

Appendix C

Consent to take part in Lay Counselor IDP Project

Dear Lay Counselor,

By signing this form, you are consenting to take part in the Lay Counselor- IDP Project. You attest to having been trained to deliver two relaxation exercises: an exercise known as the 4-7-8 breathing technique and an exercise known as progressive muscle relaxation.

This study is intended to gather information about reducing symptoms of traumatic stress in women living in IDP camps. The women living in this camp have volunteered and have signed consent forms to receive the 4-7-8 breathing and progressive muscle relaxation exercises you will be providing.

In your group you will be meeting on a one-on-one basis with participants. During the 4-7-8 breathing exercise, you will guide the participant you are working with to inhale to the count of four, hold for the count of seven and exhale to the count of eight while thinking about their problem. During the progressive muscle relaxation exercises you will guide the participant through a method of tensing the muscles in the body and then relaxing them.

You will spend approximately 30 minutes with each client on the treatment days. You will be given a form to note participants assigned number, time spent, problem worked on (anxiety, depression, anger, etc.) and their subjective units of discomfort (SUD) before and after their relaxation exercises. The participants' trauma symptoms and general health will be assessed by University of Garmian graduate students, before their 4-7-8 breathing treatments, one week after their relaxation treatments, and three months following their treatments.

The participants will be able to withdraw from this study at any time without needing to give a reason. To withdraw from the study, the participant will simply need to let Dr. Pegah Seidi know by contacting her at XXXXX.

We do not expect any adverse effects to occur as the result of taking part in this study. However, if there are any adverse reactions as a result of taking part in the study, you will be given a form with which to record any adverse experiences a participant might report, and you will report this to Dr. Seidi.

The risks to women taking part in this study include, remembering present or past experiences that might make them feel sad or unhappy during the assessments or during the relaxation exercises. The benefits to women taking part in this study, are that they may experience diminished symptoms of trauma and general health benefits as the result of learning these relaxation techniques. .

Lay counselor's printed name

Lay counselor-IDP Project

Lay counselor's signature

Date