We are looking for romantic couples who are living together and have been together for at least one year to participate in research investigating support and wellbeing in intimate relationships.

**COUPLES CAN EARN UP TO $270 IN TOTAL**

*I. Initial Session:* Participation involves (1) completing questionnaires about a personal goal, your relationship, and your psychological and physical wellbeing (2) have video-recorded discussions with your partner while having your physiological responses assessed (3) approximately 3 hours of your time.

For the initial session, couples will receive $90 in Amazon gift vouchers as a reimbursement for their time and effort ($45 per person).

*II. Follow-up Sessions:* After completing the initial session, every 2 months for 6 months, couples will be invited to complete short daily questionnaires for 14-days.

For completing these online questionnaires, couples can receive up to $180 (up to $90 per person).

All responses and recordings are strictly confidential. All data is identified only by unique participant numbers.

To obtain more information or to make an appointment, please contact the Supporting Relationships and Wellbeing Lab (REWE Lab) at support_rewe@sfu.ca
COUPLES WANTED FOR ONGOING RESEARCH ON WELLBEING.

Couples will be paid up to $270.

Participation involves a 3-hour session at Simon Fraser University (parking paid) and a set of follow-up online questionnaires for 6 months.

All responses are completely confidential. To find out more, e-mail support_rewe@sfu.ca.

FACEBOOK ADVERTISING:

Couples wanted for research on support and wellbeing! To find out more, email us at support_rewe@sfu.ca
PARTICIPANT RESEARCH CONSENT FORM

Title of Project: Supporting Personal Goals and Wellbeing

Principal Investigator: Dr Yuthika Girme, Department of Psychology, Simon Fraser University. Phone: 778.782.4701. E-mail: ygirme@sfu.ca

Project Manager: Olga Vasileva, Department of Psychology, Simon Fraser University. Email: support_rewe@sfu.ca

To the Participant,

The aim of this research is to examine how people in intimate relationships support each other’s personal goals, and psychological and physical wellbeing. This study is part of an ongoing research programme conducted by Dr Yuthika Girme investigating support and wellbeing. If you have any questions, please direct them towards Dr Yuthika Girme in the Department of Psychology (contact details provided above).

VOLUNTARY PARTICIPATION & WITHDRAWAL

Your participation in this study is completely voluntary. You have the right to withdraw from this research at any point without any questions asked, or without any negative consequences. You may refrain from answering any questions you find distressing/sensitive or from participating in any component of the research you do not wish to. If after completing this research session you want to withdraw your data, you have up to three weeks from today’s date to request for all your data to be deleted from our records.

STUDY PROCEDURE & REIMBURSEMENTS

Part 1: Initial Session

The first session will occur at the Support and Wellbeing Laboratory at Simon Fraser University. This session will take up to 3 hours of your time and you will receive $90 in Amazon vouchers ($45 each) as reimbursement for your time and effort.

Questionnaires: You will first be asked to complete a screening form, and to report on some personal goals that you have been trying to achieve. Following this, you will complete a computer-based questionnaire about your physical and psychological wellbeing and your thoughts and feelings about your relationship. Your partner will not see your responses, and your questionnaires will remain confidential at all times. Your questionnaires will be identified by a numerical code and no identifying information will be attached.

Discussions and Physiological Monitoring: We will then ask you and your partner to take turns engaging in video-recorded discussions with each other about your own and your partner’s chosen personal goal. We will have you do a warm-up discussion first so you get an idea of the procedure. During these discussions we will monitor your physiological responses.
To measure your **heart-rate and electrical signals**, we will place 7 small electrodes on your chest and back (one on your collarbone, two on your ribcage, 2 on the front of your chest, and 2 on your spine). We will also measure your **finger pulse** using a small clamp on the index finger of your non-dominant hand (i.e., if you are right-handed this will be placed on your left hand). Finally, we will measure your **skin conductance levels** (i.e., the level of natural sweating) by attaching 2 gel-electrodes on the palm of your non-dominant hand.

