

Roanoke College Study Information Sheet

Key Information About this Study:

We would like to invite you to be in a research study about the stress you may experience while working. Participation in this research is voluntary; you don't have to take part if you don't want to. If you decide to take part, you will be asked to put on a heart rate monitor for the first 2-3 hours of your shift, which consists of placing 3 disposable electrodes on your chest attached to a small device you can clip onto your waistband. At the end of this 2-3 hour period, you will be asked to remove the device, return it to a researcher, and complete a brief, 6-item survey. Participation in this study will be for up to 20 sessions, lasting 2-3 hours each. Potential risks include discomfort while wearing the electrodes and possible pain when removing them (similar to a ripping off a Band-Aid). Otherwise, you will be performing your job as normal. There are likely no direct benefits of participating, but doing so can help us better understand the relationship between occupational demands, the stress associated with those, and potential solutions to minimize those in the future. You will also receive compensation in the form of a \$100 Amazon e-gift card following the 5th observation completed.

Study Information

We would like to invite you to be in a research study about the stress you may experience while completing typical work duties. The purpose of the study is to identify specific contributors to stressful, work-related experiences unique to working at a craft brewery, and to investigate the severity of their impact. Ultimately, the aim is to use this information to determine appropriate stress management solutions, if necessary.

What will I do if I choose to be in this study?

You will be asked to put a lightweight heart rate monitor on before the beginning of your shift, and wear this monitor while you go about your work for 2-3 hours. Meanwhile, a researcher will be seated in the brewery and will take occasional notes on relevant, time-stamped observations. These notes will be used by the researcher later to mark events within the heart rate data, which may help explain any observed changes in heart rate. After the 2-3 hour session is complete, you will be asked to complete a brief survey with 6 questions and additional space to include optional comments. The survey is expected to take less than 5 minutes to complete. I may quote your comments in presentations or in articles resulting from this work, but a pseudonym will be used to protect your identity, unless you specifically request that you be identified by your true name. In total, your participation may consist of up to 20 individual 2-3 hours sessions. The entirety of your participation will take place at Olde Salem Brewing Company, either in Salem or in Roanoke, depending on the shift. The same procedures will take place at both locations. You will also receive compensation in the form of a \$100 Amazon e-gift card following the 5th observation completed.

What are the possible risks or discomforts?

A possible physical discomfort would be the electrodes. They stick to your body, and you will have 3 of them on different places on your chest. It may hurt briefly to take them off; the sensation would be similar to taking off a Band-Aid. There may also be some residue left behind after removing them. Otherwise, your participation in this study will not involve a risk of harm greater than what you would experience in everyday life.

What are the possible benefits for me or others?

Taking part in this research study may not benefit you personally, but we may learn new things that will help others working in the craft brewery industry.

How will you protect the information you collect from me, and how will that information be shared?

Results of this study may be used in publications and presentations. Your study data will be handled as confidentially as possible. If results of this study are published or presented, individual names and other personally identifiable information will not be used. To minimize the risks to confidentiality, we will not allow anyone to access the survey responses or researcher's notes other than the researcher(s) actively involved in this study.

What are my rights as a research participant?

Participation in this study is voluntary. You do not have to answer any question you do not want to answer. If at any time and for any reason, you would prefer not to participate in this study, please feel free not to. You may withdraw from this study at any time, and you will not be penalized in any way for deciding to stop participation. If you decide to withdraw from this study, the researchers will ask you if the information already collected from you can be used.

Who can I contact if I have questions or concerns about this research study?

If you have questions, you are free to ask them now. If you have questions later, you may contact the researcher, Lauren Kennedy-Metz, at 540-375-2478 or kennedymetz@roanoke.edu.

Or you can contact the office at Roanoke College:

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