



ONLINE PARTICIPANT INFORMATION STATEMENT- Screening

Screening for the Dietary Habits Study

A/Prof Lenny R. Vartanian

1. The purpose of the screening survey

You are invited to take part in this screening survey. This survey is used to determine your eligibility to take part in the 12-week dietary habits study. You have been invited to complete this screening survey because you responded to the study advertisement.

2. Research conductors

The study is being carried out by the following researchers: A/ Professor Lenny Vartanian, Dr Rebecca Charlotte Reynolds, Professor Nicholas Zwar and the student investigator Hania Rahimi-Ardabili, School of Public health and Community Medicine.

3. Inclusion/Exclusion Criteria

To participate in the screening stage of the research study you need to meet the following inclusion criteria:

Aged 18 – 55 years.

- Have a high body weight relative to height (Body Mass Index, BMI 25 - 40 kg / m², you can calculate your BMI here: <http://www.health.gov.au/internet/healthyactive/publishing.nsf/Content/your-bmi>).
- Have access to a computer, tablet (such as an iPad) or smart phone (such as an iPhone) that could run an internet browser (e.g., Google Chrome or Firefox) for at least 1 hour per week.
- Be able to read and write English.
- Not: smoke, have a BMI > 40 kg / m², take any weight-loss medications (or have taken any weight-loss medications in the past 6 months) or currently use medication which has substantial weight gain as a potential side effect e.g. >20mg of prednisolone.
- Not: suffer from any major medical illness or have a history of major medical illness (in the last 5 years). Some examples of major medical illness include: heart attack, stroke or cancer, diabetes, or neurological diseases such as epilepsy.
- Not: currently pregnant or breastfeeding, participating in any other nutrition or weight loss program (e.g. Michelle Bridges' 12-week Body Transformation) or seeing a nutrition professional (e.g., a dietitian).
- Not: lost more than 4.5 kg (10 pounds) during the past 6 months.
- Be open to changing what you eat and potentially losing weight.

Participation in this survey is voluntary. If you do not want to take part, you do not have to.

If you decide you want to take part in this screening survey, you will be asked to:

- Read the information below carefully (ask questions if necessary);
- Complete the online questionnaire.

4. Survey description and risks

In this screening survey, we will ask you to complete an online questionnaire. The questionnaire will ask you questions about your basic details (e.g., your age, email address etc.) and the study eligibility criteria as outlined above (e.g., your medical condition, your medication etc.). It should take approximately 5 minutes to complete.

Risk: You may feel uncomfortable answering questions about your body weight, illnesses and medications. Note, however, that you will fill in the questionnaire in private through the secure and protected website (<https://www.surveys.unsw.edu>) and that your responses will remain confidential. You can also stop answering questions and withdraw from the study whenever you like.



ONLINE PARTICIPANT INFORMATION STATEMENT- Screening

Screening for the Dietary Habits Study

A/Prof Lenny R. Vartanian

We do not expect this questionnaire to cause any other harm or discomfort; however, if you experience feelings of distress as a result of participation in this study you can let the research team know and they will provide you with assistance. Alternatively lists of services are provided in the contact details below to assist you if necessary.

5. Your consent

Submission of the online questionnaire is an indication of your consent. By clicking the 'I agree, start questionnaire' button you are providing your permission for the research team collect and use information about you for the research study. Your data will be kept for a minimum of seven years. We will store information about you in an identifiable format in a secure location at the University of New South Wales. Your information will only be used for the purpose of this research study, and it will only be disclosed with your permission.

Any information obtained in connection with this research study that can identify you will remain confidential.

6. Survey results

For the purposes of this screening questionnaire, you will only be provided feedback in the form of an email confirming successful completion of the survey and whether you are eligible to take part in the complete 12-week dietary habits study. We cannot and do not guarantee or promise that you will receive any benefits from this screening.

If you do consent to participate, you may withdraw at any time. If you decide to leave the research study, the researchers will destroy any information that has already been collected and no additional information will be collected from you. Your decision not to participate will not affect your relationship with UNSW Australia and any other organisations involved in this research study

Contact details

If you have further questions, please contact Hania Rahimi; email: h.rahimiardabili@student.unsw.edu.au, phone: +61 2 93853377, and A/Prof Lenny R. Vartanian; email: l.vartanian@unsw.edu.au, phone: +61 2 9385 8758.

If become distressed or require additional support from someone not involved in the research please contact Beyondblue; phone: 1300 22 4636 or email infoline@beyondblue.org.au or web chat service available from 3pm-midnight 7 days a week, found at www.beyondblue.org.au.

If you have any complaints about any aspect of the project, the way it is being conducted, then you may contact: Human Research Ethics Coordinator; email: humanethics@unsw.edu.au, phone: + 61 2 9385 6222.



ONLINE PARTICIPANT INFORMATION STATEMENT- Screening

Screening for the Dietary Habits Study

A/Prof Lenny R. Vartanian

Consent Form – Participant providing own consent

Declaration by the participant

- I understand I am being asked to provide consent to participate in this research project;
- I have read the Participant Information Sheet or it has been provided to me in a language that I understand.
- I provide my consent for the information collected about me to be used for the purpose of this research study only.
- I understand that if necessary I can ask questions and the research team will respond to my questions.
- I freely agree to participate in this research study as described and understand that I am free to withdraw at any time during the project and withdrawal will not affect my relationship with any of the named organisations and/or research team members.
- I understand that I can download a copy of this consent from [here](#) or from the email that I received for the screening survey.

Participant Details

Name of Participant (please type)	
Participant email address (if applicable)	
Date	

I agree, start questionnaire