

APPENDICES

- A. IRB Exemption Approval
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DATE: March 14, 2006

MEMORANDUM

TO: Max O. Stephenson
Lisa Poley

FROM: Carmen Green 

SUBJECT: **IRB Exempt Approval:** "Community, Trust and the Habits of Democracy: An Investigation into Social Capital and Civic Engagement in U.S. Cohousing Neighborhoods", IRB # 06-167

I have reviewed your request to the IRB for exemption for the above referenced project. I concur that the research falls within the exempt status. Approval is granted effective as of March 14, 2006.

As an investigator of human subjects, your responsibilities include the following:

1. Report promptly proposed changes in previously approved human subject research activities to the IRB, including changes to your study forms, procedures and investigators, regardless of how minor. The proposed changes must not be initiated without IRB review and approval, except where necessary to eliminate apparent immediate hazards to the subjects.
2. Report promptly to the IRB any injuries or other unanticipated or adverse events involving risks or harms to human research subjects or others.


cc: File



DATE: October 12, 2006

MEMORANDUM

TO: Max O. Stephenson
Lisa Poley

FROM: David M. Moore 

Approval date: 10/11/2006
Continuing Review Due Date: 9/26/2007
Expiration Date: 10/10/2007

SUBJECT: **IRB Expedited Approval:** "Community, Trust, and the Habits of Democracy: An Investigation into Social Capital and Civic Engagement in U.S. Cohousing Neighborhoods", IRB # 06-573

This memo is regarding the above-mentioned protocol. The proposed research is eligible for expedited review according to the specifications authorized by 45 CFR 46.110 and 21 CFR 56.110. As Chair of the Virginia Tech Institutional Review Board, I have granted approval to the study for a period of 12 months, effective October 11, 2006.

As an investigator of human subjects, your responsibilities include the following:

1. Report promptly proposed changes in previously approved human subject research activities to the IRB, including changes to your study forms, procedures and investigators, regardless of how minor. The proposed changes must not be initiated without IRB review and approval, except where necessary to eliminate apparent immediate hazards to the subjects.
2. Report promptly to the IRB any injuries or other unanticipated or adverse events involving risks or harms to human research subjects or others.
3. Report promptly to the IRB of the study's closing (i.e., data collecting and data analysis complete at Virginia Tech). If the study is to continue past the expiration date (listed above), investigators must submit a request for continuing review prior to the continuing review due date (listed above). It is the researcher's responsibility to obtain re-approval from the IRB before the study's expiration date.
4. If re-approval is not obtained (unless the study has been reported to the IRB as closed) prior to the expiration date, all activities involving human subjects and data analysis must cease immediately, except where necessary to eliminate apparent immediate hazards to the subjects.

Important:

If you are conducting **federally funded non-exempt research**, this approval letter must state that the IRB has compared the OSP grant application and IRB application and found the documents to be consistent. Otherwise, this approval letter is invalid for OSP to release funds. Visit our website at <http://www.irb.vt.edu/pages/newstudy.htm#OSP> for further information.

cc: File

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View Summary

[« Back to menu](#)

The survey has **647** entries. [Show details of all entries](#)

SCCB Survey - Completed Cohousing Communities

Thank you for taking part in this survey.

The data you provide will form the basis for a doctoral dissertation research project focused on cohousing across the United States. The researcher is a resident of Shadowlake Village Cohousing in Blacksburg, Virginia. Her doctoral studies focus on community development and how neighborhood forms (such as cohousing) relate to trust building, social cohesion and the skills and habits necessary for effective democratic participation.

Responses are encouraged from all adult residents of the community who have been living there for six months or more.

The survey is designed to take ten minutes or less to complete.

Instructions:

To complete the survey simply left-click your mouse on the circle next to your preferred response for each of the following questions. (In some cases you may need to type a response in the space provided.)

Approximate answers or guesses are fine.

The survey permits you to review and modify your responses. When you are done simply click on 'Submit' after the final question and your response will be automatically recorded and submitted.

Please complete only one survey per person.

Thank you for your participation!

What is the name of your Cohousing Community?

622 responses [view this question](#) [view all questions](#)

What is your gender?

Male **230** (36%)

Female **417** (64%)

no answer **0** (0%)

Generally speaking, would you say that most people can be trusted or that you can't be too careful in dealing with people?

Most people can be trusted **449** (69%)

You can't be too careful **10** (2%)

It depends **187** (29%)

no answer **1** (0%)

How much do you feel you can trust people in your neighborhood?