**Post-Discussion Questionnaires**: After each discussion with your partner you will be asked to complete another set of computer-based questionnaires assessing how you and your partner felt and behaved during each discussion. As before, your partner will not see your responses. Your ratings will remain confidential and only be identified by a numerical code.

**Part 2: Follow-Up Phase**

After this initial session, you will be asked to complete three sets of short 5-10 minute questionnaires every day for 2-weeks, every 2-months for 6 months (i.e., 3 sets of 2-week diaries). The questionnaires will ask questions about you and your partner’s personal goals discussed during the initial session, your physical and psychological wellbeing, and your thoughts and feelings about your relationship.

You and your partner will complete these questionnaires separately, will not be shown each other’s responses. Your questionnaires will remain confidential at all times, identified only by a numerical code. For each follow-up you complete you will receive the following compensation for your time and effort via online Amazon vouchers:

<table>
<thead>
<tr>
<th>Timeline</th>
<th>Reimbursement for Daily Diaries (Per Person)</th>
<th>Top-Up for Completing All Diaries (Per Person)</th>
<th>Total Maximum Reimbursement Per Person</th>
<th>Total Maximum Reimbursement Per Couple</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Month Follow-Up</td>
<td>$1 per diary = $14</td>
<td>+ $6</td>
<td>= $20</td>
<td>= $40</td>
</tr>
<tr>
<td>4 Month Follow-Up</td>
<td>$1.50 per diary = $21</td>
<td>+ $9</td>
<td>= $30</td>
<td>= $60</td>
</tr>
<tr>
<td>6 Month Follow-Up</td>
<td>$2 per diary = $28</td>
<td>+ $12</td>
<td>= $40</td>
<td>= 80</td>
</tr>
</tbody>
</table>

**POTENTIAL RISKS**

There are very low risks to you in participating in this study. However, this study involves thinking and reporting about an important personal goal you are trying to pursue, your relationship, psychological and physical wellbeing. Thus, it is possible that participation might be distressing if you are experiencing problems in these areas, or that some questions appear personal or sensitive in nature. You do not have to answer any questions if you do not want to, and you can withdraw from the study at any time with no questions asked or any negative consequences.

The physiological monitoring procedures are associated with minimal risk to you. None of these devices will cause any pain or physical discomfort, and pose no risk to your health. You
may experience discomfort during the removal of the adhesive electrodes; the experimenter will use care when removing them or you may choose to remove them yourself. We will also provide you with a demonstration of the equipment before proceeding, and provide you the opportunity to ask any questions you have. If you feel uncomfortable at any point, or do not wish to participate in this component of this research, you may choose to complete the tasks without these recording devices attached. You can also withdraw from participating in the study at any point during the session.

Please note that participants will not receive any diagnostic or counselling services from Dr. Girme or her research team by participating in this research. However, if at any stage you experience distress, either during or following participation, there are counselling services available through the Health and Counselling Services (Simon Fraser University, Burnaby 778-782-4615; Vancouver 778-782-5200; Email: intake@sfu.ca) or Online (www.crisiscentrechat.ca). We will also provide you with further information about other services that you can draw upon.

**POTENTIAL BENEFITS**

We do not think that taking part in this study will help you directly in anyway – although some couples find this research experience insightful in regard to their personal relationship. Nonetheless, we hope that in the future, others may benefit from what we learn in this study.

**CONFIDENTIALITY**

Please note that all of your questionnaire responses will be de-identified using a unique participant ID code (rather than any personal identifying information) and all personal information, videotaped interactions and physiological recordings will be kept strictly confidential. It is necessary to record your name and contact details to enable participation in the follow-up portion of this study. However, your contact details will remain separated from your questionnaire data at all times, and will be stored in a locked cabinet in a locked research laboratory, and only Dr Girme and her research assistants will have access to your data.

