STUDY TITLE:

Examining the switch to remote-delivered mental health services among college counseling center clinicians

PRINCIPAL INVESTIGATOR:

Name: [redacted]

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RELATED STUDIES:

This study is related to STU[redacted]. The concept of this study developed out of conversations with the leadership of counseling centers that are participating in that study and we plan to recruit counseling center clinicians based on the existing relationships with the centers, but this study does not use any data from the related study.

Check any **applicable** boxes in the table below – you will be asked for further detail on these topics later in the protocol form:

Indicate Vulnerable Population(s) to be Enrolled	☐ Children (you must **complete Appendix A** in addition to this protocol document if you plan to enroll children) ☐ Cognitively Impaired Adults ☐ Pregnant Women (IF the research activities will affect the pregnancy or the fetus) ☐ Prisoners (or other detained/paroled individuals)
International Research (check this box if you will collect data from individuals located outside the United States)	☐

Research involving external collaborators (some research activities will be carried out by individuals not employed by Northwestern or NU affiliates)	☐
Research has U.S. Federal government funding via direct award or a sub-award (e.g., NIH, NSF, other federal agencies or departments)	☐

1.0 Purpose and rationale of the study:

The purpose of this study is to examine how the switch to remote-delivered mental health services has affected college center clinicians. While remote-delivered mental health services (i.e. those delivered by telephone or videoconference) have been shown to be comparably efficacious to in-person services in a number of clinical trials, the majority of college counseling centers around the country have relied primarily on face-to-face service delivery.

In light of the COVID-19 pandemic, colleges and universities across the country made a quick shift to remote-delivered educational instruction, and counseling centers made a quick shift to delivering mental health services remotely. Now that services are being delivered remotely in a successful manner, college counseling centers are exploring ways to structure the future of mental health care service delivery on college campuses. This presents a unique opportunity to collect data on clinicians' experience with the shift to remote-delivered services to help inform the direction of mental health service delivery on college campuses during the remainder of the pandemic and beyond.

2.0 Enrollment Criteria (who can be in your study and who would not be eligible to participate in your study):

Individuals will be eligible for this study if they are age 18 or older and are employed as clinical staff at a college or university counseling center.

Vulnerable populations, including those listed below, will not be included in this study.

- Adults unable to consent/Cognitively Impaired
- Individuals who are not yet adults
- Pregnant women (where the activities of the research may affect the pregnancy or the fetus)
- Prisoners or other detained individuals

3.0 Sample Size:

We plan to recruit participants from local college and university counseling centers and anticipate that we will recruit a minimum of 25 and a maximum of 200 participants. Because the questionnaire design is mixed methods (both quantitative and qualitative) and is not hypothesis-driven, we will be able to gain information needed to answer our research questions with a minimum sample size of 25 participants.

4.0 Recruitment and Screening Methods:

Participants will be recruited by emails from the study staff (see attached recruitment template). Email addresses will be collected from existing relationships with college counseling center directors, and from university websites. These recruitment emails will be sent directly to college counseling center clinical staff members, and to verify their employment status (and thus, eligibility for the study), interested participants will complete a brief online study screener on REDCap.

5.0 Research Locations:

The research will be conducted out of Northwestern University and all research procedures will be conducted online.

6.0 Multi-site Research (research that involves external collaborating institutions and individuals):

N/A

7.0 International Research (where data collection will occur outside the United States and U.S. territories, including online activities)

N/A

8.0 Procedures Involved:

Please check the boxes for all applicable data collection procedures you plan to use:

☐One-on-one interviews

☐Focus Groups

X Questionnaires/surveys

☐Analysis of secondary data (medical record data, educational records, government or private sector datasets, etc.)

☐Ethnographic observation

☐Physiological measurements (e.g., EEG, EKG, MRI)

☐Biospecimen collection (saliva samples, blood draws, hair samples, etc.)

☐Mobile applications/data collection devices (e.g., Fitbits, actigraphs, etc.)

☐Behavioral decisionmaking tasks (e.g., puzzles, interactive games, etc.)

☐Physical activities such as walking and other forms of exercise

☐Other procedures (briefly list types of procedures here if not covered by the check-boxes above): _____

After going through a brief study screener and an online consent form, participants will be prompted to complete a questionnaire (on REDCap) that will ask questions about how the switch to remote-delivered mental health services has affected college center clinicians. Questions are a mix of multiple choice, Likert scale, and free response items. The questionnaire is expected to take participants 30 minutes to complete, thus the duration of participation in the study is expected to be approximately 30 minutes.

9.0 Research with Vulnerable Populations (if children are the ONLY vulnerable population you plan to enroll, do NOT complete this section -- instead fill out Appendix A)

N/A

10.0 Incomplete Disclosure or Deception:

N/A

11.0 Consent Process:

Participants will be directed to an online consent form following completion of the study screening questionnaire. Participants will be provided with contact information of the study staff and may reach out to the study staff with questions. To consent to participate in the questionnaire, participants will be asked to select “I Agree” on an online consent form.

12.0 Waiver of Participant Signature on Consent Form:

Because the study consists of an online questionnaire, consent will be confirmed through an online consent form rather than using a participant signature.

13.0 Waivers and Alterations of Consent Information:

N/A

14.0 Financial Compensation:

Participants who complete the study questionnaire will be entered into a lottery drawing to win one of ten Amazon gift cards for $50. The lottery drawing will be held at the end of the study (we anticipate that the questionnaire will remain open for approximately 1 month) and a total of ten participants will receive compensation.

15.0 Audio/Video Recording/Photography

N/A

16.0 Potential Benefits of this Research:

There may be no direct benefits to participants for participating in this study. Potential benefits include the accumulation of knowledge regarding the shift to remote-delivered mental health services during the COVID-19 pandemic, and knowledge of clinician experiences with this shift could be used to improve the delivery of these services during the remainder of the pandemic and beyond.

17.0 Potential Risks to Participants:

Risks associated with this study are minimal and include a potential loss of confidentiality. Participants will be identified only by a unique subject number. Their email addresses will be stored separately from survey data, and is only being collected for payment purposes. All information will be kept on a password protected computer only accessible by the research team. This survey is being hosted by NUIT REDCap Electronic data capture software and involves a secure connection.

18.0 Provisions to Protect Participant Privacy and Data Confidentiality:

The participants' identifying information will be kept on a secure lab server only accessible to the study investigators. All desktop computers and laptops used for data acquisition and analysis are password protected and only accessible to study personnel.

19.0 Data Monitoring Plan to Ensure the Safety of Participants:

Not applicable, the proposed study is not a clinical trial and we are not collecting any data that could indicate potential harm to participants (e.g., participants expressing intent to harm self or others, or data indicating child, spousal, elder or other forms of abuse or neglect).

20.0 Long-term Data and Specimen Storage and Sharing:

Data will not be stored and shared for future research studies.

21.0 Qualifications of Research Team to Conduct the Research:

[redacted]