

### **Invitation to participate**

As part of our ongoing mission to improve the services AR JLAP provides to judges, attorneys, and law students throughout Arkansas, we invite you to participate in a research project. In this study, we are examining mental health and self-compassion in judges, attorneys, and law students. This study is being conducted by Arkansas Judges and Lawyers Assistance Program (AR JLAP). Dr. Catherine Crisp, Associate Professor of Social Work at UA Little Rock is the Principle Investigator; Lewis Smyth, a Master of Social Work student at UA Little Rock; Jennifer Donaldson and Candace McCown of AR JLAP; Dr. Lindsay Ruhr, Assistant Professor of Social Work at UA Little Rock; and Dr. Kaye McKinzie, Associate Professor, Computer Information Systems & Analytics at the University of Central Arkansas serve as Co-Principal Investigators. All licensed judges and attorneys and law students enrolled in the Juris Doctor programs at the University of Arkansas Law School and William H Bowen School of Law are invited to participate in this study. This consent form will help you choose whether to participate in the study. Feel free to ask if anything is not clear in this consent form.

### **What is the study about and why are we doing it?**

The purpose of this research is to learn more about the prevalence of mental health and substance abuse in judges, lawyers, and law students in Arkansas. In addition, we would also like to examine the degree to which judges, lawyers, and law students in Arkansas practice self-compassion. We plan to use this information to inform the services we provide to you.

### **What is involved in the study?**

Participation in this study is completely voluntary. If you decide to participate, you will be asked to complete an online survey that asks questions about alcohol and drug use, mental health, and self compassion, along with some demographic questions. Completion of the entire survey should take approximately 20 - 30 minutes, however, you do not have to answer all the questions to submit the survey.

### **Risks**

This is a minimal risk research study. You may experience some discomfort and psychological and/or emotional distress as you reflect on your use of drugs and alcohol, stress, anxiety, mood, and use of self-compassion. If you feel that you could use additional support after completing this survey, please consider reaching out to these resources: AR JLAP: 501-907-2529; UAMS AR ConnectNow: 800-482-9921; US Office of Women's Health: 800-944-9662; US Crisis Text Line: text HOME to 741741; National Suicide Prevention Lifeline: Dial 988 from any phone. Please note that these resources are available to you, regardless of whether you decide to participate in this study. If you would like a copy of this document for your records, please click on this link for a downloadable PDF copy of it.

### **Benefits**

It is reasonable to expect some benefits from this research. These benefits may include but are not limited to increased awareness of your alcohol and drug use, mental health, and use of self-compassion. The information will also give AR JLAP insight into the prevalence of these issues in judges, lawyers, and law students in Arkansas; enable us to compare the rates of

respondents in Arkansas to those in national samples and in other states; and tailor our programming to better meet your needs, the people we are funded to serve.

### **Confidentiality and Data Security**

This survey is being sent to all licensed judges and lawyers in Arkansas via the Office of Professional Programs as well as students at the University of Arkansas Law School and William H Bowen Law School via their dean's offices. While AR JLAP is conducting the survey, AR JLAP does not have access to the name and contact information of those to whom the survey is being sent. Thus AR JLAP will not know who completed the survey and declining to participate will not affect the services provided by AR JLAP. Moreover, as the information you submit will be sent to a server owned by AR JLAP, all data collected by AR JLAP is protected under Rule 10 of the AR Judges and Lawyers Assistance Program. AR JLAP will do all that it can to protect your confidentiality and anonymity. Data will be stored for three years past the life of the study in a file on a server owned by AR JLAP and accessible only to the research team named above. In order to access the data, the Principle Investigators will be required to login with their AR JLAP or UALR email address and a password that is at least 12 characters long. They will be required to confirm their identity using two-factor authentication every time they access the data. In the event of a data breach, AR JLAP will consult with their IT staff and will send an email to the Office of Professional Programs and the law schools advising potential respondents that a breach has occurred and what action they have been advised to take by their IT staff and ask the respective programs to forward it to all who were invited to take the survey. Data will be presented in the aggregate and cannot be tied to specific individuals and/or their responses. To further protect respondents from being identified, only cell sizes of at least 10 respondents will be reported.

### **Compensation**

Respondents who submit the survey will receive information about how to attend an online workshop that will earn one CLE, valued at \$15.00, on completion. Respondents do not have to answer any questions in the survey to receive the CLE. You simply need to click on the AGREE button below and submit the survey.

### **Your Rights as a Participant**

Please take whatever time you need to ask the researcher any questions you have about the study. If you begin the survey, you can stop participating at any time without any penalties. To do so, simply close the browser window or tab in which you are completing the survey. Agreeing to or declining to participate in this study will not impact the services you receive from AR JLAP, your standing with OPP, and/or your status in your law school program.

### **IRB Approval and Contacts for Questions or Problems**

This study has been reviewed and approved by UA Little Rock's Institutional Review Board (IRB). The IRB has determined that this study meets the ethical obligations required by federal law and University policies. If you have any questions about the study or if you think that something unusual or unexpected is happening, please call Dr. Catherine Crisp at (501) 916-5828 or email her at [clcrisp@ualr.edu](mailto:clcrisp@ualr.edu). You may also contact the UA Little Rock Office of

Research Compliance at (501) 916-6209 or [irb@ualr.edu](mailto:irb@ualr.edu) if you have any questions or concerns about your rights as a research participant.

If you do not want to participate in the study, you may exit the study by closing the tab.