TRAINING, WRITING, and BROAD RESEARCH CONSENT: Dr. Persons conducts research, and does writing and teaching for professional and lay audiences. Your initials here give Dr. Persons permission to use information about you and your treatment in any of these ways, provided that she takes care to protect your identity. She will not publish or present any information in her writing, teaching, or research that reveals your identity.

Dr. Persons is asking you to allow her to use data from your clinical record in research studies she and her colleagues at the Oakland CBT Center are currently conducting and may conduct in the future. The research typically involves studies of how psychotherapy works, how much psychotherapy does (or does not) help people, how symptoms of anxiety and depression and other symptoms are related, and of assessment tools. Examples of studies Dr. Persons has conducted are posted at https://oaklandcbt.com/research-publications. Because the data you provide will not affect your treatment, if you agree to provide data for research, you will not be informed about the results of research based on your data or about subsequent studies of similar topics. Your agreement to allow use of data from your clinical record for research will not involve any change in your treatment or any extra effort on your part. Information Dr. Persons will collect from your clinical record includes demographic and diagnostic information, your personal and treatment history, your symptoms, number of sessions of therapy, and information from questionnaires you completed. Your data will be identified with an ID number, not your name. Dr. Persons will make a code list linking your name to your ID number and store it on a password- protected desktop computer in her office and on an encrypted portable drive stored in a locked file cabinet in her office. Your participation in the research will last only during the time of your treatment and any follow-up assessments you complete. The data you provide will be stored indefinitely. To increase the contribution that your data can make to science, the de-identified data may be shared with other investigators via a secure web-based data repository that manages access to data to qualified researchers. Research studies conducted using data you provide will be reviewed to evaluate that they are conducted in an ethical manner by the Institutional Review Board (IRB) of the Behavioral Health Research Collaborative, a federally registered IRB.

You are not required to agree to participate in research. Please do so only if you are completely comfortable doing so. Declining to agree to provide data for research or writing or training will not affect your treatment with Dr. Persons in any way. If you agree to give permission to provide data for research or writing or teaching, you may withdraw permission by letting Dr. Persons know in writing. At that point, no further research data from your clinical record will be added to the database, but it may not be possible to remove your data from databases or publications that rely on data you have already contributed.

It is not expected that you will benefit directly from the research, except that the quality of your treatment may benefit from Dr. Persons' work to keep up to date with the scientific literature. The main risk you will experience by agreeing to allow use of information from your treatment in writing, teaching, or research is a loss of confidentiality. There is a small risk that information about you may be released to others in the process of extracting data from your clinical record to put it into the research database or in the process of managing the participant ID code list.

If you have questions about the research, you may contact Dr. Persons, any of her business partners at the Oakland CBT Center, the Research Policies document of the Oakland CBT Center posted at www.oaklandcbt.com/Research/Research Policies, or the document describing rights of research participants' rights that is posted at the end of this document.

If you do not initial below, Dr. Persons understands that she does not have your permission to use de-identified information about you in research, training, or writing.

_____(initial)

Rights of Research Participants

As a research participant, you have the right:

- To be told that you are being asked to participate in research.
- To be told the purpose of the research.
- To be told what you are being asked to do, and how long it will last.
- To be told about all the possible risks, side effects and discomforts that you might expect if you decide to participate.
- To know about other options available if you decide not to participate.
- To understand how your personal information will be kept private.
- To withdraw from research participation or refuse to participate at any time without penalty or loss of benefits (for example, refusing to agree to participate in research will not affect your treatment at the Oakland CBT Center). .
- To an informed consent discussion. This means the researcher should explain the details of what consenting to participate in research at the Oakland CBT Center means for you, and then without any pressure, allow you time to make the right choice for yourself.
- To receive a copy of the consent document you signed, and information about who to contact if you should have any questions.

This document was adapted from material from the University of Virginia School of Medicine.
https://research.med.virginia.edu/clinicalresearch/participate-in-a-trial/rights-of-a-research-participant/