

## **APPENDICES**

## APPENDIX A

Regression Coefficients and Hazard Ratios: the FRS-BMI based for women

Women (10-year Baseline Survival: $So(10) = 0.948$ )				
Variables	Beta	<i>p</i>	Hazard Ratio	95% CI
Log of Age	2.721	=0.000	15.200	(8.590, 26.870)
Log of Body Mass Index	0.511	=0.061	1.670	(0.980, 2.850)
Log of SBP if not treated	2.813	=0.000	16.660	(8.270, 33.540)
Log of SBP if treated	2.883	=0.000	17.860	(8.970, 35.570)
Smoking	0.619	=0.000	1.860	(1.530, 2.250)
Diabetes	0.778	=0.000	2.180	(1.630, 2.910)

Formula:  $1-0.948^{\exp(\sum \beta X - 26.0145)}$  where  $\beta$  is the regression coefficient and X is the level for each risk factor

*Notes.* *p*, p-value; 95% *CI*, 95% Confidence Interval; FRS-BMI, Framingham risk score-BMI based

## APPENDIX B

### Survey questionnaires

#### 1. Demographic questions

**Age:**.....(in years)

**Date of birth (mm/dd/yy)** \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_. (this data will be used to calculate participants' age only)

1a. What is the highest degree you earned?

- ☐ Less than 7th grade
- ☐ Junior high school (7th, 8th, or 9th grade)
- ☐ Partial high school (10th or 11th grade)
- ☐ Non-academic training requiring high school
- ☐ Completed high school, trade school, or other academic degree
- ☐ Attended college, but did not receive four years
- ☐ Vocational certificate/ GED
- ☐ Bachelor's degree
- ☐ Master's or Doctorate's degree

1b. Are you:

- ☐ Unable to work (please specify reason.....)
- ☐ Unemployed, looking for work / not looking for work
- ☐ Housewife
- ☐ Working part-time
- ☐ Retired
- ☐ Self-employed
- ☐ Working full-time

1b1. What is your occupation (Fill in the blank.....)

1c. Annual family income:

- ☐ < \$10,000
- ☐ \$10,001-30,000
- ☐ \$30,001-50,000
- ☐ \$50,001-70,000

- ☐ \$70,001-90,000
- ☐ \$90,001-\$100,000
- ☐ >\$100,000

1c1. If you don't, who/what is the major source of Income (please specify  
.....)

1d. Numbers of family members (including yourself) ..... People

1d1. Numbers of Children under 5 years old ..... People

2. Do you work night shifts?

- ☐ Yes
- ☐ No

Work shift is: ☐ Fixed ☐ Rotating

Fixed Work Shift: ☐ 1st (9am-5pm) ☐ 2nd Shift (4pm-12am)

☐ 3rd Shift (overnight)

3. Marital Status:

- ☐ Single (not presently living conjugally with a partner)
- ☐ Legally Separated/ Legally Divorced
- ☐ Widowed
- ☐ Married

### Health Status

4. Do you have any health problems or chronic illnesses?

- ☐ Yes, please specify
  - ☐ Diabetes
  - ☐ Hypertension
    - Do you receive treatment for hypertension?  
.....Yes .....No
  - ☐ Asthma/ Pulmonary problems
  - ☐ Epilepsy
  - ☐ Renal disease
  - ☐ GI problem
  - ☐ Thyroid problems
  - ☐ Immune System problems

- ☐ Neurological condition
- ☐ Rheumatological problems
- ☐ Head Injury/ Accident
- ☐ Others .....

☐ No

5. Are there any other (acute) medical illnesses in the past 3 months?

☐ Yes, please specify .....

☐ No

### **Daily tobacco and Alcohol consumption**

6. You are a (choose one):

☐ non-smoker

☐ current smoker

☐ ex-smoker

7. When was your last cigarette?" \_\_\_\_\_yrs/ mnths/ hrs/ min. ago

8. Do you NOW smoke cigarettes every day, some days, or not at all?

☐ Not at all

☐ Some days

☐ Every day

9. Estimate typical daily consumption of "tobacco" for the past month: (daily)

☐ Non-smoker

☐ Light (0-10)

☐ Moderate (11-20)

☐ Heavy (21-40+)

10. How often do you have a drink containing alcohol?

☐ Never

☐ Monthly or less

☐ 2-4 times a month

☐ 2-3 times a week

☐ 4 or more times a week

11. Estimate the typical daily consumption of "alcohol" for the past month: (daily)

- ☐ Non-alcoholic drinker
- ☐ Light (0-10)
- ☐ Moderate (11-20)
- ☐ Heavy (21-40+)

12. How many standard drinks containing alcohol do you have on a typical day when you are drinking?

- ☐ 1 or 2
- ☐ 3 or 4
- ☐ 5 or 6
- ☐ 7 to 9
- ☐ 10 or more

13. How often do you have 6 or more drinks on one occasion?

- ☐ Never
- ☐ Less than monthly
- ☐ Monthly
- ☐ Weekly
- ☐ Daily or almost daily

**Physical activity**

14. On average, how many days per week do you engage in moderate to strenuous exercise (like walking fast, running, jogging, dancing, swimming, biking, or other activities that cause a light or heavy sweat)?

