

Intradistrict Communication

DATE: Thursday, August 7, 2025

TO: All School Administrators

FROM: Carolyn Gough, Administrator of Teaching & Learning
Ben Jameson, Director of Assessment, Research and Accountability

SUBJECT: Research Project

The Research Review Committee has reviewed a research project in which your school has been asked to participate.

Project Title: Online Mental Health Training to Improve Physiological Stress
Outcomes in Schoolteachers: A Randomized Controlled
Trial

Applicant: Katelyn Jackman, Brigham Young University-Provo

The project has been approved by the District Research Review Committee. The applicant will contact teachers via email directly to invite them to participate in the research project. The applicant has been directed to contact principals to discuss the extent of the project and arrange a private area in which to meet with teachers. Participation in the study is at your discretion. If you have questions or concerns relating to participation, please contact Ben Jameson at 801-567-8243.

Thank you for your assistance.