

## **Appendix H**

### **Lay Counselors for IDPs Project.**

Dear Participant,

You are being to be a participant in a study. Two different approaches to reducing symptoms of traumatic stress will be explored in two separate groups. The approach that will be introduced in your group is intended to gather information about the use of two relaxation techniques aimed at calming the nervous system and reducing anxiety. The first intervention is based on an ancient yoga technique and involves inhaling to the count of four, and then holding the breath for the count of seven, and then exhaling the breath to the count of eight. It is also known as the 4-7-8 breathing technique. The second is a technique called progressive muscle relaxation where you will learn to relax the muscles of your body by tightening them and then relaxing them. At the study's finish, if the improvement in one group significantly surpasses the improvement in the other group, you will be given the opportunity to be treated with the more effective treatment after the study is ended.

The study will take place (fill in the schedule pertaining to this treatment group).

Your counselor will teach you perform the 4-7-8 breathing and the progressive muscle relaxation exercise as ways to calm your nervous system. This learning experience will take approximately 30 minutes.

Your counselor will have been trained in both relaxation exercises by Dr. Pegah Seidi from Garmian University. Dr Seidi is experienced in assisting others to use these techniques to reduce symptoms of anxiety.

You and the other participants will be assessed on three occasions by graduate students from Garmian University. The first assessment will take place on XXXXXX, prior to beginning your treatment for symptoms of traumatic stress. The second will take place shortly after your treatments on XXXXXX. The third assessment will take place three months later on XXXXX. semester. During the assessments you will be asked to answer questions having to do with your general health and also about any symptoms of traumatic stress you are experiencing. The assessors will not have access to your name, only your assigned number. No one else at the University or anywhere will ever see your questions and answers. Only a statistician will be seeing your questions and answers, but she will not have access to your name, only your assigned number.

You will be able to withdraw from participating in this study at any time without needing to give a reason. To withdraw from the study, you will simply need to notify DR. Pegah Seidi at XXXXXXXXXXXXXXXX. She will have you fill out a form with which to do this.

The possible benefits to you as a result of participating in this study may be a reduction in stress, and improved general health. The risks might be that you may think about difficult things while doing the exercises or during the assessment and you might temporarily feel some emotional upset.

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By signing this form and completing the information below, you are consenting to take part in this study.

\_\_\_\_\_  
Printed Name:

\_\_\_\_\_  
Date:

\_\_\_\_\_  
Signature:

Your contact information.

\*Phone: \_\_\_\_\_

\*Email: \_\_\_\_\_

\*Address: \_\_\_\_\_

\*Note: This information will be kept in locked file cabinet at university and seen only by Dr. Pegah Seidi