- ☐ 0 days
- ☐ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days
- ☐ 6 days
- ☐ 7 days

15. On average, how many minutes do you engage in exercise at this level? (per week)

- ☐ 0 minutes
- ☐ 10 minutes
- ☐ 20 minutes
- ☐ 30 minutes
- ☐ 40 minutes
- ☐ 50 minutes
- ☐ 60 minutes
- ☐ 70 minutes
- ☐ 80 minutes
- ☐ 90 minutes
- ☐ 120 minutes
- ☐ 150 minutes

**2. Menopausal status: The stage of Reproductive Aging Workshop**

1) During the past 12 months, how often did you have a menstrual period?

- ☐ I had a period every month
- ☐ I did not have a period every month, but I had at least 1 period in the last 3 to 12 months
- ☐ I have not had a period in the last 12 months

2) How is your menstrual cycle?

- ☐ Regular
- ☐ Variable
- ☐ Subtle changes in flow/ length

3) How variation?

- ☐ Length persistent  $\geq 7$  days difference in consecutive cycle
- ☐ Interval of amenorrhea of  $\geq 60$  days

4) How long since your last menstruation?

..... years.....months



### 3. Menopausal symptoms: Menopause Rating Scale

Which of the following symptoms apply to you at this time?

Please, mark the appropriate box for each symptom. For symptoms that do not apply, please mark 'none'.

- 1) Hot flushes, sweating (episode of sweating)
  - ☐ No
  - ☐ Mild
  - ☐ Moderate
  - ☐ Severe
  - ☐ Very severe
- 2) Heart discomfort (unusual awareness of heartbeat, heart skipping, heart racing, tightness)
  - ☐ No
  - ☐ Mild
  - ☐ Moderate
  - ☐ Severe
  - ☐ Very severe
- 3) Sleep problems (difficulty in falling asleep, difficulty in sleeping through, waking up early)
  - ☐ No
  - ☐ Mild
  - ☐ Moderate
  - ☐ Severe
  - ☐ Very severe
- 4) Depressive mood (feeling down, sad, on the verge of tears, lack of drive, mood swings)
  - ☐ No
  - ☐ Mild
  - ☐ Moderate
  - ☐ Severe
  - ☐ Very severe

## 5) Irritability (feeling nervous, inner tension, feeling aggressive)

- ☐ No
- ☐ Mild
- ☐ Moderate
- ☐ Severe
- ☐ Very severe

## 6) Anxiety (inner restlessness, feeling panicky)

- ☐ No
- ☐ Mild
- ☐ Moderate
- ☐ Severe
- ☐ Very severe

## 7) Physical and mental exhaustion (general decrease in performance, impaired memory, decrease in concentration, forgetfulness)

- ☐ No
- ☐ Mild
- ☐ Moderate
- ☐ Severe
- ☐ Very severe

## 8) Sexual problems (change in sexual desire, in sexual activity and satisfaction)

- ☐ No
- ☐ Mild
- ☐ Moderate
- ☐ Severe
- ☐ Very severe

9) Bladder problems (difficulty in urinating, increased need to urinate, bladder incontinence)

- ☐ No
- ☐ Mild
- ☐ Moderate
- ☐ Severe
- ☐ Very severe

10) Dryness of vagina (sensation of dryness or burning in the vagina, difficulty with sexual intercourse)

- ☐ No
- ☐ Mild
- ☐ Moderate
- ☐ Severe
- ☐ Very severe

11) Joint and muscular discomfort (pain in the joints, rheumatoid complaints)

- ☐ No
- ☐ Mild
- ☐ Moderate
- ☐ Severe
- ☐ Very severe

**4. Risk of CVD: The Framingham risk score-BMI based****(Data will be collected via demographics and anthropometric measures)**

1) Age .....year

2) Gender

☐ Female

3) Systolic Blood Pressure ..... mmHg

4) treatment for hypertension

☐ Yes☐ No

5) history of smoke

☐ Yes☐ No

6) history of diabetes

☐ Yes☐ No7) BMI ..... kg/m<sup>2</sup>☐ Weight ..... kg☐ Height ..... cm

### 5. Sleep quality and quantity: the PSQI

The following questions relate to your usual sleep habits during the past month only.

