

ETICĂ ȘI INTEGRITATE ACADEMICĂ

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Informed Consent Form

Title of Research Study: Exploring the Effectiveness of Psychotherapy Interventions

Principal Investigator: Dr. Tyrone Hopkins

Introduction

You are invited to participate in a research study examining the effectiveness of various psychotherapy interventions. This form provides you with important information about the study. Please take your time to read and understand the details before deciding whether to participate. If you have any questions, feel free to ask the research team.

Purpose

This study aims to evaluate the effectiveness of different psychotherapy interventions in improving mental well-being, reducing symptoms, and enhancing coping mechanisms. The findings will contribute to the existing knowledge in psychotherapy and improve treatment approaches for individuals seeking mental health support.

Procedures

If you agree to participate, you will undergo an initial assessment to determine your suitability for the study. If eligible, you will be randomly assigned to one of the three therapy intervention groups: cognitive-behavioral therapy (CBT), psychodynamic therapy, or humanistic therapy. Each therapy intervention will consist of weekly one-hour sessions conducted by a qualified therapist for 12 weeks. All sessions will be audio-recorded for research and supervision purposes. Participation is voluntary, and you can withdraw at any time without consequences.

Risks and Benefits

There are minimal anticipated risks associated with participating in this study. While the therapy interventions are designed to be helpful, discussing personal issues may temporarily increase emotional discomfort. However, the research team will provide support and referral options for any distress experienced. The potential benefits include gaining insights into personal challenges, developing coping strategies, and contributing to advancements in psychotherapy research.

Confidentiality

Your identity and all personal information will be kept confidential. Audio recordings will be anonymized and stored securely. Only the research team will have access to the data. However, it is essential to note that, in rare circumstances, disclosure of information may be required by law, such as if there is a risk of harm to yourself or others. Data from this study may be used for scientific publications, but your identity will remain confidential.

The Belmont Report:

Ethical Principles in Human Subjects Research