Videotaped interactions will be stored indefinitely because the behavioral data recorded in these tapes are central to assessing participants’ behavior, and may be re-coded for future research. Notably, videotaped interactions and physiological recordings cannot be de-identified, but will be kept strictly confidential. The recordings of your discussions will be stored separately from your personal information on a private SFU server and backed up on a private hard drive that will be placed in a locked safe in a locked cabinet in a private research laboratory. Only Dr Girme and her research assistants will have access to participants’ data. Your video discussions will be coded by trained research assistants, and research assistants will also be involved during data analysis. However, all research team members who interact with any collected data will sign confidentiality agreements.

Please note, that computer-based and online questionnaire data is collected using an online survey tool called Qualtrics, whose computer servers are located in Quebec, Canada. If you prefer not to submit your data through Qualtrics, you should not participate in this study. As with any data that is transmitted via the internet, we cannot completely assure confidentiality during transmission. However, your data on Qualtrics is not linked to any personal
identifying information and only linked to your unique participant ID code. Furthermore, once the survey is received, it will then be stored on a private SFU server for data analysis.

Please note, in line with open science practices, some journals and funding agencies require data be uploaded to an online repository. However, to ensure confidentiality, only anonymized data will be uploaded onto the servers – which will not be linked to any unique ID codes or personal identifying information. Furthermore, your video-recorded discussions will not be uploaded onto any online repositories.

All data will be stored indefinitely for research purposes but will at no time be identifiable as yours. Your data may also be used for future research. Your personal information will be destroyed (shredded) after six years.

**STUDY RESULTS**

Results from this research will be published in psychology journals and/or students’ theses, but your identity will never be revealed or associated with the data. At the completion of this research project a report will be made available summarising the findings of this study. This will be sent to the email you have provided for this study, but this information will not be associated with your questionnaire or recorded data at any time.

**CONTACT FOR COMPLAINTS OR QUESTIONS**

For any questions regarding this project, please contact Dr Yuthika Girme (details above).

If you have any concerns about your rights as a research participants and/or your experiences while participating in this study, you may contact Dr Jeffry Toward, Director, Office of Research Ethics, Simon Fraser University jtoward@sfu.ca or 778.782.6593.
PARTICIPANT RESEARCH CONSENT FORM
This form will be kept for a period of 6 years.

Title of Project: Supporting Personal Goals and Wellbeing
Principal Investigator: Dr Yuthika Girme, Department of Psychology, Simon Fraser University. Phone: 778.782.4701. E-mail: ygirme@sfu.ca

I have read the participant research consent form and have understood the nature of the research. I have had the opportunity to ask questions and have had any questions answered to my satisfaction. I understand that participation in this research is voluntary and I agree to take part in this research.

➢ I understand that this research session will take approximately three hours of my time.
➢ I understand that this research session will involve (1) completing questionnaires about my physical and psychological wellbeing and my thoughts and feelings about my relationship, (2) discussing an important personal goal with my partner while being video-recorded, (3) having my physiological responses assessed, and (4) reporting on my thoughts and feelings following our discussions.
➢ I understand that my questionnaire responses will only be identified by a unique participant ID code and my personal information and recorded interactions will be kept confidential.
➢ I understand that the interactions with my partner will be recorded for coding purposes. I understand that these recordings will be the property of Dr Yuthika Girme. They will be stored in a research archive only available to Dr Yuthika Girme and her research team.
➢ I understand that the video-recording and physiological measurement will be stopped at any time on my request.
➢ I understand that trained research coders may code and analyse my questionnaire and recorded interactions, but that all information will be kept strictly confidential. All research team members will sign confidentiality agreements concerning all data collected in this study.
➢ I consent to publication of the results of the project with the understanding that confidentiality will be preserved.
➢ I agree to be available to complete 2-week diary questionnaires every 2-months for the next 6 months.
➢ I understand that I can stop participating in this research at any time without giving a reason.
➢ I understand that after completing this research session I have the right to withdraw my information/data up to three weeks from today’s date.

Signed: __________________ Date: _______________

Participant ID: _______