. Get a second opinion when I question my health care provider's advice.	N	S	O	R
22. Take part in leisure-time (recreational) physical activities (such as swimming, dancing, bicycling).	N	S	O	R
23. Concentrate on pleasant thoughts at bedtime.	N	S	O	R
24. Feel content and at peace with myself.	N	S	O	R
25. Find it easy to show concern, love and warmth to others.	N	S	O	R

				R
26. Eat 3-5 servings of vegetables each day.	N	S	O	R
27. Discuss my health concerns with health professionals.	N	S	O	R
28. Do stretching exercises at least 3 times per week.	N	S	O	R
29. Use specific methods to control my stress.	N	S	O	R
30. Work toward long-term goals in my life.	N	S	O	R
31. Touch and am touched by people I care about.	N	S	O	R
32. Eat 2-3 servings of milk, yogurt or cheese each day.	N	S	O	R
33. Inspect my body at least monthly for physical changes/danger signs.	N	S	O	R
34. Get exercise during usual daily activities (such as walking during lunch, using stairs instead of elevators, parking car away from destination and walking).	N	S	O	R
35. Balance time between work and play.	N	S	O	R
36. Find each day interesting and challenging.	N	S	O	R
37. Find ways to meet my needs for intimacy.	N	S	O	R
38. Eat only 2-3 servings from the meat, poultry, fish, dried beans, eggs, and nuts group each day.	N	S	O	R
39. Ask for information from health professionals about how to take good care of myself.	N	S	O	R
40. Check my pulse rate when exercising.	N	S	O	R
41. Practice relaxation or meditation for 15-20 minutes daily.	N	S	O	R
42. Am aware of what is important to me in life.	N	S	O	R
43. Get support from a network of caring people.	N	S	O	R
44. Read labels to identify nutrients, fats, and sodium content in packaged food.	N	S	O	R
45. Attend educational programs on personal health care.	N	S	O	R
46. Reach my target heart rate when exercising.	N	S	O	R
47. Pace myself to prevent tiredness.	N	S	O	R
48. Feel connected with some force greater than myself.	N	S	O	R
49. Settle conflicts with others through discussion and compromise.	N	S	O	R
50. Eat breakfast.	N	S	O	R
51. Seek guidance or counseling when necessary.	N	S	O	R
52. Expose myself to new experiences and challenges.	N	S	O	R

Study recruitment email

Hello!

I am a doctoral candidate at Indiana University of Pennsylvania in the Department of Nursing. I am conducting a research study to learn more about the health-promoting behaviors and anxiety of senior-level baccalaureate nursing students and would like to invite you to participate. It is my hope that this research will provide nurse educators with tools to help senior-level baccalaureate nursing students as they progress through their semester.

The purpose of this study is to explore the anxiety levels and health-promoting behaviors of senior-level baccalaureate nursing students as they transition into graduation.

You may be able to participate in this study if you:

- Are 18 years of age or older
- Speak and read in English
- Are enrolled in a baccalaureate nursing program and are in your senior year with a graduation date of May 2018 or August 2018
- Have a mobile device or access to a computer

Study participants will complete a survey three times over the course of their final semester. Each of these surveys will take between 5-10 minutes and will be accessible on your mobile device or computer. At the end of each survey, you will have the option to enter your email address to be randomly entered to receive an Amazon gift card. The gift cards will increase in value over the course of the study.

Please click on the link below to review the informed consent and to take the first survey.

Thank you for your consideration.

Kind Regards,
[redacted]

Primary Investigator:
[redacted]
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Indiana University of Pennsylvania
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[redacted]@iup.edu

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Distinguished University Professor
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This project has been approved by the Indiana University of Pennsylvania Institutional Review Board for the Protection of Human Subjects (Phone: 724-357-7730).