



DETAILED CONSENT TO PARTICIPATE IN A RESEARCH STUDY

You are being invited to take part in the following research study: Inside & Out: The Transgender Mental Health Survey

Researchers:

The persons conducting this study are Cory J. Cascalheira and Tracie L. Hitter

WHAT ARE THE PURPOSES AND PROCEDURES OF THIS STUDY?

The purpose of this study is to explore how your personal experiences as a transgender person may impact mental health.

This project involves a survey in which you will answer questions about identity and discrimination. You will also answer questions about how people treat your body, including experiences of sexual harassment, questions about how you view your body, questions about your family, and questions about how you have been feeling lately.

WHY ARE WE ASKING YOU TO PARTICIPATE FOR THIS STUDY?

You are being asked to participate in this study because you are an adult over the age of 18, identify within the transgender spectrum, and live in the United States.

ARE THERE REASONS WHY YOU WOULD NOT QUALIFY FOR THIS STUDY?

Yes. If you are a minor under the age of 18 years old or do not identify as transgender.

It is important to let the researchers know if you are in another research study. You should discuss this with the researchers before you agree to participate in another research study while you are in this study.

WHAT IS THE DURATION?

Your participation in this research will last 10–15 minutes for one online survey. It will involve an anonymous, secure survey administered through REDCap.

WHERE IS THE STUDY GOING TO TAKE PLACE?

The research procedures will be conducted at a location that you select with Internet access.

WHAT IF NEW INFORMATION IS LEARNED DURING THE STUDY THAT MIGHT AFFECT YOUR DECISION TO PARTICIPATE?

You will be informed if the researchers learn new information that could change your mind about staying in the study. You may be asked to sign a new informed consent form if the information is provided to you after you have joined the study.

WHAT ARE THE BENEFITS, RISKS, COSTS, and COMPENSATIONS OF PARTICIPATION?



Benefits

The researchers cannot know if you will get any personal benefit from taking part in this study. However, there may be potential benefits for the public, such as knowing that you have contributed to psychology research with possible social justice implications. Results may be used to improve therapy for transgender people. Additionally, we provide a list of community resources with which you may be unfamiliar.

For transgender-specific and LGBTQ-friendly resources:

Immediate Help

- Trans Lifeline at 877-565-8860
- Trevor Project: 24/7 Lifeline at 866-4-U-TREVOR (866-488-7386)
- Trevor Project: Online messaging with a counselor <https://www.thetrevorproject.org/get-help-now/>
- Trevor Project: Text START to 678678

Know Your Rights

- Lambda Legal guide to transgender rights: <https://www.lambdalegal.org/publications/trans-toolkit>
- ACLU frequently asked questions: <https://www.aclu.org/know-your-rights/lgbtq-rights/>
- Sylvia Rivera Law Project list of rights: <https://srp.org/resources/>
- Learn about specific harassment and gender identity laws on a state-by-state basis: <https://www.lgbtmap.org/transgender-people>
- Your rights at the airport: <https://transequality.org/know-your-rights/airport-security>
- Your rights if sexually assaulted: <https://transequality.org/know-your-rights/survivors-violence>

Legal Assistance

- Get legal help, such as employment or housing discrimination, or hate crimes: <https://transgenderlawcenter.org/resources>

Identity Assistance

- How to change your Social Security records: <https://secure.ssa.gov/apps10/poms.nsf/lnx/0110212200>
- How to change your passport: <http://travel.state.gov/content/passports/en/passports/information/gender.html>
- How to change your immigration documentation: <http://www.transequality.org/know-your-rights/immigration-documents>
- National Center for Transgender Equality ID Documents Center: <http://www.transequality.org/documents>
- Find a pro bono lawyer in certain states: https://transgenderlegal.org/name_change_project.html

Parenting & Education



- Guide for transgender parents and their children: <https://www.aclu.org/report/protecting-rights-transgender-parents-and-their-children>
- Find resources as a transgender college student: <http://transstudent.org/resources/higher-education/>

Healthcare & Insurance

- Get your healthcare covered: <https://transequality.org/health-coverage-guide>
- Detailed info on your healthcare rights: <http://www.transequality.org/know-your-rights/healthcare>
- How to file a federal healthcare discrimination complaint with EEOC: <http://www.eeoc.gov/field/littlerock/charge.cfm>
- How to file a federal healthcare discrimination complaint with HHS: <http://www.hhs.gov/ocr/civilrights/complaints/index.html>
- HHS decision affirming Medicare coverage for transition related healthcare: <http://www.hhs.gov/dab/decisions/dabdecisions/dab2576.pdf>

Risks

There is a risk of emotional distress. Some of the questions may bring to mind painful memories. If you experience emotional discomfort at any time, you may discontinue participation without penalty. Participation in this study is voluntary.

