**ONLINE SURVEY CONSENT FORM**

**TITLE OF PROJECT:** Exploring the Construct of Grit

You are invited to participate in a research project conducted by *(IU Name(s) of Researchers)* from the *(Name of Department)*  Department at Colorado Mesa University.

**PURPOSE OF THE STUDY**

The purpose of the project is to examine the psychological construct of grit (a term referring to passion and perseverance given long-term and meaningful goals) and variables that may be related to grit.

The researchers intend to present findings at the Rocky Mountain Psychological Association annual conference. The researchers hope to better understand the construct of grit by identifying variables that may be related and/or causal inputs given the formation of Grit.

**PROCEDURES**

Your participation in this study will take approximately 15 minutes. It will take approximately 5 minutes to read and sign this consent form, and approximately 5-10 minutes to answer the survey questions.

**POTENTIAL RISKS AND DISCOMFORTS**

Potential risks include the stress associated with responding to questions related to self-concept and performance. For example, participants will be asked to respond to questions like “*I have difficulty maintaining my focus on projects that take more than a few months to complete*.” This example highlights how participants will be prompted to reflect on topics they may find sensitive.

These minimal risks are outweighed by the benefits that the researchers, and the field of psychology as a whole, may gain.

**POTENTIAL BENEFITS**

Potential benefits of this study to participants may include a better understanding of yourself and may potentially offer methods of self-growth through introspection. Society benefits from the deeper insight into the theoretical construct of grit. With increased understanding of grit, we may be able to develop new techniques for enhancing grittiness in the general population. Higher grit levels have been shown to lead to increased achievement and perseverance in times of hardship. Ultimately, we hope to establish a foundational understanding of grit which enables the implementation of grit-enhancing principles and techniques in all areas of life.

**CONFIDENTIALITY**

Any information that is obtained in connection with this study and that can be identified with you will remain confidential and will be disclosed only with your permission or as required by law. The only people who will know that you are a research subject and may have access to the records of this research study are members of the research team and representatives of Colorado Mesa University’s IRB which approves and monitors research studies.

These authorized representatives may see your name, but they are bound by rules of confidentiality not to reveal your identity to others.

When the results of the research are published or discussed in conferences, no information will be included that would reveal your identity. If photographs, videos, or audiotape recordings of you will be used for educational purposes, your identity will be protected or disguised.

Submission of the survey will be interpreted as your informed consent to participate and that you affirm that you are at least 18 years of age or younger than 71 years of age. Participation or non-participation will not impact your relationship with Colorado Mesa University, affect your grade, treatment, care, employment status, or any other personal consideration or right you usually expect. You may also refuse to answer any questions you do not want to answer and still remain in the study. The investigator may withdraw you from this research if circumstances arise which warrant doing so.

**DATA STORAGE AND USE**

The data collected as part of this study will be de-identified and will be retained after the study for future research. De-Identified means that the information collected will not contain your name or other information that can be used to directly identify you. Institutional policy requires research related information be kept in a secure location and retained a minimum of 3 years.

**STUDY CONTACT**

If you have any questions or concerns about the research, please feel free to contact the principal investigator(s) who are overseeing this research.

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| **Primary Investigator**  *Name*  *Title*  Colorado Mesa University  *Email* | **Co-Investigator (s)**  *Name*  *Title*  Colorado Mesa University  *Email* |

**RIGHTS OF THE RESEARCH SUBJECTS**

Your participation in this research is voluntary. If you decide to participate, you may withdraw your consent at any time and discontinue participation without penalty or loss of benefits to which you are otherwise entitled. If you have questions regarding your rights as a research subject, contact the Research Integrity Officer in the Office of Sponsored Programs, Colorado Mesa University, 1100 North Ave., Grand Junction, CO 81501-3122; Telephone: (970) 248-1424 or [osp@coloradomesa.edu](mailto:osp@coloradomesa.edu).

**SIGNATURE OF RESEARCH SUBJECT**

I understand my participation is voluntary. I understand the procedures and conditions of my participation described above. My questions have been answered to my satisfaction, and I agree to participate in this study. I have been given a copy of this form.

*\* I have read the above information and agree to participate in this research project.*

\_\_\_\_ Enter survey