Trust them a lot **489** (76%)

Trust them some **145** (22%)

Trust them only a little **10** (2%)

Cannot trust them at all **0** (0%)
 Don't know **3** (0%)
no answer **0** (0%)

How much do you feel you can trust the police in your locality?

Trust them a lot **258** (40%)
 Trust them some **304** (47%)
 Trust them only a little **37** (6%)
 Cannot trust them at all **4** (1%)
 Don't know **42** (6%)
no answer **2** (0%)

How much do you feel you can trust the people working in the stores where you shop?

Trust them a lot **293** (45%)
 Trust them some **315** (49%)
 Trust them only a little **24** (4%)
 Cannot trust them at all **0** (0%)
 Don't know **12** (2%)
no answer **3** (0%)

How much do you feel you can trust white people in general?

Trust them a lot **171** (26%)
 Trust them some **410** (63%)
 Trust them only a little **22** (3%)
 Cannot trust them at all **1** (0%)
 Don't know **36** (6%)
no answer **7** (1%)

How much do you feel you can trust African Americans or black people in general?

Trust them a lot **160** (25%)
 Trust them some **417** (64%)
 Trust them only a little **24** (4%)
 Cannot trust them at all **1** (0%)
 Don't know **39** (6%)
no answer **6** (1%)

How much do you feel you can trust Hispanic or Latino people generally?

Trust them a lot **177** (27%)
 Trust them some **398** (62%)
 Trust them only a little **22** (3%)
 Cannot trust them at all **0** (0%)
 Don't know **43** (7%)
no answer **7** (1%)

How interested are you in NATIONAL affairs and politics?

Very interested **391** (60%)
 Somewhat interested **204** (32%)
 Only slightly interested **45** (7%)

Not at all interested	2 (0%)
Don't know	0 (0%)
<i>no answer</i>	5 (1%)

Are you currently registered to vote?

Yes	626 (97%)
No	5 (1%)
Not eligible	13 (2%)
Don't know	0 (0%)
<i>no answer</i>	3 (0%)

How much of the time do you think you can trust the national government to do what is right?

Just about always	0 (0%)
Most of the time	15 (2%)
Some of the time	296 (46%)
Hardly ever	230 (36%)
Don't know	2 (0%)
It depends:	91 (14%)
<i>no answer</i>	13 (2%)

How interested are you in LOCAL affairs and politics?

Very interested	252 (39%)
Somewhat interested	305 (47%)
Only slightly interested	75 (12%)
Not at all interested	9 (1%)
Don't know	0 (0%)
<i>no answer</i>	6 (1%)










How much of the time do you think you can trust local government to do what is right?

Just about always	13 (2%)
Most of the time	212 (33%)
some of the time	365 (56%)
Hardly ever	17 (3%)
Don't know	6 (1%)
It depends:	21 (3%)
<i>no answer</i>	13 (2%)












Politically and socially how would you best describe your own general outlook?

Very conservative	2 (0%)
Moderately conservative	5 (1%)
Middle of the road	23 (4%)
Moderately liberal	220 (34%)
Very liberal	334 (52%)
Don't know	3 (0%)
Other:	55 (9%)
<i>no answer</i>	5 (1%)

How many times in the past twelve months have you worked on a community project? (Please include projects both within cohousing and in the broader community)

Not in the last year	13 (2%)	
Once	10 (2%)	
2-4 times	113 (17%)	
5-9 times	93 (14%)	
About once a month on average	108 (17%)	
Twice a month on average	144 (22%)	
More than once a week	155 (24%)	
Don't know	6 (1%)	
<i>no answer</i>	5 (1%)	











How many times in the past twelve months have you donated blood?

Not in the last year	529 (82%)	
Once	41 (6%)	
A few times	8 (1%)	
2-4 times	44 (7%)	
5-9 times	11 (2%)	
About once a month on average	2 (0%)	
Twice a month on average	0 (0%)	
About once a week on average	0 (0%)	
More than once a week	0 (0%)	
Don't know	3 (0%)	
<i>no answer</i>	9 (1%)	

How many times in the past twelve months have you attended any public meeting in which there was discussion of city/town/county or school affairs?

Not in the last year	179 (28%)	
Once	139 (21%)	
2-4 times	197 (30%)	
5-9 times	64 (10%)	
About once a month on average	29 (4%)	
Twice a month	17 (3%)	
About once a week on average	12 (2%)	
More than once a week	4 (1%)	
Don't know	2 (0%)	
<i>no answer</i>	4 (1%)	

How many times in the past twelve months have you attended a political meeting, rally or protest?

