

This is your copy of Consent Form to participate in the MISCI-PCE program and study.

**UNIVERSITY OF CALIFORNIA, SAN FRANCISCO  
CONSENT TO PARTICIPATE IN A RESEARCH STUDY**

**Study Title:** Multimodal Intergenerational Social Contact Intervention Pilot for Creative Engagement

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This is a research study about the feasibility, acceptability, and impact of our social intervention for the people who participate in it.

Research studies include only people who choose to take part. Please take your time to make your decision about participating and discuss your decision with your family or friends if you wish. If you have any questions, you may [ask the researchers](#).

You are being asked to take part in this study because you are interested in participating in a program that is part of the Multimodal Intergenerational Social Contact Intervention.

**Why is this study being done?**

The purpose of this study is to learn about how the Multimodal Intergenerational Social Contact Intervention for Creative Engagement (MISCI-CE) program impacts participants' attitudes and feelings, to determine if a program is feasible and acceptable in an urban setting, and to discover how best to design future iterations of the program.

The Atlantic Fellowship program within the Global Brain Health Institute (GBHI) is providing the researcher with professional development funds used to cover costs associated with the project meetings and is paying Dr. Bell's salary. Additional funding is provided by the City and County of San Francisco and the Global Brain Health Institute and Alzheimer's Association Pilot Awards for Global Brain Health Leaders.

**How many people will take part in this study?**

About ninety people will take part in this study. About one third of these people are older people living in San Francisco and two thirds are people ages 18-25 and/or university students in San Francisco.

## What will happen if I take part in this research study?

If you agree, the following procedures will occur.

First, you will need to participate in the following “screening” procedure to find out if you can participate in the main part of the study:

- A program application including a criminal background check. To ensure the safety of their participants, our community-based organizations require that all volunteers undergo a criminal background check. The study will cover the cost of this background check. Applicants will be provided a link to enter their own information to a secure website that uses the latest encryption standards and follows the FCRA guidelines for securing applicant data privacy. The background check includes
  - **County Criminal Searches** providing criminal history reports from all U.S. counties.
  - **National Criminal History Database** search of multiple criminal record sources and re-verified with the courts in the jurisdiction where the conviction occurred to ensure to maintain complete FCRA compliance.
  - **Statewide Criminal Searches** provide criminal history reports from all states where they are available (42 states).
  - **National Sex Offender Search** of the national Sex Offender Registry.
  - **Federal Criminal Search** of federal judicial records and report back on criminal records from Federal jurisdictions.
  - **Social Security Trace Search** to confirm that a provided social security number is linked to a particular subject. Information yielded may include other name(s) associated with the social security number, current/past addresses, month/year of birth. No information is yielded if the social security number is not contained in the database.
- **Please note that applicants are not required to submit social security numbers for this background check and can consult with program representatives to use this system without submitting that information.**

If the screening procedure shows that you can be in the main part of the study and you choose to continue, this is what will happen next:

- Program representatives send you brief pre-study surveys including a mood scale, a brief loneliness scale, and two other surveys about your current attitudes toward topics related to aging and to a sense of purpose.
- The research team will work with our partners to match you and another person aged 18-25 or a university student of any age with an older adult participant for the purpose of building a new relationship through the development of a creative project over the course of three months.
- You will participate in a four-hour in-person training about brain health, the impact of social contact on health, working with older adults, collaboration, cultural humility, bias reduction, and other program elements to prepare you for your first partner meeting.
- You and your partners will meet for two hours, two times per month for three months for a total of 6 times.
- You will fill out a brief online journal with short responses after each meeting.
- You will participate in ongoing pre-meeting training and/or coaching sessions.

- You may receive one-on-one coaching during the creative project development as well.
- At the end of the program, you and your partners will share the project you developed at the MISCI showcase and celebration.
- A photographer may be onsite to take your portrait with your express consent. You do not have to have your portrait taken.
- You and your partners will be interviewed about your experiences in the program. The researcher will make a sound recording of your conversation. The researchers will ask you and your partners to use only first names during the group interview. They will also ask you not to tell anyone outside the group what any particular person said in the group. However, the researchers cannot guarantee that everyone will keep the discussions private. After the interview, someone will type into a computer a transcription of what's on the tape and will remove any mention of names. The sound recording will then be destroyed.
- You will complete a program evaluation and brief post-study surveys including the same mood scale, loneliness scale, and other surveys about your current attitudes toward topics related to aging.