Your answers should indicate the most accurate reply for the majority of days and nights in the past month. Please answer all questions

1) During the past month, when have you usually gone to bed at night?

USUAL BED TIME On the night before a work day, \_\_\_\_:\_\_\_\_ am/pm

USUAL BED TIME On a night before a day off (e.g. a weekend), \_\_\_\_:\_\_\_\_am/pm

2) During the past month, how long (in minutes) has it usually take you to fall asleep each night?

NUMBER OF MINUTES.....

3) During the past month, when have you usually gotten up in the morning?

USUAL GETTING UP TIME Before a work day or school day, \_\_\_\_:\_\_\_\_ am/pm

4) USUAL GETTING UP TIME Before a day off (e.g. a weekend), \_\_\_\_:\_\_\_\_ am/pm.

During the past month, have you taken naps during the day?

- ☐ not during the past month
- ☐ less than once a week
- ☐ once or twice a week
- ☐ three or more times a week

b. During the past month, how many hours of actual sleep did you get at night?

{This may be different than the number of hours you spend in bed.}

HOURS OF SLEEP PER NIGHT ..... hours

For each of the remaining questions, check the one best response. Please answer all questions.

5) During the past month, how often have you had trouble sleeping because you...

	Not during the past month	Less than once a month	Once or twice a week	Three or more times a week
a. Cannot get to sleep within 30 minutes				
b. Wake up in the middle of the night or early morning				
c. Have to get up to use the bathroom				
d. Cannot breathe comfortably				
e. Cough or snore loudly				
f. Feel too cold				
g. Feel too hot				
h. Had bad dreams				
i. Have pain				
j. Other reason (s), how often? ..... .....				

6) During the past month, how would you rate your sleep quality overall?

- ☐ Very good
- ☐ Fairly good
- ☐ Fairly bad
- ☐ Very bad

7) During the past month, how often have you taken medicine to help you sleep (prescribed or "over the counter")?

- ☐ Not during the past month
- ☐ Less than once a week
- ☐ Once or twice a week
- ☐ Three or more times a week

8) During the past month, how often have you had trouble staying awake while driving, eating meals, or engaging in social activity?

- ☐ Not during the past month
- ☐ Less than once a week
- ☐ Once or twice a week
- ☐ Three or more times a week

9) During the past month, how much of a problem has it been for you to keep up enough enthusiasm to get things done?

- ☐ No problem at all
- ☐ Only a very slight problem
- ☐ Somewhat of a problem
- ☐ A very big problem

10) Please rate the severity of your sleep problems in the last month:

	Very severe	Severe	Moderate	Mild	None
Difficulty falling asleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Difficulty staying asleep during night	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Problem waking up too early & being unable to get back to sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How long have you suffered from these problems? ____ wks / ____ months / ____ yrs					

## 6. Obstructive sleep apnea: The Berlin Questionnaire

### Part1

1) Do you snore?

- ☐ Yes (go to question 2)
- ☐ No (go to question 6)
- ☐ Don't know (go to question 6)

2) Your snoring is:

- ☐ Slightly louder than breathing
- ☐ As loud as talking
- ☐ Louder than talking

3) How often do you snore?

- ☐ Almost everyday
- ☐ 3-4 times per week
- ☐ 1-2 times per week
- ☐ 1-2 times per month
- ☐ Rarely or never

4) Have you snoring ever bothered other people?

- ☐ Yes
- ☐ No
- ☐ Don't know

5) Has anyone noticed that you stop breathing during your sleep?

- ☐ Almost everyday
- ☐ 3-4 times per week
- ☐ 1-2 times per week
- ☐ 1-2 times per month
- ☐ Rarely or never



**Part2**

6) How often do you feel tired or fatigued after your sleep?

- ☐ Almost everyday
- ☐ 3-4 times per week
- ☐ 1-2 times per week
- ☐ 1-2 times per m

7) During your waking time, do you feel tired, fatigued or not up to par?

- ☐ Almost everyday
- ☐ 3-4 times per week
- ☐ 1-2 times per week
- ☐ 1-2 times per month
- ☐ Rarely or never

8) Have you ever nodded off or fallen asleep while driving a vehicle?

- ☐ Yes
- ☐ No

9) How often does this occur?

- ☐ Almost everyday
- ☐ 3-4 times per week
- ☐ 1-2 times per week
- ☐ 1-2 times per month
- ☐ Rarely or never

**Part3**

10) Do you have high blood pressure?