Not in the last year	213 (33%)	
Once	145 (22%)	
2-4 times	208 (32%)	
5-9 times	54 (8%)	
About once a month on average	13 (2%)	
Twice a month	3 (0%)	
About once a week on average	5 (1%)	
More than once a week	1 (0%)	
Don't know	1 (0%)	
<i>no answer</i>	4 (1%)	

How many times in the past twelve months have you attended a club or organizational meeting? (Include all Cohousing related meetings but not meetings for work)

Not in the last year	8 (1%)
Once	3 (0%)
2-4 times	44 (7%)
5-9 times	66 (10%)
About once a month on average	117 (18%)
Twice a month	188 (29%)
About once a week on average	152 (23%)
More than once a week	61 (9%)
Don't know	4 (1%)
<i>no answer</i>	4 (1%)

If you consider the Common House in your community an extension of your own home - you may use your private home and the Common House interchangeably in responding to the following four questions. Please count only events that you have personally attended.

How many times in the past twelve months have you had friends or neighbors over to your home?

Not in the last year	3 (0%)
Once	5 (1%)
2-4 times	48 (7%)
5-9 times	97 (15%)
About once a month on average	148 (23%)
About once a week on average	163 (25%)
More than once a week	178 (28%)
Don't know	3 (0%)
<i>no answer</i>	2 (0%)

How many times in the past twelve months have you been in the home of a friend of a different race or had them in your home?

Not in the last year	137 (21%)
2-4 times	175 (27%)
5-9 times	90 (14%)
About once a month on average	90 (14%)
Twice a month	43 (7%)
About once a week on average	46 (7%)
More than once a week	47 (7%)
Don't know	12 (2%)
<i>no answer</i>	7 (1%)

How many times in the past twelve months have you been in the home of someone of a different neighborhood or had them in your home?

Not in the last year	12 (2%)
Once	16 (2%)
2-4 times	124 (19%)
5-9 times	156 (24%)
About once a month on average	143 (22%)
Twice a month	106 (16%)
About once a week on average	57 (9%)

More than once a week	23 (4%)
Don't know	6 (1%)
no answer	4 (1%)

How many times in the past twelve months have you been in the home of someone you consider to be a community leader or had one in your home?

Not in the last year	171 (26%)
Once	63 (10%)
2-4 times	182 (28%)
5-9 times	71 (11%)
About once a month on average	59 (9%)
Twice a month	22 (3%)
About once a week on average	29 (4%)
More than once a week	13 (2%)
Don't know	30 (5%)
no answer	7 (1%)

How many times in the past twelve months have you volunteered? (Meaning: participated in work without pay intended to benefit those beyond you and your immediate family.)

Not in the last year	29 (4%)
Once	27 (4%)
2-4 times	112 (17%)
5-9 times	75 (12%)
About once a month on average	103 (16%)
Twice a month	79 (12%)
About once a week on average	102 (16%)
More than once a week	108 (17%)
Don't know	8 (1%)
no answer	4 (1%)








In the past twelve months have you served as an officer or served on a committee of any local(or community) club or organization?

Yes	427 (66%)
No	214 (33%)
Dont Know	2 (0%)
no answer	4 (1%)





Not including weddings and funerals, how often do you attend religious services?

Every week (or more often)	63 (10%)
Almost every week	68 (11%)
Once or twice a month	71 (11%)
A few times per year	159 (25%)
Once a year or less	96 (15%)
Never	187 (29%)
Don't know	1 (0%)
no answer	2 (0%)







People and families contribute money,property or assets for a wide variety of charitable purposes. During the past 12 months, approximately how much money did you and the other family members in your household contribute to all secular causes and all religious causes, including your local religious congregation?

None	16 (2%)	
Less than \$100	39 (6%)	
\$100 to less than \$500	155 (24%)	
\$500 to less than \$1000	144 (22%)	
\$1000 to less than \$5000	196 (30%)	
More than \$5000	79 (12%)	
Don't know	16 (2%)	
no answer	2 (0%)	






All things considered, would you say that you are...

Very happy	193 (30%)	
Happy	394 (61%)	
Not very happy	49 (8%)	
Not happy at all	0 (0%)	
Don't know	8 (1%)	
no answer	3 (0%)	








How would you describe your overall health these days?

