

## **Appendix B**

### **Consent Form**

You are invited to take part in a research study about the experience of female veterans seeking mental health care. This form is part of a process called “informed consent” to allow you to understand this study before deciding whether to take part.

This study seeks 8 to 10 volunteers who are:

- At least 18 years of age.
- Female veterans for at least 2 years since service.
- Reside currently and have sought mental health services in a rural county in New England.

This study is being conducted by a researcher named Tina M Tarryk who is a PhD, CES (Counselor Educator and Supervisor) student at Walden University.

#### **Study Purpose:**

The purpose of this study is to better understand experiences of female veterans who have sought mental health counseling in rural counties in New England.

#### **Procedures:**

This study will involve you completing the following steps:

- Initial Interview of participants will be audio recorded and will be 45 to 60 minutes long
- Follow up interview to fill in any gaps of information will be 30 minutes long
- Sending a transcript to each participant via mail or email to confirm accuracy of the content may require no more than 30 minutes of your time

Here are some sample questions:

- What were your experiences with seeking treatment for mental health services since leaving military service?
- Please describe your experience with the type of mental health services you were seeking and needing at this time?
- Please describe your experience with any health insurance benefits you have used when seeking mental health services?

#### **Voluntary Nature of the Study:**

Research should only be done with those who freely volunteer. Everyone involved will respect your decision to join or not. If you decide to join the study now, you can still change your mind

later. You may stop at any time. The researcher will follow up with all volunteers to let them know whether or not they were selected for the study.

**Risks and Benefits of Being in the Study:**

Being in this study could involve some risk of the minor discomforts that can be encountered in daily life such as sharing sensitive information. With the protections in place, this study would pose minimal risk to your wellbeing. Participants may run the risk of psychological distress as a result of discussing sensitive topics during the interview. In the event that you experience any psychological distress in the interviews please contact Northeast Kingdom Counseling (NEK) in Newport, Vermont, the Northeast Kingdom Human Services (NKHS) in Derby, Vermont, or the Veterans Crisis Line at 1-800-273-8255.

This study offers no direct benefit to individual volunteers. The aim of this study is to benefit society by understanding the lived experiences of female veterans living in rural New England seeking mental health care. As a result, the potential benefit of participating in this study may come in the form of providing more accessible mental health services. Once the analysis is complete, the researcher will share the overall results by emailing you a summary, emailing you a link to a summary, and/or -inviting you to a virtual presentation.

**Payment:**

There is no form of compensation for participation in this research study.

**Privacy:**

The researcher is required to protect your privacy. Your identity will be kept confidential within the limits of the law. The researcher will not use your personal information for any purposes outside of this research project. Also, the researcher will not include your name or anything else that could identify you in the study reports. If the researcher were to share this dataset with another researcher in the future, the dataset would contain no identifiers so this would not involve another round of obtaining informed consent. Recorded data will be kept secure by being stored in a double locked filing cabinet for 5 years. All recorded data will be stored digitally and erased after 5 years. All written data will be shredded after 5 years. Data will be kept for a period of at least 5 years as required by the university.

**Contacts and Questions:**

You can ask questions of the researcher by telephone or text at (833) 246-6624 or by email at [tina.tarryk@waldenu.edu](mailto:tina.tarryk@waldenu.edu). If you want to talk privately about your rights as a participant or any negative parts of the study, you can call Walden University's Research Participant Advocate at 612-312-1210. Walden University's approval number for this study is 08-19-22-0087578. It expires on August 18, 2023.

You might wish to retain this consent form for your records. You may ask the researcher or Walden University for a copy at any time using the contact info above.

**Obtaining Your Consent**

If you feel you understand the study and wish to volunteer, please indicate your consent by replying to this e-mail with the words "I consent" or if you received a paper version, please sign below and return in the enclosed envelope.

Printed Name of Participant

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Signature

Date

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Signature of Researcher

Date

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