



**INSTITUTIONAL REVIEW BOARD FOR THE  
PROTECTION OF HUMAN PARTICIPANTS  
(IRBPHP)**

**INITIAL APPLICATION**

**APPENDIX A  
IRBPHP INITIAL APPLICATION**

**DOMINICAN UNIVERSITY OF CALIFORNIA**

**INSTITUTIONAL REVIEW BOARD FOR  
THE PROTECTION OF HUMAN PARTICIPANTS**

**INITIAL APPLICATION**

*All information must be typed and submitted electronically to June Caminiti (june.caminiti@dominican.edu). Handwritten applications will be returned to researcher. A signature page must accompany all applications. Numbers in parentheses refer to explanatory sections in the IRBPHP Handbook. Please use these as a guide in providing the requested information.*

**APPLICANT INFORMATION (8.1)**

**Name:** Jatinder Janda

**Date:** February 15, 2016

**School:** Dominican University of California

**Department:** Health Science

**Campus or Local Address:** 50 Acacia Avenue, San Rafael, California 94901

**Home Address:** 107 Fir Ave South San Francisco CA, 94080

(Note: If different from campus/local address please provide home address for contact during periods when you may not be living on campus or locally)

**Local Phone:** 650-303-1169

**Work Phone:** N/A

**E-mail Address:** jatinder.janda@dominican.students.edu

(Note: All communication regarding your application will be by email so be sure you include a functional email address)

**Name(s) of Co- Investigator(s):** N/A

**FACULTY ADVISOR INFORMATION: (8.2)**

**Name:** Martha Nelson

**Campus Phone:** 415-257-1310

**E-mail Address:** martha.nelson@dominican.edu

Note: All communication regarding a student's application will be by email. Advisors will be copied on all correspondence so be sure to provide a functional email address.

**RESEARCH PROJECT INFORMATION: (8.3)**

**Exact Title of Project:** College Students' Stress Coping Strategies

**Duration of Project** (cannot exceed 1 year): 6 months

**Category of Review:**

Exempt (5.3.1)

Expedited (5.3.2)

Full Board Review (5.3.3)

**Background and Rationale** (no more than 300 words). Describe nature of research problem and purpose of current study. (8.4) Include references at end for any works cited.

Physical activity is a great coping mechanism for a student stress during college, along with other positive health benefits. However, it may not be the only method to manage stress as a college student, according to my research. Stress goes hand in hand with college so the objective of my literature research was to find a correlation between physical activity and stress. The research demonstrated that along with exercise, family and friend support were also good methods to cope with stress. One reason students are stressed in college is due to concern with their academic performance, however there have not been adequate studies done on a correlation between academic performance and physical activity among college students.

For my capstone project I plan to do original research. I would plan to create a questionnaire and administer it using survey monkey. I will ask students about the extent of stress related to academic performance, what students prefer as their method to cope with stress, as well as whether those methods have been effective in improving their academic performance. This could be measured by the semester gpa/grades. With this information I hope to be able to suggest recommendations to cope with stress to help college students to succeed academically while having an overall positive college experience.

**Description of Sample:** (check the boxes that pertain to your sample) (8.5)

- Patients as participants
- Non-patient volunteers
- Students as participants
- Minor participants (less than 18 years)
- Participants whose major language is not English (Note: include copies of translated documents)
- Mentally disabled patients
- Prisoners, parolees or incarcerated participants
- Other vulnerable or sensitive populations (children, persons with alcoholism or drug addiction, LGBT individuals, etc.) Please identify:

- Participants studied at non-Dominican locations
- Filming, video or voice recording of participants
- Data banks, data archives and/or registration records
- There is a dual relationship between researcher and participant (explain):

**Recruitment Procedure:** Indicate how applicant will solicit participation (face-to-face, phone contact, mail, email, etc) along with copies of materials used to recruit participants and permission letters if applicable: **(8.6)**

Applicants will be asked to participate through various approaches: 1. By giving a short presentation about the project to a classroom and asking for students to volunteer to participate in a survey that will be administered using survey monkey. 2. Asking friends to participate face-to-face and by phone and then providing them with a link to survey monkey. 3. Asking friends to participate through facebook and then having them follow a link to survey monkey.

**Subject Consent Process:** Attach Informed Consent Forms to be used. If consent forms are not to be used, explain why and provide copy of the Consent Cover Letter. **(8.7)**

**Anonymous survey research consent form is attached separately.**

**Procedures:** Describe in detail what your participants will experience and include copies of all written materials participants will see including surveys, questionnaires, interview questions, etc. Permission to use any copyrighted materials should be included. **(8.8)**

I will be using various methods to ask for volunteers and in the invitation there will be a survey monkey link where the participant will be directed to the survey questionnaire. The separate files attached will demonstrate the invitation and the survey questions that will be used for the participants:

- SOCIAL MEDIA INVITE
- DOMINICAN UNIVERSITY of CALIFORNIA
- LETTER OF PERMISSION TO DOMINICAN FACULTY
- COPING WITH STRESS QUESTIONNAIRE that was created by me
- PERCEIVED STRESS SCALE that was retrieved from the public domain

**Potential Risks to Participants:** Describe all potential risks.

*Note: All research projects involve some potential risks to participants. Applications that do not address risks will be returned. (8.9)*

The questionnaire will take approximately 10 - 15 minutes and may cause stress, in the sense that participants may not want to think about what causes them stress. However, it is very unlikely that it will cause stress and some participants may find it interesting to complete the questionnaire.

**Minimization of Potential Risk:** Describe ways the Potential Risks to Participants (detailed in section above) will be minimized by researcher. (8.10)

In order to minimize the length of the questionnaire only what is needed for the research will be asked and unnecessary questions will be removed. Questions will be stated in a simple and easy to read manner so that the difficulty of understanding and answering the questions is kept to a minimum.

**Potential Benefits to Participants:** Describe in detail all potential benefits to the individual (focus is individual not society). There is always some benefit – why else do the study. (8.11)  
 Knowledge about the best coping strategies may be available after the study. After the study there will be information to understand one's coping strategies better and what would work better as a coping method for college students.

**Costs to the Participants:** Describe any costs to participants (transportation, time, effort, etc.). (8.12)

Time out of a participant's day will be taken as well as some effort to answer the questions. However, there will be no monetary cost.

**Reimbursement or Compensation to Participants:** Describe and provide rationale for any reimbursement or compensation in response to participation in the research. (8.13)

N/A

**Confidentiality of Records: (8.14)**

Data will be anonymous

How will anonymity be ensured?

Participants will not identify themselves nor should they be able to be identified through the questionnaire.

Data will not be anonymous

How will data be kept confidential? Who will see it?

How will raw data and computerized data be stored?

How will participant identity be kept separate from participant data?

***(Note: all tapes and records should be destroyed after a period of one year following completion of the research project)***