

Adult Informed Consent Form (Ages 18–35)

Study Title:

RESET – Resilience & Epigenetic Signatures of Early-Life Trauma

Principal Investigators:

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1. Invitation to Participate

You are invited to join a research study examining how childhood adversity affects biological aging—and whether trauma-informed therapy can slow that process. Participation is voluntary; please take your time to review this information and ask any questions.

2. Purpose of the Study

The goals of this study are to:

- Assess the relationship between your Adverse Childhood Experiences (ACE) score and measures of epigenetic aging (GrimAge & DunedinPACE).
- Determine whether 12 sessions of trauma-informed cognitive-behavioral therapy reduce the annual rate of epigenetic-clock advancement.

3. Study Procedures

If you agree to participate, you will:

1. **Complete questionnaires** on childhood experiences, sleep, social support, and mood (approx. 45 minutes).
2. **Wear an actigraphy device** on your wrist for 7 consecutive days at each study visit to measure sleep and activity.
3. **Provide a blood sample** (about 20 mL) at baseline and Month 24 for epigenetic clock assays and inflammatory markers.
4. **Attend 12 therapy sessions** (once weekly, 60 minutes each) if randomized to the intervention arm; wait-list participants will receive the same therapy after Month 24.
5. **Return for follow-up visits** at Month 6, 12, 18, and 24 (each visit about 1–1.5 hours).

Total time commitment: up to 8 visits over 24 months plus therapy sessions.

4. Duration

Your participation will span 24 months. You may withdraw at any time without penalty.

5. Risks & Discomforts

- **Blood draw:** possible discomfort, bruising, or fainting.
- **Emotional distress:** questions about childhood adversity may cause discomfort. You may skip any question or pause the session at any time.
- **Privacy risk:** although unlikely, there is a small risk of breach of confidentiality.

6. Benefits

- You may learn about your stress physiology and resilience.
- Those in the therapy arm may benefit psychologically from CBT.
- Your participation may help improve treatments for others who have experienced childhood trauma.

7. Confidentiality

- Your data will be coded; identifiers stored separately on an encrypted server.
- Only the research team will have access to identifiable data.
- Results may be published, but you will not be identified.

8. Compensation

You will receive \$25 per study visit (total up to \$200) plus \$10 per week for each actigraphy return, for a maximum of \$280 over 24 months.

9. Voluntary Participation & Withdrawal

Participation is voluntary. You may refuse to answer any question or withdraw at any time without affecting your medical care or benefits.

10. Contact Information

- For questions about the study: Dr. Stephen C. Rose,[(316)-631-5055, Chris@Geronimo.life
- For questions about your rights as a research participant: 518-757-9734
irb@WoundedHealersInstitute.org
- **read this consent form, your questions have been answered, and you agree to participate.**

Participant Name (printed)

Participant Signature

Date

**Investigator or Designee Name
(printed)**

Signature

Date