



Department of Nutrition and Dietetics
Level 2, Building 504,
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The University of Auckland
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New Zealand

Participant Information Sheet

Title	Nutrition Knowledge and Information Sources Among Caregivers of Adolescents With ADHD
Principal Investigator	Dr David Musson, Dept Nutrition & Dietetics, University of Auckland
Co-Investigators	Dane Baker, Axis Sports Alicia McGifford (Student Researcher), University of Auckland
Locations	University of Auckland

Introduction

Thank you for your interest in our research. This Participant Information Sheet provides the information you need to help you decide if you would like to take part. Participation is entirely your choice. If you choose to take part now but change your mind later, you may withdraw any time before submitting your survey responses. You will not be disadvantaged if you decide not to take part.

This document explains why we are doing the study, what your participation involves, the potential benefits and risks, and how your information will be used. You may wish to discuss this study with your family, whānau, friends, or healthcare providers before you decide. If you agree to participate, you will complete an online consent form before beginning the survey. You may keep this information sheet for your records.

What is the purpose of this research?

Attention-Deficit/Hyperactivity Disorder (ADHD) is a common neurodevelopmental condition that affects between 3% and 10% of children and adolescents. Nutrition plays an important role in supporting both ADHD management and activity levels, at the same time, nutrition challenges are often affected by ADHD symptoms themselves. Navigating nutritional challenges for adolescents with ADHD is difficult, particularly when the individuals are active. This often leaves caregivers unsure of how to best support the adolescents nutrition, leaving them to rely on a wide range of information sources, including social media, online forums, and healthcare providers to inform decisions. The accuracy and influence of these sources vary widely.

This study aims to understand caregivers' nutrition knowledge, where caregivers obtain nutrition information, and how this information shapes food choices, fuelling practices, and attitudes towards nutrition for adolescents with ADHD. This information will be used to develop resources that support caregivers in navigating the complexity of nutrition and ADHD.



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The data obtained from this study will form part of a Masters research thesis for Miss Alicia McGifford. The research is being conducted by Miss McGifford, a Dietetics Masters student in Nutrition and Dietetics at the University of Auckland, under the supervision of Dr David Musson. Mr Dane Baker is an external co-investigator who contributes subject-matter expertise. His involvement is advisory only, and neither he nor his affiliated organisation (Axis Sports Medicine) has any role in study design or data analysis.

How many people will participate in this study?

Between 100 and 200 people are expected to participate across New Zealand.

Who can take part in this study?

You may participate if you:

- Are 18 years or older
- Are the caregiver of an adolescent aged 12–18 years with diagnosed or suspected ADHD
- Live in Aotearoa New Zealand
- Can complete an online survey in English

People not eligible for this study are individuals who are not a caregiver of an adolescent with ADHD.

What will happen in the study?

If you are interested in participating in this study, please complete the electronic consent form below this information sheet and click “next”. Following this, you will move to a survey asking questions about your background and your adolescent’s characteristics, your sources of nutrition information, your confidence navigating nutrition and ADHD information, your actual nutrition knowledge, and your current fuelling practices, dietary habits, and restrictions. You will also have the opportunity to provide more detailed feedback related to this subject. The survey should take 15-20mins to complete.

Your decision to participate or not will have no impact on any services or supports you receive.

Do I have to take part in this research study?

Your participation in the study is voluntary. It is entirely up to you whether or not you participate.

What are the possible benefits of taking part?

You may not directly benefit. If you opt to receive a summary of the results, we will include the correct answers to the nutrition knowledge questions from the survey. This may benefit you by increasing your understanding of nutrition and ADHD.



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Overall, your participation will help us understand caregivers' needs and inform development of accessible, culturally responsive nutrition guidance for families of adolescents with ADHD in Aotearoa New Zealand.

What are the possible risks of taking part?

There are no known risks associated with participating. Some questions may prompt reflection on your caregiving experiences; you may skip any question you prefer not to answer.

Study Funding/Conflicts of Interest

No external funding was received for this study, no member of the team will receive commercial benefit from this study, and no conflicts of interest have been identified.

What will happen to my information?

The survey is anonymous. No identifying information (e.g., your name, contact details, or IP address) will be collected. Because responses cannot be linked back to individuals, withdrawal is only possible before survey submission.

Data will be stored securely on password-protected University of Auckland servers for six years and accessed only by the research team. Results may be published or presented but never in a way that could identify you. If you would like a summary of the study findings, you may request this when completing the consent form.

Security and Storage of Your Information.

Data will be stored securely on password-protected University of Auckland servers for six years and accessed only by the research team.

Rights to Withdraw Your Information.

You may withdraw at any time before submitting the survey by closing your browser or exiting the survey window. However, because the survey is anonymous, we cannot remove responses after submission.

Can I find out the results of the study?

If you wish to receive a summary of the results upon completion of the study, please indicate this by ticking the relevant box on the consent form provided.

The data from this study will be stored for six years from the date of collection and accessible only to members of the research team. After six years, all files will be destroyed by the principal investigator.



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Further information

If you require Māori cultural support, talk to your whānau in the first instance. Alternatively, you may contact He Kamaka Waiora Māori Health Service by clicking this link below:

<https://www.waitematadhb.govt.nz/hospitals-clinics/clinics-services/maori-health/maori-health-services-he-kamaka-waiora/>

Or by calling the number below:
Phone: (09) 486 8900 ext 42324

For any concerns regarding ethical issues, you may contact the Chair, The University of Auckland Human Participants Ethics Committee, Office of Strategy, Research and Integrity, University of Auckland, Private Bag 92019, Auckland 1142. Telephone +64 9 373 7599 ext. 83711. Email: humanethics@auckland.ac.nz

Further information and who to contact

If you have any further questions about your participation in this study, you should contact the lead investigator, Dr David Musson. You can reach the investigators at:

Lead Investigator:	Dr David Musson Telephone: 09 9235714 Email: d.musson@auckland.ac.nz
Co-Investigator:	Miss Alicia mcGifford Email: amcg160@aucklanduni.ac.nz
Co-Investigator:	Mr Dane Baker Email: dane@danebakernutrition.net

APPROVED BY THE UNIVERSITY of AUCKLAND HUMAN PARTICIPANTS ETHICS COMMITTEE
ON 13/05/2026 FOR 3 YEARS
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