Excellent	163 (25%)	
Very good	293 (45%)	
Good	141 (22%)	
Fair	37 (6%)	
Poor	8 (1%)	
Don't know	1 (0%)	
no answer	4 (1%)	

For the following statement: "Television is my primary source of entertainment" do you..

Agree strongly	4 (1%)	
Agree somewhat	47 (7%)	
Neither agree or disagree	55 (9%)	
Disagree somewhat	89 (14%)	
Disagree strongly	449 (69%)	
Don't know	1 (0%)	
no answer	2 (0%)	

Which of the following best describes your state of employment? (If more than one apply, please choose whichever falls closest to the top of the list of options)

Employed (Full-time, Part-time and Self employed)	452 (70%)	
Temporarily laid off	2 (0%)	
Unemployed	11 (2%)	
Retired	91 (14%)	
Permanently disabled	10 (2%)	
Homemaker	42 (6%)	
Student	26 (4%)	
Don't know/ none of the above	11 (2%)	
no answer	2 (0%)	

In what year were you born?

628 responses [view this question](#) [view all questions](#)

What is the highest grade of school or year of college that you have completed?

Less than High School(Grade 11 or less)	3 (0%)
High school diploma (include GED)	4 (1%)
Some college	32 (5%)
Associates degereee(2 yr.) or specialized technical training	14 (2%)
Bachelors degree	135 (21%)
Some graduate training	75 (12%)
Graduate or professional degree	381 (59%)
Don't know	0 (0%)
no answer	3 (0%)

Do you consider yourself...

White	588 (91%)
African American or Black	3 (0%)
Hispanic or Latino	8 (1%)
Asian or Pacific Islander	11 (2%)
Alaskan Native or Native American	1 (0%)
Don't know	2 (0%)
Other:	26 (4%)
no answer	8 (1%)

Are you an American citizen?

Yes	631 (98%)
No	10 (2%)
Don't know	2 (0%)
no answer	4 (1%)








How many different telephone numbers does your household have, not counting those dedicated to a fax machine or computer?

One	210 (32%)
Two	187 (29%)
Three	163 (25%)
Four	63 (10%)
Five	15 (2%)
Six to nine	7 (1%)
More than nine	0 (0%)
no answer	2 (0%)









If you add together the yearly incomes, before taxes, of all the members of your household for the last year (2005), would the total be..

Less than \$20,000	31 (5%)
Over \$20,000 but less than \$30,000	46 (7%)
Over \$30,000 but less than \$50,000	136 (21%)
Over \$50,000 but less than \$75,000	158 (24%)
Over \$75,000 but less than \$100,000	114 (18%)
\$100,000 or more	138 (21%)
Don't know	16 (2%)
no answer	8 (1%)





Are you currently...

Married	366 (57%)	
Separated	19 (3%)	
Divorced	118 (18%)	
Widowed	16 (2%)	
Never Married	83 (13%)	
other:	38 (6%)	
no answer	7 (1%)	






How many children, aged 17 or younger, live in your household?

One	143 (22%)	
Two	125 (19%)	
Three	27 (4%)	
Four	1 (0%)	
Five	1 (0%)	
Six	0 (0%)	
Other:	322 (50%)	
no answer	28 (4%)	

Do you or your family own the place where you are living now or do you rent?

Own	586 (91%)	
Rent	43 (7%)	
Other:	9 (1%)	
no answer	9 (1%)	

How long have you lived in your current residence?

Less than 1 year	60 (9%)	
1-2 years	81 (13%)	
2-5 years	208 (32%)	
More than 5 years	294 (45%)	
no answer	4 (1%)	

Thank you for your time and for participating in this survey! Please include any additional comments or feedback on the survey in the space below.

199 responses [view this question](#) [view all questions](#)

Appendix D: Case Study Focus Group Survey

Focus Group Survey Sheet:

Script – *to be read orally* to participants

"I am trying to gather information about how residents lives and perspectives may have changed since moving into Cohousing. For each question please mark whether you believe that you are much less, somewhat less, the same amount, somewhat more or much more likely to do or to believe the various things I will be asking. For the sake of clarity it is best to think about comparing your actions and perspectives in the years just prior to involvement with Cohousing against the years since move-in."

For example: If I say "How well you feel you know your neighbors". I am asking you to compare how well you know your neighbors now vs. how well you knew them where you lived just prior to your involvement in Cohousing. Do you feel you know your neighbors much less now? Somewhat less? The same amount? Somewhat more? Or Much more?" We will pause after every five questions to make sure everyone is caught up and to address any need for clarification.

