Pilot testing of a smartphone platform for increasing vegetable intake

PARTICIPANT INFORMATION STATEMENT
You are invited to participate in a research project that is explained below. This Participant Information Statement tells you what is involved and will help you decide if you want to take part in the research. Please read this information carefully and ask questions about anything that you don’t understand or want to know more about by emailing the researcher.

Participation in this research study is voluntary.
By giving your consent to take part in this study you are telling us that you:
✓ Understand what you have read.
✓ Agree to take part in the research study as outlined below.
✓ Agree to the use of your personal information as described.

1. What is the study about?
We want to help young adults eat more vegetables as they only consume half the recommended daily amount which is protective against heart disease, cancer and weight gain. We will be testing the impact of a 4 week program that uses a mobile app and/or Facebook to inspire young adults aged 18-30 years to eat more vegetables.

2. Who is running the study?
The study is being carried out by
Monica Nour PhD candidate
Monica Nour is conducting this study as the basis for the degree of Doctor of Philosophy at The University of Sydney. This will take place under the supervision of Margaret Allman-Farinelli, Professor of Dietetics.

3. How much time will the study take?
The study will run for 4 weeks. Each week you will be required to commit around 1-2 hours spread out into 5-10 minute intervals over 7 days.
4. **What does this study involve?**
   You will be required to use an app to track your vegetable intake for 4 weeks. You may also be asked to join a Facebook group for daily support throughout the program.
   - Day 1: Fill out a short (10 minute) questionnaire online about your knowledge, motivation and habits related to eating vegetables
   - Day 2-29: Track your vegetable intake in the app daily (takes around 10 minutes a day) and view Facebook material daily (if you are part of the Facebook group)
   - At the end of the 4 week program you will complete the same 10 minute online questionnaire you did on day 1 with a few additional questions asking for your experience/feedback.
   - A random selection of people will also be invited to participate in a voluntary 10 minute telephone interview at a later date to give more detailed feedback on the program.

5. **Who can take part in the study?**
   Young adults (males and females) aged 18-30 years owning a smartphone and a Facebook account, who are not pregnant or completing/ed a nutrition degree or enrolled in nutrition related subjects and don’t have a history of disordered eating or medical contraindications can take part in this study.

6. **Can I withdraw from this study?**
   It is completely voluntary to participate in this study. You are not under any obligation to consent and you may withdraw from the study at any time without affecting your relationship with researchers or anyone else at the University of Sydney.
   If you agree to participate, you are free to withdraw at any stage or to refuse to answer any of the questions. However, any answers to questionnaires and telephone surveys provided prior to withdrawal will be kept in the database. If you withdraw from the study prior to completion you will not be eligible to enter the draw for the chance to win 1 of 4 $25 Coles/Myer gift cards.

7. **Are there any risks or costs associated with being in the study?**
   Aside from giving up your time, we do not expect that there will be any risks or costs associated with taking part in this study. If you experience any discomfort or unwanted side effects from participating in the study please notify the researchers immediately.

8. **Will this study benefit me?**
   This study is not designed to be used for diagnosis. Some participants find participation in dietary questionnaires, tracking the foods they eat and participating in discussions about nutrition may instil motivation to change dietary behaviour. However, we cannot guarantee or promise that you will receive any direct benefits from being in the study. As a token of our appreciation for taking part in the study you will be entered into a draw for the chance to win 1 of 4 $25 Coles/Myer gift cards.

9. **What will happen to information about me that is collected during the study?**
   All information collected from you (questionnaires and telephone interviews), will be de-identified. Your information will be stored securely and any paperwork with your identifying information will be kept strictly confidential except as required by law. It will be stored securely in a locked cabinet or on a password protected computer. Findings may be published in student theses, journal publications, and conference presentations, but you will not be individually identifiable in these publications. Only the researchers will have access to any of your responses and the results.

10. **Can I tell other people about the study?**
    Yes, you are welcome to tell other people about the study.
11. What if I have concerns or require further information about the study or my involvement?
When you have finished reading this information, if you have any questions please email Monica Nour (PhD candidate) (mnou2973@uni.sydney.edu.au) M: 0403094095

12. Will I be told the results of the study?
If you wish to know the results of the research project once it has been completed, we would be happy to send them to you via email (Please indicate this by providing your email on the consent form)

13. What if I have a complaint or any concerns about the study?
Research involving humans in Australia is reviewed by the Human Research Ethics Committee (HREC). The ethical aspects of this study have been approved by the HREC of the University of Sydney [approval number inserted here]. As part of this process, we have agreed to carry out the study according to the National Statement on Ethical Conduct in Human Research. This statement has been developed to protect people who agree to take part in research studies.
If you are concerned about the way this study is being conducted or you wish to make a complaint to someone independent from the study, please contact the university using the details outlined below. Please quote the study title and protocol number.

The Manager, Ethics Administration, University of Sydney:
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