

Appendix A.

Survey Instrument

Consent Form for Research Study on Mental Health and Coping Among Minorities After Hurricane Beryl

This consent form provides necessary information about the purpose of this research study, your invitation to participate, what participation involves, and any known risks, inconveniences, or discomforts you may encounter.

PURPOSE AND BACKGROUND: This study investigates the mental health experiences of minorities in Houston following Hurricane Beryl. It focuses on understanding the primary stressors and traumatic experiences they reported, identifying barriers minorities faced in accessing mental health services and resources, and exploring coping mechanisms and mental health services. By addressing these research questions, the study aims to provide insights that can inform the development of targeted interventions and support systems tailored to the specific needs of minority communities affected by the disaster.

PROCEDURES: If you agree to participate, you will be asked to complete one survey or participate in a 10-15 minute interview, either in person or online. The survey will include questions about your personal experiences after Hurricane Beryl, with a focus on stressors, barriers to accessing mental health resources, and coping strategies. Your responses will remain anonymous, and all data will be securely stored and accessible only to the Principal Investigator (PI).

RISKS: While we do not anticipate significant risks, discussing stressors and traumatic experiences may cause emotional discomfort. If you feel uncomfortable at any time, you may skip questions or stop the interview. Additionally, resources for mental health support will be provided upon request.

EXTENT OF CONFIDENTIALITY: We will take reasonable measures to maintain the privacy of your research records. Any identifiable information collected during this study will be kept confidential and disclosed only with your consent or as required by law. The Principal Investigator and TSU's Office of Research may access the data. Data will be retained for three years, in accordance with federal regulations, after the study's completion, and then securely destroyed.

PAYMENT: There is no compensation available for participation in this study.

PARTICIPATION IS VOLUNTARY: Your participation in this study is entirely voluntary. You are not obligated to participate, and you have the option to decline answering any questions you do not wish to answer. If you choose to participate, you can withdraw from the study at any time without facing any consequences or loss of benefits.

QUESTIONS: If you have any questions or concerns regarding your participation, please feel free to contact Professor Oluponmile Olonilua at [Oluponmile.Olonilua@tsu.edu]. For inquiries about your rights as a research participant, you can reach TSU's Institutional Review Board, which is dedicated to protecting volunteers in research projects, during their office hours, from 8:00 AM to 5:00 PM, Monday through Friday.

DOCUMENTATION OF CONSENT: Having read and understood the information provided in this form, I voluntarily agree to participate in the project described above. I acknowledge the study's general purposes, the details of my involvement, and the potential risks explained to my satisfaction. I am aware that I can withdraw from the study at any time.

Do you consent to participate in this study?

- ☐ Yes
☐ No

Mental Health and Coping Among Minorities After Hurricane Beryl

This survey focuses on Hurricane Beryl, which struck Houston on July 8th, 2024, and the impact it had on your health and well-being. We are interested in learning about how you were affected during and after the hurricane.

Disclaimer: Your participation in this survey is completely voluntary, and you may choose to withdraw at any time without any consequences. If you feel uncomfortable answering any questions or if you wish to end the interview, please feel free to do so.

Section A: Traumatic experiences

This section focuses on identifying and understanding the traumatic events and challenges participants faced after Hurricane Beryl.

1. Were you impacted by Hurricane Beryl?

Yes	1
No	2

2. Did you experience any of the following traumatic events after Hurricane Beryl? (Select all that apply)

Property damage or loss	1
Injury	2
Public health issues	3
Loss of loved ones	4
Displacement from your home	5
Loss of income	6
Loss of essential services (e.g., power, water, food)	7
Financial difficulties	8
Mental health struggles (e.g., anxiety, depression)	9
Exposure to dangerous conditions (e.g., flooding, debris)	10
Others (Please specify)	11

3. How did you feel after Hurricane Beryl? (Check all that apply)

Scared	1
Anxious	2
Stressed	3
Depressed	4
Angry	5
Numb	6
Overwhelmed	7
Hopeless	8

4. How would you rate the severity of the traumatic experiences you encountered?

Not severe at all	1
Slightly severe	2
Moderately severe	3
Very severe	4
Extremely severe	5

Section B: Caregiving responsibilities and childcare

This section aims to explore participants' caregiving responsibilities and the impact of Hurricane Beryl on their daily lives.

5. Are you responsible for taking care of others? (Select all that apply)

Children	1
Elderly	2
Persons with disabilities	3
None	4
Others (Please specify)	5

6. Do you have children?

Yes	1
No	2

- a. If Yes, what are their ages?

7. Do they live with you?

Yes	1
No	2

- a. How did they cope with the impact of Hurricane Beryl?

8. Did you lose power during Hurricane Beryl?

Yes	1
No	2

9. Did you have to evacuate to get power?

Yes	1
No	2

10. Did you stay at home during the hurricane?

Yes	1
No	2

- a. If yes, how did you obtain power? (generator, solar panels, lamps, candles, others, etc)
-

11. Were you able to go to work during Hurricane Beryl?

Yes	1
No	2

- a. If yes, how did you get to work?
-

- b. If No, did you lose income?

Yes	1
No	2

- c. If you lost income, did you apply for income loss assistance?