- ☐ Yes
- ☐ No
- ☐ Don't know

## 7. Short Form of the Suinn-Lew Asian Self-identity Acculturation Scale

- 1) What language(s) do you prefer to use?
  - a. An Asian language only (e.g., Thai, Chinese, Filipino, Korean, etc.)
  - a. Mostly Asian, some English
  - b. Asian and English about equally well (bilingual)
  - c. Mostly English, some Asian
  - d. Only English
- 2) What identification does (did) your father use?
  - a. Oriental
  - e. Asian
  - f. Asian-American
  - g. Thai/ Thai-American
  - h. American
- 3) What was the ethnic: origin of the friends and peers you had as a child from age 6 - 18
  - i. Almost exclusively Asians, Asian Americans, Orientals
  - j. Mostly Asians, Asian-Americans, Orientals
  - k. About equally Asian groups and Angola groups
  - l. Mostly Anglos, Blacks, Hispanic, or other not-Asian ethnic groups
  - m. Almost exclusively Anglos, Backs, or other not-Asian ethnic groups
- 4) What is your food preference at home?
  - n. Exclusively Asian food
  - o. Mostly Asian food, some American
  - p. About equally Asian and American
  - q. Mostly American food
  - r. Exclusively American food
- 5) How would you rate yourself?
  - s. Very Asian
  - t. Mostly Asian
  - u. Bicultural
  - v. Mostly Anglicized
  - w. Very Anglicized

**9. Anxiety: PROMIS SF v1.0 - Anxiety 4a**

EDANX01: In the past 7 days, I felt fearful

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

EDANX40: In the past 7 days, I found it hard to focus on anything other than my anxiety

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

EDANX41: In the past 7 days, my worries overwhelmed me

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

EDANX53: In the past 7 days, I felt uneasy

- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

## APPENDIX C

### Approval Notice Initial Review – Expedited Review

July 31, 2020  
Manassawee Srimoragot  
Biobehavioral Health Science

RE: **Protocol # 2020-0738**  
**“Sleep and Factors Associated with Sleep Among Asian, African American, and White/Caucasian Women”**

Dear Mx. Srimoragot:

*Please note that for social/behavioral research the Initial Review Application has replaced the need for a separate protocol therefore, the Initial Review Application will be the protocol of record.*

PIs who wish to begin or resume research involving activities that have been placed on temporary hold by the University due to the COVID-19 pandemic (i.e., non-therapeutic, in-person research) must complete a COVID-19 Human Subjects Research Restart Worksheet for an assessment of their studies prior to resuming or initiating the research.

Please refer to the Human Subjects Research Restart page on the OVCR website for additional information.

The research restart is being managed by the Office of the Vice Chancellor for Research (OVCR) and the UIC Center for Clinical and Translational Sciences (CCTS). Questions about the campus research restart may be directed to [research@uic.edu](mailto:research@uic.edu).

Members of Institutional Review Board (IRB) #2 reviewed and approved your research protocol under expedited review procedures [45 CFR 46.110(b)(1)] on July 27, 2020. You may now begin your research.

Your research meets the criteria for approval under the following category(ies): Protocol reviewed under expedited review procedures [45 CFR 46.110] Category: 7

Please note the following information about your approved research protocol:

<b><u>Protocol Approval Date:</u></b>	July 27, 2020
<b><u>Approved Subject Enrollment #:</u></b>	2000
<b><u>Performance Sites:</u></b>	UIC
<b><u>Sponsor:</u></b>	None

**Institutional Proposal (IP)#:** Not applicable

**Research Protocol(s):**

- a) Sleep and Factors Associated with Sleep Among Asian, African American, and White/Caucasian Women, 07/28/2020

**Documents that require an approval stamp or separate signature can be accessed via [OPRS Live](#). The documents will be located in the specific protocol workspace. You must access and use only the approved documents to recruit and enroll subjects into this research project.**

**Recruitment Material(s):**

- a) Eligibility Screening Form, Version 3, 07/28/2020
- b) Recruitment Materials (compressed) 07/29/2020

**Informed Consent(s):**

- a) US Consent, Version 5, 07/30/2020
- b) EU Consent, Version 5, 07/30/2020
- c) Research involves activities related to screening, recruitment, or determining eligibility per 45 CFR 46.116(g).
- d) A waiver of documentation of consent has been granted under 45 CFR 46.117 for the online research activities; minimal risk; subjects will be provided with an information sheet and electronically agree to participate.

**Additional Determinations for Research Involving Minors:** This research is not approved for minors.

Please remember to:

à Use only the IRB-approved and stamped consent document(s) when enrolling new subjects.

→ Use your **research protocol number** (2020-0738) on any documents or correspondence with the IRB concerning your research protocol.

à Review and comply with the [policies](#) of the UIC Human Subjects Protection Program (HSPP) and the guidance [Investigator Responsibilities](#).