If you experience emotional discomfort, consider contacting one of these resources:

- APA Psychologist Locator: <https://locator.apa.org/>
- Psychology Today, Find a Therapist: <https://www.psychologytoday.com/us/therapists>
- MentalHealth.gov: <https://www.mentalhealth.gov/get-help>
- Find a Sex Therapist: <https://www.aasect.org/referral-directory>
- National Institute of Mental Health (NIMH), M–F, 8:30 a.m. to 5 p.m. EST: 1-866-615-6464
- National Sexual Assault Hotline: 1-800-656-4673
- National Suicide Prevention Lifeline: 1-800-273-8255

If you believe you are hurt, distressed, or if you get sick because of something that is due to the study, you should immediately contact the researchers and/or the Office of Research Integrity and Compliance at New Mexico State University [575-646-7177](tel:575-646-7177) ovpr@nmsu.edu.

Costs

There are no costs associated with taking part in this study.

Compensations

You will receive an opportunity to enter a raffle for a \$25 Amazon.com Gift Card for taking part in this study. There will be sixteen winners.

WILL YOU BE GIVEN INDIVIDUAL RESULTS FROM THE STUDY?

For this study, you will not be given individual results. You may contact the researchers for aggregate results.



CONFIDENTIALITY

The researchers will keep your name and other identifying information private to the extent that we can. The researchers will make every effort to prevent anyone who is not on the research team from knowing that you gave us information, or what that information is. You should know that there are some circumstances in which the researchers may have to show your information to other people. However, since no personal information will be collected, these circumstances do not apply to this study.

Your responses are anonymous. We neither track IP addresses nor ask for any identifying information. Your data will be stored on password-protected, encrypted computers.

Access to the data will be limited to the primary investigator and co-investigators of this study. It is possible that the consent process and data collection will be observed by research oversight staff responsible for safeguarding the rights and well-being of people who participate in research. After initial analysis, your data will be stored on the Open Science Framework for secondary analyses.

Additionally, you have the option of providing an email to enter a raffle to win a \$25 Amazon.com Gift Card. Your email is stored separately from your responses and cannot be associated with your responses. Your email will be deleted from password-protected computers after the raffle winners are chosen. Your email will not appear on the Open Science Framework.

Please note that confidentiality in any form of electronic communication is not guaranteed.

The researchers will take careful steps to keep your information confidential (or anonymous).

The researchers will make every effort to safeguard your information, but, the security of information obtained through commercial survey companies cannot be guaranteed. It is also possible the data collected for research purposes may be used for marketing or reporting purposes by the company, depending on the company's Terms of Service and Privacy policies. However, REDCap does not have such policies.

The findings and results of the study may appear publicly as scholarly or creative works for books, journals, news articles, presentations, conferences or other places.

WHERE WILL INFORMATION BE STORED AND FOR HOW LONG?

The information will be stored at four locations. First, electronic copies of this survey will be stored on the secure computer network at New Mexico State University. Second, your data will be stored in the REDCap survey software, for which the Southwest Outreach Academic Research (SOAR) Evaluation & Policy Center at New Mexico State University holds a license. Third, a digital copy of your data will be accessible to the researchers listed on this informed consent and stored on password-protected computers at New Mexico State University. Finally, data will be stored on the Open Science Framework for secondary analyses.



IF YOU HAVE QUESTIONS OR CONCERNS OR WANT TO WITHDRAW:

Participation in this study is strictly voluntary. You may withdraw from the study at any time without penalty.

If you choose to leave the study, you have the right to decide whether data collected up to that point that can be linked to your identity will remain in the study database or should be removed. However, since your responses are anonymous, researchers cannot locate your individual responses. None of the data are linked to your identity.

The researchers conducting the study may need to remove you from the study. This may occur for a number of reasons. You may be removed from the study if you are not able to follow the directions, they find that your participation in the study is more risk than benefit to you, or the agency paying for the study chooses to stop the study early for a number of scientific reasons.

The researchers at New Mexico State University, Department of Counseling & Educational Psychology in charge of this study is Cory J. Cascalheira who may be reached at coryjc@nmsu.edu or (575) 323-1272. The researcher is a student and his faculty supervisor is Tracie L. Hitter, who may be reached at tlhitter@nmsu.edu or (575) 646-3755.

If you have any questions, suggestions or concerns about your rights as a participant in this research study, contact the Office of Research Integrity and Compliance at New Mexico State University 575-646-7177 ovpr@nmsu.edu.

A copy of this form is available for you to keep.



INFORMED CONSENT SIGNATURE PAGE

You are a participant or are authorized to act on behalf of the participant.
This consent includes the following:

- Key Information Page
- Detailed Consent

You will receive a copy of this consent form after it has been signed.

Signature of research subject *or, if applicable,*
**research subject's legal representative*

Date

Printed name of research subject *and, if applicable,*

**Printed name of research subject's legal representative*

**If applicable, please explain Representative's relationship to subject and include a description of representative's authority to act on behalf of subject:*

Printed name of [authorized] person obtaining informed consent

Date

Signature of Principal Investigator or Sub/Co-Investigator