

## CONSENT TO PARTICIPATE IN PROGRAM EVALUATION (18+)

### Evaluation of the Potential of uME for Teen Well-being

You are invited to participate in a program evaluation conducted by Dr. Dave Zes, PhD in Statistics, and Thomas Blakely, B.S. Mathematics/Economics and Statistics and Data Science, from the Department of Statistics and Data Science at the University of California, Los Angeles. You were selected as a possible participant because you are a student between the ages of 13 and 19. Your participation in this evaluation is completely voluntary.

#### Why is this evaluation being done?

This evaluation is being done to assess the potential of uME as a tool to support the emotional well-being of teenagers. Our goal is to learn how the AI chatbot works in a real-world setting and whether it might be useful for students like you. Please note that this evaluation is solely for internal quality improvement purposes and is not intended to contribute to generalizable research or be published.

#### What will happen if I take part in this evaluation?

If you volunteer to participate, you will be asked to:

1. Interact with uME at your own discretion. The AI chatbot is designed as a tool that you can use whenever you feel it might help you manage your thoughts or feelings. There is no mandatory minimum or maximum amount of time you will be asked to use the service.
2. Complete four surveys during the evaluation:
  - (a) Baseline (Week 0)
  - (b) Follow-up 1 (Week 4)
  - (c) Follow-up 2 (Week 8)
  - (d) Endpoint (Week 12)

#### How will I interact with uME?

You will be able to interact with uME through text messaging at +1.310.905.3242. There is no limit to how much you can message, and there are no associated costs. You will gain access to uME after completing your Week 4 follow-up assessment.

#### How long will I be involved in the evaluation?

Participation will last for about 13 weeks. There will be no additional follow-ups after the last survey.

#### What kind of questions will I be asked?

You will complete the Warwick-Edinburgh Mental Well-being Scale (WEMWBS) during each survey period. Additional non-sensitive information will be collected, including:

- Basic demographic information (age, gender identity, race/ethnicity)
- Usage pattern questions

A copy of the survey can be previewed on <https://umetrics.net/info>. Note that additional questions may be included to assess program compliance and usage patterns.

#### Are there any potential risks or discomforts that I can expect?

There are no anticipated risks or discomforts from participating in this evaluation.

**Are there any potential benefits if I participate?**

You may benefit from using uME, which is designed as a support tool to help improve your well-being. Your input will help us determine the AI chatbot’s potential and improve our program. However, please note that this evaluation is not intended to provide direct therapeutic benefits, and you will have access to the service regardless of your decision to participate.

**Will information about me and my participation be kept confidential?**

Any information obtained in connection with this evaluation that can identify you will remain confidential. It will be disclosed only with your permission or as required by law. Confidentiality will be maintained through the following measures:

**Survey Data Protection:**

- All paper surveys will be immediately scanned and then shredded
- Scanned data will be stored on password-protected, encrypted devices
- Access to survey data is strictly limited to program evaluators only
- Data will be retained for two years following program evaluation completion
- All electronic files will be securely deleted after this period
- Data will only be analyzed and reported in aggregate form

**uME Interaction Security:**

- Conversations are only stored during active sessions
- No long-term retention of chat data
- Automated safety scanning is in place
- Sensitive personal information is not retained

All data handling complies with relevant data protection regulations (GDPR, HIPAA, and COPPA).

**What are my rights if I take part in this evaluation?**

- Your participation is completely voluntary. You may withdraw at any time without penalty.
- You may choose not to answer any questions you feel uncomfortable with and still continue in the evaluation.
- Your decision to participate (or not) will not affect your access to any services.

**Who can answer any questions I might have about this evaluation?**

- If you have any questions, comments, or concerns about the evaluation, please contact a member of the evaluation team at: [umestudy@theumf.org](mailto:umestudy@theumf.org)

**Before signing this form, please go to <https://umetrics.net> and complete the understanding quiz. This quiz is designed to ensure you fully understand what is expected in this evaluation.**

**SIGNATURE**

I understand the procedures described above and have successfully completed the online understanding quiz. My questions have been answered to my satisfaction, and I agree to participate in this evaluation.

\_\_\_\_\_

Name

\_\_\_\_\_

Date

\_\_\_\_\_

Signature