

WELCOME!



Follow Traveler on their journey towards participating in our study!



1 MEET A RESEARCHER

A student researcher will explain to you the goals, relevancy, and background of our research project. From here, the researcher will screen for your eligibility to participate in the study.



2 BRIEFING

The researcher will explain all of the important information that you **must** know prior to participating in the study. You will be provided an electronic or physical copy of a form that details all of the information you should know. You will access the electronic form through a QR code.



NOT ELIGIBLE? THAT'S OKAY!

We sincerely thank you for your interest in this study!

3 CONSENT

You will be provided a QR code that leads to a welcome survey. You are **not** required to provide a signature. Completion of the survey will indicate that you consent to the study.



NOT AVAILABLE NOW? THAT'S OKAY!

Visit our website or instagram **@trojancalm** to find our latest recruitment dates and location! *Please note that you must consent **in person** with one of our researchers to participate in the study.*

4 MATERIALS

You will receive a private identification code that is unique to you and **only** you. You will be given the test tube kit and instructions on how to both submit a saliva sample and complete the weekly stress survey. You will be given the option to provide an email to receive weekly email reminders.



5 PARTICIPATION

You are now a participant of the study! You will be asked to submit a saliva sample and a survey response **at least** every week. You will be given an email to direct your questions.



DECIDE TO WITHDRAW? THAT'S OKAY!

No further action is required if you decide to withdraw from the study. If you would like to, you may send an email to the Trojan CALM email to inform us of your withdrawal.

6 DROP-OFF

After you administer your saliva into one of the test tubes, you will place the tube into a bag. Mark your bag with your **private identification code** and **date that you administered saliva** with a marker. You will drop your saliva sample at a drop-box location.

7 SURVEYING

You will complete a weekly stress survey that takes around **5 minutes** to complete. This is how we will obtain qualitative stress data.

8 REVIEW

After you submit a saliva sample, you will be able to review your cortisol levels and qualitative data through the Trojan CALM website. These will be updated **weekly**.

9 CONTINUATION

We will be collecting data for **at most 18 months**. You **do not** have to remain in the study for the entire 18 months.

ROAD
ENDS

GOT ANY QUESTIONS? CHECK
OUT OUR SOCIALS AND
CONTACT INFORMATION!



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sites.usc.edu/calm



[@trojanacalm](https://www.instagram.com/trojanacalm)