



ONLINE SURVEY CONSENT FORM

TITLE OF PROJECT: Storytelling as a Way to Cultivate Self-Compassion

The Colorado Center for Nursing Excellence, along with hundreds of community members, lead the Colorado Action Coalition (COAC). There are four Strategic Advisory Committees tasked with planning the Future of Nursing Recommendations implementation in Colorado over the next decade. Strategic Action Committee (SAC) #3 is leading the charge on the Nurse Wellbeing recommendation. They have identified a research program - Storytelling as a Way to Cultivate Self-Compassion.

You are invited to participate in a research project conducted by the *Colorado Center for Nursing Excellence and the Colorado Action Coalition (COAC) Strategic Advisory Committee (SAC)* from the *Nursing* Department at Colorado Mesa University.

PURPOSE OF THE STUDY

This research seeks to elicit nurses' unique stories related to their roles in professional practice and the presence of self-compassion to support the physical and mental health needs of working nurses to cultivate:

- Emotional wellbeing
- Wellbeing for yourself and your community
- Resilience in a challenging world

Use of stories as a way to navigate self-compassion can be a mechanism that supports nurses self-improving practices. Every nurse has a story, the ones they carry home, the one they don't talk about, and the one that keeps them up at night. What if sharing a story could:

- Help another nurse feel less alone
- Break down the walls of shame and isolation
- Remind us that we are all in this together
- Create ripples of health in our nursing community

The positive impact of sharing stories can be a powerful tool used to share personal experiences identifying that we are not in isolation with our feelings and struggles.

PROCEDURES

For those participating in step one of the study: Your participation in this study will take approximately 30 minutes. The QR code will take you to the Colorado Center for Nursing Excellence secure webpage to access a consent form and release. Once approved, you will complete a demographics form, and then a 12 question pre-self-compassion survey. Following the survey, you will create a 5–10-minute story (using audio or written) using these prompts to share your story:



- What are the rewards and struggles in your nursing role(s)? Can you share a story?
- How do you find balance in your nursing role(s)? Can you share a story?
- Why do you stay in nursing?
- Can you tell me a story about a time when you felt
 - really proud to be a nurse
 - Overwhelmed by being a nurse

Following your story and upload, please do not include information that violates HIPPA, or that has legal implications; identifying information about you, a patient, a co-worker, or your work institution. You will complete the 12 question post-self-compassion survey.

Your deidentified survey results will be sent to the research investigators for evaluation. For the stories you upload, do not include information that violates HIPPA, or that has legal implications; identifying information about you, a patient, a co-worker, or your work institution. No audio or video recording will be retained. Stories will be thematically analyzed, and stories will be aggregated. Stories will be used for step 2 of the research project.

In step 2, nurses will view the retold stories and will also complete a pre/post survey. The objective is to determine if listening to other nurses' stories as a nurse impacts self-compassion. Phase 2 will take place in 2026. More information regarding Phase 2 will be available at a later date from the Colorado Center for Nursing Excellence website.

POTENTIAL RISKS AND DISCOMFORTS

Stories may cause feelings of sadness, guilt, or judgement. A list of mental health resources will be provided to the participants should they require resources. These minimal risks are outweighed by the benefits that the researchers, and the field of nursing as a whole, may gain.

POTENTIAL BENEFITS

Benefits include self-compassion strategies for nurses, and positive Impact of sharing their stories. Knowing that you may not be alone in your feelings through hearing others' stories.

CONFIDENTIALITY

No personal identifying information will be asked for or shared. Please note, the audio/video will not be linked to any identifying personal information. A video release document will be signed in addition to the consent.

The only people who will know that you are a research subject and may have access to the records of this research study are members of the research team and representatives of Colorado Mesa University's IRB which approves and monitors research studies. These authorized representatives may see your name, but they are bound by rules of confidentiality not to reveal your identity to others. An autogenerated participant number will be used to link pre and post surveys for both phases of the study.

When the results of the research are published or discussed in conferences, no information will



be included that would reveal your identity. The researchers will to the extent possible, keep all information de-identified so a story could not be linked to a person. Information that violates HIPPA or has legal implications; identifying information about the participant, a patient, a co-worker, or work institution will not be used. Stories could appear to be similar as many nurses may share similar stories in their professional roles, but it is our intent to aggregate stories, so no association with a participant could be noted. No direct use of audio or video will be used.

Submission of consent approval will be interpreted as your informed consent to participate and that you affirm that you are at least 18 years of age or younger. Participation or non-participation will not impact your relationship with Colorado Mesa University, affect your grade, treatment, care, employment status, or any other personal consideration or right you usually expect. You may also refuse to answer any questions you do not want to answer and still remain in the study. The investigator may withdraw you from this research if circumstances arise which warrant doing so.

DATA STORAGE AND USE

Only the PI and Co-PIs will have access to the data. The Colorado Center for Nursing Excellence (CCNE) will create a secure page on their website. Data will be housed in a password protected secure drive for PI and Co-PIs only. The survey data collected as part of this study will be de-identified and will be retained after the study for future research. De-Identified means that the information collected will not contain your name or other information that can be used to directly identify you. Institutional policy requires research related information to be kept in a secure location and retained for a minimum of 3 years.

STUDY CONTACT

If you have any questions or concerns about the research, please feel free to contact the principal investigator(s) who are overseeing this research.

Primary Investigator

Name:

Mary Jo Stanley, PhD, RN, CNE
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Co-Investigator (s)

Name

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RIGHTS OF THE RESEARCH SUBJECTS

Your participation in this research is voluntary. If you decide to participate, you may withdraw your consent at any time and discontinue participation without penalty or loss of benefits to



which you are otherwise entitled. If you have questions regarding your rights as a research subject, contact the Research Integrity Officer in the Office of Sponsored Programs, Colorado Mesa University, 1100 North Ave., Grand Junction, CO 81501-3122; Telephone: (970) 248-1424 or osp@coloradomesa.edu.

SIGNATURE OF RESEARCH SUBJECT

I understand my participation is voluntary. I understand the procedures and conditions of my participation described above. My questions have been answered to my satisfaction, and I agree to participate in this study. I have been given a copy of this form.

** I have read the above information and agree to participate in this research project.*

_____ Enter survey