### Study locations

The activities will take place in the locations below

<b>Activities</b>	<b>Means/Location</b>
Screening, pre- and post-program surveys, post-visit journals	Online
Pre-program training and student group coaching sessions	UCSF
Individual coaching and just-in-time training	Online or by phone
Project development meetings	Home of older adult or their designated alternate location
Project showcase and celebration; interviews	UCSF or partner organization

### How long will I be in the study?

From pre-program training through the post-program surveys lasts about three months. The study may involve long-term follow-up with brief phone interviews every six months following the end of the three-month program.

### Can I stop being in the study?

Yes. You can decide to stop at any time. Just tell the study researcher or staff person right away if you wish to stop being in the study. Also, the study researcher may stop you from taking part in this study at any time if he or she believes it is in your best interest, if you do not follow the study rules, or if the study is stopped.

**What side effects or risks can I expect from being in the study?**

- Building a new relationship with a person in a different generation may not always be easy. Collaborating on a project with others can also involve challenges. Some challenges might be frustrating, uncomfortable, or upsetting. While we want to support each set of partners in working through the challenges that often arise in these situations, you are free to end your partnership at any time.
- Some of the survey or interview questions may make you uncomfortable or upset, but you are free to decline to answer any questions you do not wish to answer or to leave the group at any time.
- For more information about risks and side effects, ask one of the researchers.

**Are there benefits to taking part in the study?**

Taking part in this study may or may not make your health better. While we hope participation will be useful in decreasing any feelings of loneliness you may have and in improving your mood, there is no proof of this. We do know that the information from this study will help researchers learn more about this social intervention as a risk reduction strategy for the health problems for which loneliness, social isolation, and depression increase risk. This information could help others in the future.

**What other choices do I have if I do not take part in this study?**

You are free to choose not to participate in the study. If you decide not to take part in this study, there will be no penalty to you. If you receive care through UCSF Health, you can still get your care from our institution the way you usually do.

**Will information about me be kept private?**

We will do our best to make sure that the personal information gathered for this study is kept private. However, we cannot guarantee total privacy. Your personal information may be given out if required by law. If information from this study is published or presented at scientific meetings, your name and other personal information will not be used.

Authorized representatives from the following organizations may review your research data for the purpose of monitoring or managing the conduct of this study:

- Global Brain Health Institute (GBHI)
- Alzheimer's Association
- City and County of San Francisco Department of Aging and Adult Services

**Will I be paid for taking part in this study?**

You will not be paid for taking part in this study, but travel costs incurred for attending the Showcase/celebration and interview session will be covered for you and your partners when you travel together and your team may apply for reimbursement of small costs for creative project materials.

**What are my rights if I take part in this study?**

Taking part in this study is your choice. You may choose either to take part or not to take part in the study. If you decide to take part in this study, you may leave the study at any time. No matter what decision you make, there will be no penalty to you in any way. If your MISCI-CE project will be counted toward work in a class you're taking or toward another

university program requirement, you can talk with your faculty or university representatives to work out how to meet those requirements in other ways, but you will not be penalized in any way.

**Who can answer my questions about the study?**

You can talk to the researcher(s) about any questions, concerns, or complaints you have about this study. Contact the researcher, Phaedra Bell at 415-518-4497 or [phaedra.bell@ucsf.edu](mailto:phaedra.bell@ucsf.edu).

If you wish to ask questions about the study or your rights as a research participant to someone other than the researchers or if you wish to voice any problems or concerns you may have about the study, please call the Institutional Review Board at 415-476-1814.

**CONSENT**

This is your copy of the consent form to keep.

PARTICIPATION IN RESEARCH IS VOLUNTARY. You have the right to decline to be in this study, or to withdraw from it at any point without penalty or loss of benefits to which you are otherwise entitled.

You have consented to participate in this study and we are happy to include you!