

## **INDIANA UNIVERSITY STUDY INFORMATION SHEET FOR RESEARCH**

Improving Sexual Health Literacy and Advocacy Skills for Adult Women with  
Intellectual and Developmental Disabilities in Indiana:  
Online Pilot Sexual Health Trainings  
Study #10991

### **INFORMATION FOR WOMEN WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES ABOUT ONLINE PILOT TRAINING**

The Center for Health Equity at the Indiana Institute on Disability and Community at Indiana University-Bloomington has received money from the Indiana Governor's Council for People with Disabilities for a study. We are learning how best to create sexual health education for women with intellectual and developmental disabilities (IDD). Education can help women have better sexual health. The training will teach you how you can make good choices and how you can tell others what you need.

#### **Why is this pilot study being done?**

This is the first time these sexual health classes are being held. So, it is called a "pilot" training. The pilot training will make sure the education we are creating is good for women with IDD in Indiana. The training will be about healthy relationships, sexual health, and self-advocacy. We want to make sure the women who do the training understand more than they did before the training. We also want to discover the best ways women with IDD can learn about their sexual health.

#### **What is sexual health?**

Sexual health can include

- romantic relationships
- making choices about who you want to be close with
- privacy
- keeping safe from being abused
- planning to have a baby or not
- exams at the doctor's office that keep your private parts healthy

## **TAKING PART IN THIS STUDY IS VOLUNTARY**

The pilot training is open to women with IDD in Indiana who are 18 – 49 years old. To participate, you also need to:

- have access to the Internet
- have access to a computer, laptop, or tablet with microphone and camera
- be able to pay attention for two hours (two 45-minute sessions with a 15-minute break in between)
- be able to read at higher than a first-grade level
- have capacity for reciprocal conversation (talk with two or more people back and forth)

If you are invited to participate, it is your choice as to whether you want to do the training. It is fine if you decide to say no.

### **What will happen during the training?**

If you participate in the training, you will attend classes for six weeks. The classes will have talks with pictures, group discussion, short videos, and group activities. You will be given a workbook. At the beginning and at the end of the training, we will ask you some questions about sexual health. This is to understand whether the training has helped you.

There will be 9 other women with IDD in the training you attend. There will be a total of 20 women in the study.

### **Where will the training be, and how long will it take?**

The training will be done over the computer, through Zoom video conference. The online trainings will last two hours (two sessions of 45 minutes with a 15-minute break) on one day a week. The training will last for six weeks.

### **Are there any risks to me if I am in the sexual health training?**

(1) Keeping what you say private.

When you are talking, others in the training will hear what you say. We will ask other participants not to share what you say with anyone outside the training. But there is a chance something you say might not be kept secret. We will remind everyone not to share things outside the training. Also, we will ask everyone to share only their first names with the other participants.

For the questions we ask you at the beginning and end of the training, your name, or anything to identify you, will not be on the sheet with your answers that we keep. We will keep that information in a safe place.

(2) Talking about something that might upset you.

Sometimes sexual health might bring up strong feelings. You can decide not to talk about something if you don't want to. If you feel bad, you can tell us. You can tell the project staff that you feel uncomfortable. You can say you do not want to talk about something. At any time, you can leave the online training. Or you can go to a private online "room" to be with a staff member. Then you can choose to return to the group training online. Or you can decide to stop participation in the training. Sometimes people have bad memories about a sexual experience. If you need it, we will have a list of places that offer help to someone who is having feelings like this.

Please note: Information collected in this study may be used for other research studies or shared with other researchers for future research. If this happens, information that could identify you, such as your name and other identifiers, will be deleted before any information is shared. Since identifying information will be deleted, we will not ask for your additional consent.

### **Will I be paid for participating?**

To thank you for being in the study, you will receive \$20 for each of the six weeks you attend the training (one day a week for six weeks). You will receive no more than \$120. It is important that you attend the entire training. But, if you choose to leave the training before six weeks, you will still receive \$20 for each day you were at the training.

### **Who should I call with questions about this study?**

For any questions about the sexual health training, please call or email us:

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