**Please note that the UIC IRB has the right to ask further questions, seek additional information, or monitor the conduct of your research and the consent process.**

**Please be aware that if the [scope of work](#) in the grant/project changes, the protocol must be amended and approved by the UIC IRB before the initiation of the change.**

We wish you the best as you conduct your research. If you have any questions or need further help, please contact the OPRS office at (312) 996-1711 or me at (312) 355-0816. Please send any correspondence about this protocol to OPRS via [OPRS Live](#).

Sincerely,

Alison Santiago, MSW, MJ  
Assistant Director, IRB # 2  
Office for the Protection of Research  
Subjects

cc: Bilgay Izci Balserak (Faculty Advisor), Biobehavioral Health Science, M/C 802  
Lauretta Quinn, Biobehavioral Health Science, M/C 802

**Approval Notice  
Amendment – Expedited Review  
UIC Amendment # 1**

November 13, 2020

Manassawee Srimoragot  
Biobehavioral Health Science

RE: **Protocol # 2020-0738**  
**“Sleep and Factors Associated with Sleep Among Asian, African American, and White/Caucasian Women”**

Dear Ms. Srimoragot:

PIs who wish to begin or resume research involving activities that have been placed on temporary hold by the University due to the COVID-19 pandemic (i.e., non-therapeutic, in-person research) must complete a [COVID-19 Human Subjects Research Restart Worksheet](#) for an assessment of their studies prior to resuming or initiating the research.

Please refer to the [Human Subjects Research Restart page on the OVCR website](#) for additional information.

The research restart is being managed by the Office of the Vice Chancellor for Research (OVCR) and the UIC Center for Clinical and Translational Sciences (CCTS). Questions about the campus research restart may be directed to [research@uic.edu](mailto:research@uic.edu).

Your application was reviewed and approved on November 12, 2020. The amendment to your research may now be implemented.

Please note the following information about your approved amendment:

**Amendment Approval Date:** November 12, 2020

**Amendment:**

Summary: Amendment Summary: UIC Amendment #1 (Response to Required Conditions to Secure Approval), dated; and accepted via OPRSLive 12 October 2020, is an investigator-initiated amendment to:

- (1) Revise protocol procedures to adopt two - steps verification to recruit subjects. The subjects were previously directed to the questionnaire after they complete the eligibility screening and consent form. This will change to: (1) subjects will complete the eligibility screening form and inform consent; (2) then the researchers will verify their information and send them the link to access the questionnaire to protect against cyber scams.
- (2) Revise compensation to offer participants to be entered into lottery after completing the survey. Thirty (30) Amazon gift cards in value of \$10 will be offered for every 100 subjects instead of giving each subject \$10 Starbucks/Target gift card compensation.

Thirty (30) out of every 100 participants will be offered the gift card and lottery drawing will happen each time 100 participants complete the survey. The odds of winning the lottery is in 1:3 ratio. The winners will be notified by text messages or emails depending on the contact information they provide. Compensation is only offered to participants in the United States.

- (3) Submit revised Initial Review Application (dated 7-28-20) and v6, 10-24-20 in the footer reflecting aforementioned changes to the protocol.
- (4) Submit following new and revised recruitment and consent documents reflecting aforementioned changes to the protocol: revised Eligibility Screening Form, v4, 10-24-20; Recruitment materials compressed (file name 10-24-20); (US Consent), v6, 10-24-20.

<b><u>Approved Subject Enrollment #:</u></b>	2000
<b><u>Performance Sites:</u></b>	UIC
<b><u>Sponsor:</u></b>	None
Institutional Proposal (IP) #:	None

Grant/Contract No:	None
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Grant/Contract Title:	None
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Research Protocol(s):

- a) Initial Review Application: Sleep and Factors Associated with Sleep Among Asian, African American, and White/Caucasian Women, 11/03/2020

**Documents that require an approval stamp or separate signature can be accessed via [OPRS Live](#). The documents will be located in the specific protocol workspace. You must access and use only the approved documents to recruit and enroll subjects into this research project.**

**Recruiting Material(s):**

- a) Eligibility Screening Form, Version 5, 11/03/2020
- b) Recruitment materials compressed (file name 11-3-20)

Informed Consent(s):

- a) (US Consent), Version 6, 10/24/2020



Please be sure to:

- Use **only the IRB-approved and stamped consent document(s) when enrolling subjects.**
- Use your research protocol number (2020-0738) on any documents or correspondence with the IRB concerning your research protocol.
- Review and comply with the [policies](#) of the UIC Human Subjects Protection Program (HSPP) and the guidance [Investigator Responsibilities](#).

**Please note that the IRB has the right to ask further questions, seek additional information, or monitor the conduct of your research and the consent process.**

**Please be aware that if the [scope of work](#) in the grant/project changes, the protocol must be amended and approved by the UIC IRB before the initiation of the change.**

We wish you the best as you conduct your research. If you have any questions or need further help, please contact the OPRS at (312) 996-1711 or me at (312) 413-1518. Please send any correspondence about this protocol to OPRS via [OPRS Live](#).

