



AUBURN UNIVERSITY

COLLEGE OF LIBERAL ARTS
DEPARTMENT OF SPEECH, LANGUAGE, AND HEARING SCIENCE
ABILITY RESEARCH LAB

INFORMATION LETTER

You are invited to take part in a research study titled **“Distressing Tinnitus in Sedentary College-Age Students: Prevalence, Psychological Burden, and Lifestyle Factors.”** This study is being conducted by **Dr. Razan Al Fakir**, Assistant Professor of Audiology in the **Department of Speech, Language, and Hearing Sciences** at **Auburn University**.

You are invited to participate if you are:

- ✓ Aged 18-25 years and currently enrolled as a student at a college or university.
- ✓ Someone who has experienced tinnitus (ringing, buzzing sensation in your head or ears) that somewhat interferes with their daily life (bothersome tinnitus).
- ✓ Someone who reports spending 7 or more hours per day sitting or physically inactive (e.g., studying, using a computer, watching TV, etc.).

This study aims to explore the prevalence of distressing tinnitus among college-age students who lead predominantly sedentary lifestyles. We also aim to explore and map factors that influence the relationship between bothersome tinnitus and physical activity levels. **Participation is entirely voluntary**, and there are no adverse consequences if you choose not to participate. Any data obtained in connection with this study will remain anonymous. We will protect your privacy and the data you provide. Information collected through your participation may be used to fulfill an educational requirement, published in a professional journal, and/or presented at a professional meeting, etc.

If you decide to participate in this research study, you will be asked to complete an online survey via Qualtrics software. Your total time will be approximately **20-25 minutes**. **If you change your mind about participating**, you can withdraw at any time by closing your browser window.

If you have questions about this study, please contact Dr. Razan Al Fakir at rma0034@auburn.edu. **If you have questions about your rights as a research participant**, you may contact the Auburn University Office of Research Compliance or the Institutional Review Board by phone at (334) 844-5966 or by e-mail at IRBadmin@auburn.edu or IRCChair@auburn.edu.

"HAVING READ THE INFORMATION ABOVE, YOU MUST DECIDE IF YOU WANT TO PARTICIPATE IN THIS RESEARCH PROJECT. IF YOU DECIDE TO PARTICIPATE, PLEASE CLICK ON THE SURVEY [LINK](#).

UPON COMPLETION OF THE SURVEY, YOU WILL BE ASKED TO ENTER AN OPTIONAL RAFFLE FOR ONE OF 4 \$25 GIFT CARDS. RAFFLE WINNERS WILL BE NOTIFIED IN THE THIRD WEEK OF AUGUST. YOU MAY PRINT A COPY OF THIS LETTER TO KEEP."

Razan Al Fakir

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Institutional Review Board
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