Focus groups with young adults investigating factors that influence choices when eating out of home.

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 sheet carefully and ask questions about anything that you don’t understand or want to know more about.

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.

You will be given a copy of this Participant Information Statement to keep.

1. What is the study about?
This study aims to gather the opinions of young adults about the following topics:
1. What factors influence choices made when selecting where to eat out and what to order off a restaurant/take-away menu?
2. What would support healthier choices when eating out of home?

2. Who is running the study?
The study is being carried out by the University of Sydney as part of an Australian Research Council grant with Cancer Council NSW.
Investigators are Prof Margaret Allman-Farinelli (Professor of Dietetics, The University of Sydney), Prof Adrian Bauman (University of Sydney), Monica Nour (Research Assistant, University of Sydney), Clare Hughes and Wendy Watson (Cancer Council NSW) and Lyndal Wellard-Cole (PhD Student, University of Sydney and Senior Nutrition Project Officer Cancer Council NSW)
3. **What does this study involve?**
   Participating in open discussion in a focus group setting to provide your opinion on the following topics:
   1. What factors influence your choices when selecting where to eat out and what to order off a restaurant/take-away menu?
   2. What would motivate you to select healthier options when eating/drinking out of home?
   *(audio recording will be used to tape the discussion for note and transcribing purposes only)*

4. **How much will the study take?**
The focus group sessions will typically take 60 minutes.

5. **Who can take part in the study?**
   You can participate in this study if you are 18-30 years old, purchase and consume food or drink outside of home (at a restaurant, pub, club, fast food, cafeteria, café etc.) at least twice per week, not currently pregnant or breast feeding or suffering from a chronic illness.

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 or Cancer Council NSW.
   If you take part in the focus group, you are free to stop participating at any stage or to refuse to answer any of the questions. However, it will not be possible to withdraw your individual comments from our records once the group has started, as it is a group discussion. If you withdraw from the study prior to completion of the focus groups you will not be eligible to receive the $30 voucher.

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.

8. **Will this study benefit me?**
   This study is not designed to be used for screening or diagnosis. Some participants find participation in focus groups an interesting experience, and that 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 and to compensate you for travel time, you will receive a $30 gift voucher.

9. **What will happen to information about me that is collected during the study?**
   All information collected from will be de-identified. Your information will be stored securely on a university server within a password protected computer and kept strictly confidential except as required by law.
   Findings may be published in 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?**
    If you have any questions or would like to know more, please feel free to contact Monica Nour ([Monica.nour@sydney.edu.au](mailto:Monica.nour@sydney.edu.au)) or Margaret Allman-Farinelli ([margaret.allman-farinelli@sydney.edu.au](mailto:margaret.allman-farinelli@sydney.edu.au))

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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:
Telephone: +61 2 8627 8176
Email: ro.humanethics@sydney.edu.au
Fax: +61 2 8627 8177 (Facsimile)

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