

Informed Consent for
“Living Compassionately: Finding a Way Forward after Losing a Child”
November 10, 2018

Consent to Participate in Research

Identification of Investigator and Purpose of Study

You are invited to participate in a research study, entitled “Finding a Way Forward After Losing a Child: Self-Compassion as a Way through Grief.” The study is being conducted by Nancy Fowler under the supervision of Dr. Frank Rogers of Claremont School of Theology, 1325 N. College Ave; Claremont, CA 91711, frogers@cst.edu, 909-447-2569.

The purpose of this research study is to determine whether a workshop can be created in which grieving parents can find ways to better live with the loss of a child and even to find healing. Your participation in the study will help to determine its efficacy and provide input in improvements. You are free to contact the investigator using the information below to discuss the study.

3335 Willard Street
San Diego, CA 92122
858-349-1584
nancy.fowler@cst.edu

You must be at least 18 years old to participate.

If you agree to participate:

- The program and data collection will consist of the following:
 - Your participation is intended to demonstrate the effect on individuals who participate in a 6-hour workshop in which participants will experience teaching, contemplative practices, and group discussion.
 - Approximately one week following the workshop, all participants will be asked to complete a survey to assess the value of the workshop.
 - Some participants may also be asked to be available for a one-hour individual interview following the submission of the second questionnaire.

I am interested in participating in a one-hour individual interview regarding the workshop.

I am not interested in participating in a one-hour individual interview regarding the workshop.

- Your participation is intended to help the researcher determine whether a one-day workshop, incorporating the Compassion Practice can be helpful to parents who have lost a child.
- Your participation will consist of attending the six-hour workshop, engaging in contemplative practices and group discussions (as you feel comfortable), and completing the survey. In addition, if you agree, your participation will consist of an additional one-hour individual interview with the researcher.
- You will not be compensated. However, you will have the opportunity at no cost to experience a Compassion Practice workshop with a trained facilitator that might cost \$50 to \$100.

The purpose of this study is to gain insight into practical theology, pastoral care and/or spiritual care. Participation in this study should not be regarded as—or substituted for—therapy by a licensed professional.

Risks/Benefits/Confidentiality of Data

There are no more than minimal risks associated with this study, but your participation could cause you to feel uncomfortable, embarrassed, sad, tired, etc. There will be no costs for participating. Your name, email address and other personally identifiable information will be kept during the data collection phase. No personally identifiable information will be publicly released. Your personal information, if collected, will be used solely for tracking purposes. Only the investigator, Nancy Fowler, will have access to this data.

When the results of the research are published or discussed in conferences, no information will be included that would reveal your identity. No photographs, audio recordings, or videos will be taken during your participation in the study. Any notes taken will not be associated with any participant. Your information and any other physical data will be stored in a locked container, and electronic data will be password protected. If you agree, your data may be used in subsequent studies or research conducted by the researcher and will be kept in a secured location indefinitely. When it is destroyed, the physical data will be shredded and the electronic data will be permanently deleted. Per federal regulations, your information will be stored at least until October 2021.

- I consent** to my data being used in future studies and research, and understand it will be stored in a secured location with researcher indefinitely.

- I do not consent** to my data being used in future studies and research, and want my data destroyed at the earliest possibility (September 2021).

Participation or Withdrawal

Your participation in this study is voluntary. You may decline to answer any question and you have the right to withdraw from participation at any time. Withdrawal will not affect your relationship with Claremont School of Theology in any way. If you do not want to participate, you may simply stop participating.

Contacts

If you have any questions about the study or need to update your email address contact the primary investigator Nancy Fowler at 858-349-1584 or send an email to nancy.fowler@cst.edu. This study has been reviewed by Claremont School of Theology Institutional Review Board and the study number is 2018-0503.

Questions about your rights as a research participant.

If you have questions about your rights or are dissatisfied at any time with any part of this study, you can contact, anonymously if you wish, my advisor for this research, Frank Rogers, Jr., frogers@cst.edu.

Thank you.

SIGNATURE OF RESEARCH PARTICIPANT

“Compassionate Living: Finding a Way Forward after Losing a Child”
November, 2018

I have read the information provided above. I have been given an opportunity to ask questions and all of my questions have been answered to my satisfaction. I have been given a copy of this form.

Name of Participant

Signature of Participant

Date

Address

Phone

Email

SIGNATURE OF WITNESS

My signature as witness certifies that the participant signed this consent form in my presence as his/her voluntary act and deed.

Name of Witness

Signature of Witness

Date (same as participant's)

SIGNATURE OF INVESTIGATOR

Signature of Investigator

Date (same as participant's)

A copy of this document will be supplied for your records.