Sincerely,

Alma Milat, BS  
IRB Coordinator, IRB # 2  
Office for the Protection of Research Subjects

cc: Bilgay Izci Balserak, Faculty Advisor, Biobehavioral Health Science, M/C 802

Susan Dunn, Biobehavioral Health Science, M/C 802

**Approval Notice  
Amendment – Expedited Review  
UIC Amendment # 3**

April 22, 2021

Manassawee Srimoragot  
Biobehavioral Health Science

RE: **Protocol # 2020-0738**  
**“Sleep and Factors Associated with Sleep Among Asian, African American, and White/Caucasian Women”**

Dear Mx. Srimoragot:

Your application was reviewed and approved on April 22, 2021. The amendment to your research may now be implemented.

**Principal Investigators must complete a [COVID-19 Human Subjects Research Review Worksheet](#) for a protocol COVID safety assessment prior to initiating or re-starting any research activities that require in-person contact between research subjects and staff during the COVID-19 pandemic.**

**For additional information about this process, please refer to the [Human Subjects Research Review page on the OVCR website](#). If you need assistance, questions may be directed to [research@uic.edu](mailto:research@uic.edu).**

Please note the following information about your approved amendment:

***Please note the administrative notice regarding the approved consent document below.***

**Amendment Approval Date:** April 22, 2021

**Amendment:**

Summary: UIC Amendment #3 (response to conditions required), dated 19 April 2021, and submitted and accepted 20 April 2021, is an investigator-initiated amendment replacing terminated research procedures with a new study including:

(1) enrolling 120 Thai participants between the ages of 40-65 years old who identify as female to complete a 30-minute questionnaire regarding sleep and general health, and have their blood pressure, height, and weight measured and collected; participants will be recruited online via listservs, social media, ResearchMatch, and UIHRR, and by passively posting flyers on campus and at community sites such as temples, churches, businesses, and health fairs; potential participants will be directed to an online screener housed on UIC REDCap, either by linking to the online screener via online recruitment materials, after speaking with the investigator via telephone, or in person by the investigator if the investigator is present at a community recruitment site; eligible participants will be directed to contact the investigator

to schedule an in-person data collection session or may proceed directly from screening to data collection if the investigator is present; questionnaires may be completed on paper or via REDCap, and questionnaires completed on paper may be mailed or returned to the investigator at a later time; participant consent may be obtained online via REDCap or on paper; paper consent documents and/or questionnaires will be secured in a portable lock box by the investigator until the paper documents can be transferred to an appropriate locked, secure setting on campus; participants will be compensated via a \$10 gift card upon completion of data collection and participants who provide their contact information for additional compensation will have a 4 in 120 chance of winning a \$100, \$75, \$50, or \$25 gift card after all data collection has been completed (Initial Review application, 4/18/2021; Appendix K; Survey Questionnaire); and

(2) submitting recruitment and consent documents reflecting the above (Flyers, English + Thai, v2, 4/18/2021; Social Media Scripts (Email Scripts, Social Media Post Scripts, ResearchMatch Scripts, Craigslist Scripts, Reminder Scripts for Email or Text Messages, Script for Ineligible Participants, Script for Eligible Participants), v2, 4/18/2021; Eligibility Screening Questionnaire, v2, 4/18/2021; UIHRR IRB Submission Document, 4/19/2021; Sleep Women, v3, 4/22/2021).

<b><u>Approved Subject Enrollment #:</u></b>	120
<b><u>Performance Site:</u></b>	UIC
<b><u>Sponsor:</u></b>	None
Research Protocol:	

b) Sleep Characteristics and Cardiovascular Disease Risk among Thai Women; 04/18/2021

**Documents that require an approval stamp or separate signature can be accessed via [OPRS Live](#). The documents will be located in the specific protocol workspace. You must access and use only the approved documents to recruit and enroll subjects into this research project.**

***Please note that minor administrative edits have been made to the consent document and only the approved and stamped document may be used to consent and enroll subjects.***

### **Recruiting Materials:**

- c) Eligibility Screening; Version 2; 04/18/2021
- d) Flyers (English); Version 2; 04/18/2021
- e) Flyers (Thai); Version 2; 04/18/2021
- f) Email Scripts; Version 2; 04/18/2021
- g) Script for Eligible Participants; Version 2; 04/18/2021
- h) ResearchMatch Scripts; Version 2; 04/18/2021
- i) Craigslist Scripts; Version 2; 04/18/2021

- j) Reminder Scripts for Email or Text Messages; Version 2; 04/18/2021
- k) Script for Ineligible Participants; Version 2; 04/18/2021
- l) Social Media Post Scripts; Version 2; 04/18/2021

