

CONSENT FORM

Southern New Hampshire University Institutional Review Board

Wellness During Learning

Purpose

You are invited to participate in a research study about how wellness and health practices influence your overall wellbeing and learning, conducted by Tess Diver, Ed.D and colleagues.

Your Role

You will be asked to complete questionnaires about your wellbeing, mood, and learning strategies while you are enrolled in a Fundamentals of AI course. The course will involve lessons about AI and content will be delivered several ways, including interactions with AI-powered conversational learning agents.

During the course, you will also be asked to connect a wearable device. The course will take up to 4-6 hours per week and you will have access to the course for the duration of the program. The course will require you to complete lessons and provide data on your wellness practices. You can complete the course at your own pace.

The data we collect from you during this research study will be treated with extremely high protections in terms of privacy and security.

Who is Eligible?

You must be at least 18 years of age, have an iPhone, have a wearable device (Fitbit, Apple Watch, or Whoop) that you are willing to connect to the application running the course, and have a willingness to try an AI-powered platform.

Potential Risks and Benefits

The potential risks associated with this study are minimal. You may experience discomfort when asked to reflect on your internal dialogue or your mood symptoms. As with any technology, there is a small risk of a data breach.

We expect the project may have some modest benefits to you in these ways: you will be guided through personalized suggestions to improve your mood, sleep and assistance

developing healthy habits; and will be making a contribution to a scientific exploration on wellness and learning.

If you consent to participate, please understand that your participation is voluntary and that you have the right to withdraw your consent or discontinue participation at any time with no penalty. You also have the right to refuse to answer any question(s) for any reason with no penalty. We will not disclose your participation, data, or withdrawal to anyone unless you ask for us to do so.

Compensation for Your Time

Participants will receive \$20 that can be redeemed for SNHU logowear.

Confidentiality

Study staff will protect your personal information according to standard human subjects research protocols. Your data may be de-identified within the platform and connected to a unique identifier. Access to identifiable data will be limited to authorized members of the research team and service providers supporting the study, as necessary to conduct the research. Information shared outside the research team for educational purposes will be limited to de-identified, aggregated data and unattributed quotes. Your participation and responses will be held in strict confidentiality and will be used only for the purposes of this study.

Your individual privacy will be maintained in any publications or presentations resulting from this study. We will only report data in the aggregate, meaning we will never provide data from a single individual.

Finally, all data will be stored securely using encrypted and access controls on password protected systems and will not be shared beyond the research team, except as described in this form (e.g., with service providers, in aggregated form, or as required by law). Your personally identifiable information will be removed or minimized where reasonably feasible and will be accessible only to authorized members of the research team except as described in this form (e.g., in de-identified or aggregated form, with service providers supporting the study, or as required by law).

Please be aware, however, there are rare instances when we may be required to share individually identifiable information, including to government and/or law enforcement officials (for example, child abuse, threatened violence against self or others, or hazing). In these cases, we may be required to re-identify the data we have collected to comply

with state or federal laws. If we believe that such a report is required, we will follow the guidance of the SNHU Institutional Review Board for the Protection of Human Subjects in Research (and of the University's General Counsel) in making any such report, in order to provide as much protection for your privacy as possible while still complying with the law.

Third Party Sharing

Southern New Hampshire University and Matter & Space have entered into contracts with third parties (Apple Health and Fitbit) to support data sharing from wearable devices that will be leveraged during this study. Fitbit and Apple manage their data pursuant to their own privacy and security practices. You should be aware that you are subject to their separate terms and privacy policies when using those devices. You should carefully review this agreement to ensure you understand its contents and agree to be bound by them. Southern New Hampshire University and Matter & Space do not control the privacy or security practices of these third parties.

Further, any improvements, design changes, or other modifications made to the Matter & Space learning model as a result of the feedback or ideas you provide to researchers may be used by Matter & Space, subject to applicable law. You acknowledge that you have no claim to any compensation or ownership of this intellectual property.

Contact Information

Participants who need reasonable accommodation due to a disability in order to participate in this study may contact g.oberman@snhu.edu. The designated contact will work with you to discuss potential reasonable accommodations and determine appropriate support.

If you have any questions regarding this project, you may contact the researcher at t.diver@snhu.edu or t.gamby1@snhu.edu. If you have questions regarding your rights as research participant or any concerns regarding this project, you may report them – confidentially, if you wish – to the COCE Institutional Review Board Chairperson at COCEIRB@snhu.edu.

Consent:

I have read, and I understand the information provided and have had the opportunity to ask questions. I understand that my participation is voluntary and that I am free to withdraw at any time, without giving a reason and without cost. I understand that I will be given a copy of this consent form. I voluntarily agree to take part in this study.

Name: {{First Name}} {{Last Name}}

Electronic Consent: I agree to consent to participate in this study {{IRB Consent}}

Date: {{IRB Consent Date}}

IRB Approval Number: IRB-FY2024-55

IRB Expiration Date: July 17, 2027