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College of Social and Behavioral Sciences  
School of Social Work

**Informed Consent**

The study in which you are asked to participate is designed to examine the perception of burnout among social workers and the coping mechanisms used to combat it. The study is being conducted by an MSW student, Natasha Hogan, under the supervision of Dr. Janet Chang, professor in the School of Social Work, California State University, San Bernardino. The study has been approved by the Institutional Review Board Social Work Sub-Committee, California State University, San Bernardino.

**PURPOSE:** The purpose of the study is to examine the perception of burnout in social workers and to examine what kind of coping mechanisms they use to prevent or alleviate the feeling of burnout.

**DESCRIPTION:** Participants will be asked of a few questions on how burnt out they feel at work, their current caseload, how supported they feel from management, and what types of activities participants engage in to prevent burnout.

**PARTICIPATION:** Your participation in the study is totally voluntary. You can refuse to participate in the study or discontinue your participation at any time without any consequences.

**CONFIDENTIALITY OR ANONYMITY:** Your responses will remain anonymous and data will be reported in group form only.

**DURATION:** The interview process will take 30 to 40 minutes to complete.

**RISKS:** There are no foreseeable risks to the participants.

**BENEFITS:** There are no direct benefits to the participants. But the results from this study will help employers find better ways to support social workers and to implement new policies and resources to prevent their staff from burning out.

**CONTACT:** If you have any questions about this study, please feel free to contact Dr. Janet Chang at 909-537-5184 (email: [jchang@csusb.edu](mailto:jchang@csusb.edu))

**RESULTS:** Results of the study can be obtained from the Pfau Library ScholarWorks (<http://scholarworks.lib.csusb.edu>) at California State University, San Bernardino after December 2020.

909.537.5501 · 909.537.7029

5500 UNIVERSITY PARKWAY, SAN BERNARDINO, CA 92407-2393



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This is to certify that I read the above and I am 18 years or older.

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Place an X mark here

\_\_\_\_\_

Date

I agree to be tape recorded: \_\_\_\_\_ Yes \_\_\_\_\_ No

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