Informed Consents:

- b) Sleep Women; Version 3; 04/22/2021
- c) A waiver of documentation of written signature on a consent document has been granted for this minimal risk research under 45 CFR 46.117(c) (participants will be presented with an information sheet containing all of the elements of consent)
- d) Exceptions to informed consent for identifying, recruiting, and eligibility screening of potential participants has been acknowledged under 45 CFR 46.116(g)

Please be sure to:

- **Use only the IRB-approved and stamped consent documents when enrolling subjects.**
- Use your research protocol number (2020-0738) on any documents or correspondence with the IRB concerning your research protocol.
- Review and comply with the [policies](#) of the UIC Human Subjects Protection Program (HSPP) and the guidance [Investigator Responsibilities](#).

**Please note that the IRB has the right to ask further questions, seek additional information, or monitor the conduct of your research and the consent process.**

**Please be aware that if the [scope of work](#) in the grant/project changes, the protocol must be amended and approved by the UIC IRB before the initiation of the change.**

We wish you the best as you conduct your research. If you have any questions or need further help, please contact the OPRS at (312) 996-1711 or me at (312) 996-2014. Please send any correspondence about this protocol to OPRS via [OPRS Live](#).

Sincerely,

Sandra Costello  
Assistant Director, IRB # 2  
Office for the Protection of Research Subjects

cc: Bilgay Izci Balserak (faculty advisor), Biobehavioral Health Science  
Susan Dunn, Biobehavioral Health Science

## **VITA**

**NAME:** Manassawee Srimoragot, MNS, RN

### **EDUCATION:**

2018 – present      Doctor of Philosophy in Nursing  
PhD Candidate, anticipated graduation December 2022  
College of Nursing, University of Illinois Chicago, Chicago, USA  
Dissertation title: Sleep Characteristics and Cardiovascular Disease Risk  
Among Thai Women

2015 - 2017      Master of Nursing Science, MNS (Midwifery)  
Faculty of Nursing, Chiang Mai University, Chiang Mai, Thailand  
Thesis title: Factors Related to Perceived Insufficient Milk Supply Among  
First-time Mothers

2008 - 2012      Bachelor of Nursing Science, BNS  
Faculty of Nursing, Mahidol University, Bangkok, Thailand

### **POSITIONS AND EMPLOYMENT:**

2014 - 2018      Lecturer and Clinical Instructor  
Obstetrics & Gynecological Nursing Department, Faculty of Nursing,  
Mahidol University, Thailand

2012 - 2014      Registered Nurse (Operating room)  
Department of Nursing Siriraj Hospital, Faculty of Medicine-Siriraj  
Hospital, Mahidol University, Thailand

### **HONORS AND AWARDS:**

2022      The Seth and Denise Rosen Memorial Research Award  
College of Nursing, University of Illinois Chicago

2022      The Chancellor's Student Service Award (CSSA),  
University of Illinois Chicago

2022      Travel Grant for Conference Presenters, The Health Professions Student  
Council (HPSC), University of Illinois Chicago

2022	Conference Awards, University of Illinois Chicago
2021	The Tom and Sherri Mendelson Student Research Award College of Nursing, University of Illinois Chicago
2020	The Provost's Graduate Research Award (PGRA) Graduate College, University of Illinois Chicago
2020	Virginia Ohlson International Scholarship Nursing Dean's Scholarship Endowment Fund College of Nursing Scholarship, University of Illinois Chicago
2020	Travel Grant for Conference Presenters HPSC, University of Illinois Chicago
2020	Chicago Consular Corps (CCC) Scholarship Office of International Affairs (OIA), University of Illinois Chicago
2018	Scholarship to study Doctoral Program at University of Illinois Chicago, Faculty of Nursing, Mahidol University, Thailand
2017	Graduate Students Scholarship for Thesis Graduate School, Chiang Mai University, Thailand
2015	Scholarship to study Master of Nursing Science in Midwifery, Faculty of Nursing, Mahidol University, Thailand
2014	Scholarship to attend Tutorium in Intensive English at University of Illinois Chicago, USA, Faculty of Nursing, Mahidol University, Thailand

#### PUBLICATIONS:

Zhu, B., Wang, Y., Yuan, J., Mu, Y., Chen, P., **Srimoragot, M.**, . . . Reutrakul, S. (2022).

Associations between sleep variability and cardiometabolic health: A systematic review.