1. Number of people you converse with in the course of a typical week.
2. How well you feel you know your neighbors.
3. Number of people, outside your immediate family who know you well.
4. Number of people in whom you feel you can confide.
5. How much you trust your neighbors.
6. How much you trust people who live outside of your neighborhood.
7. How much you trust strangers generally.
8. How likely you would be to ask for help or assistance from your neighbors in small matters (for example borrowing a cup of sugar, getting your mail when you are on vacation).
9. How likely you would be to ask for help or assistance from neighbors in larger matters (for example lending you money, giving you advice or support in matters of professional, financial or personal importance, helping on car or house repairs).
10. Number of people you feel you could call on for help in a crisis.
11. How frequently you help neighbors in small ways.
12. How frequently you help neighbors in larger ways.
13. How frequently you lend, share or exchange goods (such as tools, cars, movies, music, clothes etc.) with those outside your household.
14. How frequently you lend, share or exchange services (such as childcare, grocery shopping, driving, cooking etc.) with those outside your household.
15. How comfortable you feel leaving your home or car unlocked in your neighborhood.
16. How physically safe you feel in your neighborhood.
17. How much time you spend in social interaction with those not a part of your immediate household.
18. Time spent watching television, movies or engaged in other forms of electronic entertainment.

Frequency of engagement in conversations with others concerning:

19. Personal matters (family, friendships, health, home, school, travel, personal finance, spiritual and work issues)
20. Issues of neighborhood concern. (Neighborhood's needs, projects, policies)
21. Issues of broader local concern (Schools, churches, local politics, town or county issues)

22. Issues of national or global concern. (National elections, Public policy, broad social or environmental issues)
23. Frequency of engagement in conversations with people who are of a different age group, sex, race/ethnicity, socio-economic status or religion.
24. Frequency of engagement in conversations with people who have very different political beliefs or views on issues of social importance from yours.
25. Your ability to have a significant influence on developments in your own life.
26. Your ability to have a significant influence on developments in your neighborhood.
27. Your ability to have a significant influence on developments in the broader locality – your town, school district or local region.
28. Your ability to impact or have a voice in matters of national or global concern.
29. Your involvement in issues and decisions of neighborhood importance.
30. Your involvement in issues of local or regional significance. (Includes writing letters to the editor, local elections, making your voice heard in council or commission meetings, community organizing activities)
31. Your involvement in issues of national or global significance. (Includes awareness raising and organizing activities, donations, volunteerism, protest, elections activities)
32. Ease of obtaining information about issues of neighborhood significance.
33. Ease of obtaining information about issues of local significance.
34. Ease of obtaining information about issues of national or global significance.
35. Time spent volunteering help to individuals, organizations or causes that extend beyond your neighborhood.
36. Your skill level in dealing with interpersonal conflict and differences of opinion.
37. Your skill level in leading or facilitating groups or group discussion.
38. Your skill level in organizing events or collective actions.
39. Your level of confidence in expressing your views or ideas to others.

Appendix E: Case Study Focus Group Survey

Open Ended Questions

1. What were your primary *reasons for moving into this community*? Or what drew you to this type of neighborhood?
2. What do you see as the main *benefits* and main *drawbacks* of living here?
3. Has your engagement with issues of local, national and global significance been impacted by living in cohousing? (Discussion, debate, learning about issues, forming opinions, getting involved, making your voice heard, volunteering time or money, voting, attending meetings, rallies, demonstrations?) In what ways? Examples? How have your types of engagement, levels of engagement and quality of engagement changed? And can you identify specific factors that have contributed to the changes?
4. Generate list of **examples** of concentric circles of engagement:
 - I. Actions focused *within* the community:
 - a. Neighbors helping neighbors
 - b. Neighbors sharing, trading, bartering, lending, goods and services to one another.
 - c. Neighbors working together to build, maintain or improve something in the community.
 - II. Actions focused on *the larger community, town or locality*
 - a. Organizing around a local issue or event
 - b. Volunteerism, fundraising, providing space or resources for local issues, groups, organizations, institutions or causes.
 - c. Examples include: community cleanup, local elections, school or church support, awareness raising, educational events, arts or culture events, community organizing, advocacy, etc)
 - III. Actions focused on issues of *national or global significance*:
 - a. Political organizing
 - b. Issue education, awareness raising, advocacy, fundraising
 - c. Discussion groups, book groups, lectures,
 - d. Initiation or participation in campaigns, volunteer efforts,
 - e. Elections, voter registration.