



Minutes

Approved 12/6/24

Human Subjects Institutional Review Board (HS-IRB)

October 11, 2024, from 9:10 – 10am, HHS 104 with Webex Guest Option

Members Present F2F:

Patti Ayers, Heather Bunce, Matt Fall, James Owens, and Melinda Wilson.

Researcher Guest Present F2F:

Karen Hicks and Marianne Croze, from the Cardio Exercise and Student Success: Phase 1 Project.

Action Items

- Letter out to “**Cardio Exercise and Student Success: Phase 1**” research project, approval of continuing review until October 31, 2025.
 - Requesting annual submission by September 15, 2025 to be part of October meeting packet.
 - Informally discuss various options for Website updates and wording changes via Webex.
 - Email our community member summaries of posts if needed prior to meeting so everyone part of the conversation.
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Approval of April 26, 2024 Minutes

- Request for additions/modifications to minutes.
 - Did note that “Next” meeting mentioned in the minutes was canceled.
- Hearing no objections, the minutes stand approved without corrections.

Submission: Continuing Review Form

Title: **Cardio Exercise and Student Success: Phase 1**

Principal Investigators: Marianne Croze, Karen Hicks, Tiller Landick, and Amy Stoakes
Lansing Community College Employees

- Previous continuation approved 10/13/2023
- Marianne Croze and Karen Hicks will attend meeting to represent project

Discussion

- No additions to submitted information.
- This project will be presented at the TRENDS conference, where Karen Hicks and Jennifer Hilker, researchers on this project, will be recognized as recipients of the 2024 Collaboration Award.
 - Will also be part of LCC newsletters and go in the President’s Report.
- Using an interactive dashboard built for the project the researcher explained some of their findings.
 - In general, there has been a lot of positive upward movement – students self-report a 5% grade increase when using this technique, over half saw a 10% increase.
 - Over half the participants will go up on
 - 31-60 minutes of activity give you the best boost
 - Using stair machine seemed to give the best full body high intensity workout
 - People who are not super fit self-reported greater grade boost than those who considered themselves athletic

Approval vote

- Melinda motioned to approve another year for this project.
- Hearing no objections, it was approved for another year.
 - Continuing review will expire October 15, 2025
 - Official letter will be sent to researcher within 10 business days

Notice: Implications of Title IX updates

- Noted the new training LCC employees have to go through.
- Main change is wording around pregnancy.
- IRB to be aware that researchers, when LCC employees, only have confidential status with respect to information received while conducting the study.
 - Outside of the study they are considered mandatory reporters if a student/employee discloses they are pregnant and must follow LCC procedures in that regard.

Discussion: Student Research on Reddit and other social media

- MSU researcher used Reddit to target LCC students without going through IRB.
 - Had been approved by MSU IRB and would likely have been exempt
 - When notified researcher determined to remove LCC references from survey request instead of submitting a research proposal
 - Triggered Matt to bring up IRB purpose in Provost Cabinet meeting
- Reminder to group to keep eyes open, some researchers either don't know or are trying to work around the IRB system.
 - There is an LCC employment and disciplinary potential.
- Need to remind folks we exist, also keep on radar for Deans and Associate Deans.
 - Make some STAR articles with HSIRB information in it
 - Make annual announcements
 - Perhaps have a PA session
- Want to remove barriers when working with researchers.
 - Potential to make website more welcoming

Review of Project Log – Standing Agenda Item

Quick current status overview of active projects and items that came in between HS-IRB meetings

Other Items

- Future agenda items.
 - Grant Survey Dorothy Tappenden, mental health pre/post indicator, will be coming through
 - 60/30 state funded grant
 - Review layout of existing website
 - Make more welcoming and let people know they can send us questions
 - Even if don't go through IRB process welcome to get our feedback on submitted work
 - Want to support updated survey process
 - Reference [Smith College IRB Website, https://www.smith.edu/academics/applied-learning-research/research-smith/institutional-review-board](https://www.smith.edu/academics/applied-learning-research/research-smith/institutional-review-board) for set up/wording ideas
 - Discuss in Webex and finalize at next meeting
- Jim motioned to adjourn meeting
 - Heather Seconded
 - Meeting adjourned without objections at 10:06 am.
- Next meeting scheduled November 8, 2024 in HHS 104, from 9:10 – 10:00 am with a guest Webex option.

Respectfully submitted by HS-IRB Secretary Terri Christian

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