Yes	1
No	2

- d. If No, how did you cope (donations, food center supplies, etc)
-

12. Did you have to throw away food after Hurricane Beryl?

Yes	1
No	2

- a. If yes, how were you able to access food afterward? (e.g donation, food pantries, etc)
-

13. Was the neighborhood grocery store in your area open during Hurricane Beryl?

Yes	1
No	2

14. Were you able to get to the neighborhood grocery store?

Yes	1
No	2

- a. If No, provide the reasons (e.g., lack of money, childcare issues, transportation problems, etc.)
-

15. Did you have access to transportation during the aftermath of Hurricane Beryl? (e.g., for getting to work, obtaining supplies, or seeking medical assistance)?

Yes	1
No	2

16. Did you or someone you are responsible for need medical assistance after this period?

Yes	1
No	2

a) If yes, what kind of assistance was needed (e.g., medication, medical care, therapy, etc)

b) Were you able to obtain the assistance needed?

Yes	1
No	2

c) If No, please explain what happened?

17. Are you aware of crisis counseling services provided by FEMA?

Yes	1
No	2

a) If yes, did you use it?

Yes	1
No	2

Section C - Background information

This section of the questionnaire refers to background or biographical information. Participation in this section is completely optional. Although we are aware of the sensitivity of the questions, the information will allow us to better understand the diverse experiences and perspectives of participants. Once again, we assure you that your response will remain anonymous. Your cooperation is appreciated.

18. What is your age? (Optional)

18 – 24 years	1
25 – 34 years	2
35 – 44 years	3
45 – 54 years	4
55 and above	5

19. Which one do you identify with the most? (Optional)

African American/Black	1
Hispanic/Latino	2
Asian	3
Native American	4
Others (Please specify)	5

20. Which gender do you identify with the most? (Optional)

Male	1
Female	2
Non-binary/Third gender	3
Transgender male	4
Transgender female	5
Genderqueer/Genderfluid	6
Prefer not to say	7
Others	8

21. Do you identify as a person with a disability? (Optional)

Yes	1
No	2
If yes, please specify the nature of your disability (e.g., physical, sensory, intellectual, mental health, etc.): -----	

22. Marital status? (Optional)

Single	1
Married	2
Divorced	3
Widowed	4
Separated	5
In a domestic partnership	
Others (Please specify) -----	6

23. What is your housing status? (Optional)

Own home	1
Rent home	2
Live with family/friends	3
Homeless	4
Others (Please specify) -----	5

24. Language spoken at home. (Optional)

English	1
Spanish	2
Others (Please specify) -----	3

25. Level of education. (Optional)

No formal education	1
Some high school	2
High school diploma or equivalent	3
Some college	4
Bachelor's degree	5
Master's degree	6
Doctoral degree	7
Professional degree	8
Others (Please specify)	9

Appendix B.
Survey Recruitment Flyer



LET'S TALK ABOUT MENTAL HEALTH

SURVEY

THIRD WARD AND FIFTH WARD MENTAL HEALTH AWARENESS

Help Us Understand the Impact of Hurricane Beryl on Our Communities

Are you a resident of Third Ward or Fifth Ward? Your voice matters! We are conducting a Research Study to learn more about the effects of Hurricane Beryl on minority communities.

This is your chance to help us.

- ✓ Identify the challenges faced by our communities
- ✓ Advocate for better disaster recovery resources
- ✓ Create solutions for a more resilient future

Who Can Participate?

- ☀ Residents aged 18+ from Third Ward and Fifth Ward
- ☀ Anyone impacted by Hurricane Beryl from 3rd & 5th Wards

How Can You Help?

- 📄 Take our quick survey today!
- 🔗 Online Survey Link: <https://tinyurl.com/2yarjtsx>
- 📅 Survey Deadline: **31 January 2025**

Why Participate?

Your insights will help shape future disaster recovery plans and improve support for minority communities. Together, we can make a difference!

📢 **Spread the Word! Encourage your family and neighbors to participate!**

For questions or assistance, contact us at:
✉ houstonclimatemovement@gmail.com
📞 **832-409-3641**

Let's build a stronger, more resilient community – one voice at a time.

Texas Southern University Research Study Sponsor
Committed to Community Resilience and Equity

 houstonclimatemovement

 **TEXAS SOUTHERN UNIVERSITY**

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Appendix for Olonilua, O., & Aliu, J. O. (2025). *Exploring Mental Health Impact of Hurricane Beryl on Minorities in Houston, Texas*. (Natural Hazards Center Quick Response Research Report Series, Report 374). Natural Hazards Center, University of Colorado Boulder. <https://hazards.colorado.edu/quick-response-report/exploring-mental-health-impact-of-hurricane-beryl-on-minorities-in-houston-texas>

Appendix C.
Focus Group Recruitment Flyer

**THIRD WARD
MENTAL HEALTH FOCUS GROUP**

SATURDAY, FEBRUARY 22, 2025

11:00 am to 1:00 pm

4212 EMANCIPATION AVENUE

HOUSTON, TX 77004

Please join us for a focus group on the mental health effects of Hurricane Beryl on Third Ward community members. Participation is anonymous, and compensation will be provided. For more information, please contact 713.815.0504.