*Sleep Medicine Reviews*, 66, 101688.

doi: <https://doi.org/10.1016/j.smrv.2022.101688>

**Srimoragot, M.**, Hershberger, P. E., Park, C., Hernandez, T. L., & Izci Balserak, B. (2022).

Infant feeding type and maternal sleep during the postpartum period: a systematic review and meta-analysis. *Journal of Sleep Research*, e13625. doi: 10.1111/jsr.13625

Fritschi, C., Kim, M.J., **Srimoragot, M.**, Jun, J., Sanchez, L., & Sharp, L.K. (2022). "Something Tells Me I Can't Do That No More:" Experiences with Real-Time Glucose and Activity

- Monitoring among Underserved Black Women with Type 2 Diabetes. *The Science of Diabetes Self-Management and Care*, 48(2):78-86. doi: 10.1177/26350106221076042
- Srimoragot, M.**, Kuntaruksa, K., & Chaloumsuk, N. (2021). Factors Related to Perceived Insufficient Milk Supply Among First-time Mothers. *Nursing Journal*, 48(3), 354-365.
- Zhu, B., Grandner, M. A., Jackson, N. J., Pien, G. W., **Srimoragot, M.**, Knutson, K. L., & Izci-Balserak, B. (2021). Associations between Diet and Sleep Duration in Different Menopausal Stages. *Western Journal of Nursing Research*, 0193945920986788. doi: 10.1177/0193945920986788
- Imayama, I., Balserak, B. I., Gupta, A., Munoz, T., **Srimoragot, M.**, Keenan, B. T., . . . Prasad, B. (2021). Racial Differences in Functional and Sleep Outcomes with Positive Airway Pressure Treatment. *Diagnostics*, 11(12). doi: 10.3390/diagnostics11122176
- Presented and published in Conference Proceedings:
- Srimoragot, M.**, Hershberger, P.E., Park, C., Hernandez, T.L., & Balserak, B.I. (2022). Infant Feeding Type and Postpartum Maternal Total Sleep Time: A Systematic Review and Meta-Analysis. Together Again: Creating Unity, Growth & Diversity in Midwifery, Chicago, Illinois. May 22-26 2022. Virtual Poster Presentation.
- Srimoragot, M.**, Hershberger, P.E., Park, C., Hernandez, T.L., & Balserak, B.I. (2022). Infant Feeding Type and Postpartum Maternal Total Sleep Time: A Systematic Review and Meta-Analysis. *Innovative Solutions: Re-Imagining Nursing Research and Scholarship*, Schaumburg, Illinois. March 30-April 2 2022. Poster Presentation.
- Srimoragot M.** (2020). Associations between Sleep Deprivation during Pregnancy and Risk of Preterm Birth: An Integrative Review. N-nergizing Nursing Profession for NCD Challenges, Bangkok, Thailand. 8-10 January 2020. Poster Presentation.

#### LICENSURE:

2012 - Present	Nursing and Midwifery (First-Class License) Thailand Nursing and Midwifery Council, Bangkok, Thailand
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#### CERTIFICATIONS:

2021	Sleep Health
2018 – 2020	Advanced Cardiac Life Support

2012 – present          Basic Life Support

#### PROFESSIONAL MEMBERSHIPS:

2021 – present          Midwest Nursing Research Society (MNRS), USA  
 2021 – present          American College of Nurse Midwives (ACNM), USA  
 2020 – present          American Academy of Sleep Medicine (AASM) and  
                                  the Sleep Research Society (SRS), USA  
 2020 - present          American Association of University Women (AAUW), USA  
 2020 - present          Graduate Women International (GWI), Switzerland  
 2019 - present          Member of Sigma Theta Tau International Honor Society of Nursing,  
                                  Alpha Lambda Chapter, USA  
 2017 - present          Member of Chiang Mai University Alumni Association  
 2016 - present          Member of Sigma Theta Tau International Honor Society of Nursing,  
                                  Phi Omega at Large, Thailand  
 2012 - present          Member of Thailand Nursing and Midwifery Council  
 2012 - present          Member of the Nurses' Association of Thailand  
 2012 - present          Member of Siriraj Nurses' Alumni under the Patronage of Princess  
                                  Mother

#### SERVICE TO PROFESSIONAL ORGANIZATIONS:

2021 - 2022              PhD representative, Graduate Student Nurses Organization (GSNO),  
                                  University of Illinois Chicago, USA  
 2021 – 2022              Head of Midwest region, The Association of Thai Students in the United  
                                  States of America (ATSA)  
 2020 – 2022              The President and Founder of the Thai Student Association  
                                  at University of Illinois Chicago  
 2016 - 2017              Board Committee of Graduate Student Council  
                                  Faculty of Nursing, Chiang Mai University, Thailand  
 2015 - 2017              Secretary of Graduate Student Association  
                                  Faculty of Nursing, Chiang Mai University, Thailand  
 2010 - 2011              Vice President of Nursing Student Association  
                                  Faculty of Nursing, Mahidol University, Thailand