**Institutional Review Board**

IRB Request for Expedited or Full Review

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| Name of Principal Investigator: | Dr. Christine Malone |
| Title of Study: | The Effect of Various Types of Social Media on Self-Esteem and Affect |

Instructions: Complete all items on this form. The table format used on this form will expand as you enter text.

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| **Subject Recruitment and Requirements** |
| 1. What type and how many human subjects will you require?  **We will need a total of 60 undergraduate students from MSUM** |
| 1. Where and how do you propose to recruit subjects? **A volunteer sign-up will be posted on the Psychology Department research bulletin board. The informal title of “Social Media and Self” will be used on the sign-up sheet.** |
| 1. a. If your study involves subjects in institutions other than MSUM (schools, hospitals, other agencies), how will institutional consent be obtained? A signed letter of permission from an institutional representative is required. Attach copy to proposal.   b. If your study involves data retrieval and/or staff consultation with offices at MSUM (Institutional Effectiveness, Academic Support Center, Athletics, Career Development Center, etc.) please obtain a letter of support from the respective office and attach a copy to proposal. |
| 1. How much time will be required of each subject? **One 20-minute appointment will be required for each participant.** |
| 1. Will subjects be compensated for participation? Yes No |
| If yes, please specify: **The only compensation participants will receive is a department research participation card to submit for 20 minutes of extra credit in a psychology course. The extra credit card may only be used if the instructor allows it to be used for extra credit.** |
| 1. Is confidentiality assured? Yes No |
| If yes, how? **All records of responses will be stored in the primary investigator’s office in a locked file cabinet. Further, response sheets will contain codes and not names. Participants’ responses will be reported at a group level only. Participants will not be personally identified in any report, publication, or presentation that results from this study.** |
| If no, why not? |
| 1. What benefits do subjects obtain by participating? **Participants will gain experience in research studies concerning psychology.** |

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| **Subject Risk** | | | |
| Certain practices are generally to be avoided. If any are included in the proposed study, check the blank next to the appropriate category and justify with attachments. | | | |
| Deception | Pain/threat/averse stimulation | Embarrassment | Invasion of privacy |

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| **Informed Consent** |
| A copy of the signed Informed Consent form must be given to subjects or guardians. For surveys and questionnaires that do not involve sensitive topics or minors, return of the questionnaire can be taken as implying consent. However, a cover letter must be included which contains the elements of consent and gives enough information about the survey that the subjects can choose to participate or not. Attach copy of cover letter if appropriate. |
| ***Minors and/or Adults Incapable of Giving Consent*** |
| 1. Will your study use minors or adults legally incapable of giving consent?  Yes No |
| 1. Is informed consent form, method of obtaining assent, and/or cover letter attached? Yes No |
| ***Consenting Adults*** |
| 1. If subjects are of legal age and capable of giving consent, how will consent be obtained? **All participants will read and sign an informed consent form prior to the start of any experimental procedures.** |
| 1. Is informed consent form or cover letter attached? Yes No |

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| **Debriefing** |
| 1. Will subjects be provided with feedback about the study? Yes No |
| If yes, when and how?  **Students will receive general information about social media and its effect on self-esteem and mood. They will be given a debriefing statement to take with them** |
| 1. Is a debriefing form attached? Yes No Include debriefing statement when applicable. |
| 1. If deception has been used, how will the subjects be informed? **N/A** |
| 1. What follow-up supports will be available if subjects experience undesirable consequences of participation? **Previous studies of this type show transient changes and very small effect sizes for any induced changes in self-esteem or affect. As a precaution, however, students will be given contact information for the principle investigator and for Hendrix counseling services.** |

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| **Materials** |
| 1. What questionnaires, inventories, tests, or other instruments will be used? Attach copies of investigator-prepared materials or a description of commercially prepared or copyrighted materials.   **Four public Instagram accounts encouraging downward social comparison**  **Two public Instagram accounts encouraging no social comparison**  **Two public Instagram accounts encouraging upward social comparison**  **Rosenberg Self-Esteem Scale**  **Positive and Negative Affect Scale**  **Questionnaire asking for gender, year in school, and the average amount of time spent on Instagram per day (in minutes).** |
| 1. Will you make audio-tapes, video-tapes, or photographs of subjects? Yes No  Consent must be obtained from subjects in the informed consent form for these types of materials. Include statements about assurance of confidentiality, the planned use and eventual disposition of these materials (i.e., use of materials at conferences, published research, posting to the internet). |
| 1. What electrical, electronic, or mechanical equipment will be used? If any have been specially constructed or modified for use in this study, provide a description with sufficient detail so that any physical danger may be assessed. Supplementary documents may be attached if necessary.  **One standard computer.** |