



**MEDICAL AND
HEALTH SCIENCES**

Department of Nutrition & Dietetics
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University of Auckland



**Daily
Health
Coach**

Meaningful Co-Creation with Young Adults

PARTICIPANT INFORMATION SHEET

Study Title: Co-Design of a Social Media Health Promotion Intervention with Young Adults

We'd like to invite you to take part in our research study. We are looking to explore social media platforms for a health promotion intervention for young people. Before you decide, it is important that you understand why the research is being done and what it would involve for you. Please take time to read this information, and discuss it with others if you wish. If there is anything that is not clear, or if you would like more information, please ask us.

What is the purpose of the study?

Social media is widely used by young adults to seek information regarding health and nutrition. Unfortunately, it is often a platform where misinformation is encountered, and the voices of trained health professionals are outnumbered. The highly accessible and engaging nature of social media (e.g., Instagram), makes it a promising platform for delivering evidence-based nutrition information and encouraging healthy behaviours.

A small research team from the Department of Nutrition & Dietetics are looking to develop a health promotion program for young adults on Instagram. We need your help in developing the intervention and propose expert focus groups with nutrition researchers, marketing experts and dietitians, followed by co-design workshops whereby a small group of 16-18 young adults (aged 18-24 years) discuss ideas around social media (Instagram), health and wellbeing, and your perceptions on Instagram as a platform for healthy behaviour change.

We would like your help with identifying the current issues in healthy eating and lifestyle and how social media platforms can be used to establish positive behaviours by finding out about your ideas and preferences through workshops and expert focus groups. The purpose of our co-design research is to help us come up with solutions to improve access to health promotion delivery to young adults using social media platforms.

Why have I been invited?

You have been invited because you have been identified as a young adult (aged 18-24 years) who is familiar with social media platforms (e.g. Instagram), or an expert in the field of nutrition (dietitian, nutritionist, nutrition researcher) or marketing.

Participation

As a participant, you have the right to:

- Decline to participate
- Refuse to contribute or answer any question in the focus group discussion and/or workshops
- Withdraw from the study at any time without giving a reason

- Withdrawal from the study will not affect your relationship with the University of Auckland, including but not limited to any course marks, project supervision, or employment opportunity.
- Ask any questions about the study at any point of time during participation in the study
- To be given access to a summary of the findings of the study when it is concluded.

What will happen to me if I decide to take part?

If you are an expert, you will be invited to attend a focus group discussion with 2-3 other experts in the field of health and nutrition. If you are a young adult, you will be invited to attend at least 2 co-design workshops. Both focus groups and co-design workshops will take place over zoom. Prior to the first session, you will be e-mailed a consent form. If you are happy to take part in the research, you will be sent an email detailing the date, time and location of the focus group discussion or the workshops.

Focus Groups - Focus group discussions will be used to gain the views and experiences of health and nutrition experts and the feasibility of social media as a platform for meaningful behaviour change. It will form the first stage of the co-design process. These discussions will allow researchers to develop an understanding of how to leverage social media and what insights should be gathered from young adults during co-design workshops to create a successful digital intervention.

Youth Workshops - We will be holding at least 2 rounds of workshops including different groups of people. In the first ('discovery') workshop/s, you will be invited to explore with other participants and share your experiences, opinions and ideas about using social media platforms such as Instagram for health promotion. In the second ('prototyping') workshop/s, you will explore alongside other participants the sort of information you would like in a social media health promotion program, how the information should be presented, and together create potential solutions that are useful, helpful and appropriate for young people like you. We will take you through a guided reflection of the topics discussed and dive deeper into areas of significance.

The activities will be designed to explore important ideas and concepts. It is anticipated that these workshops will last around 2 hours. You will be offered regular breaks, and you can ask to leave at any time. All sessions will be audio-recorded, but this will only be to assist the research team in better understanding the key themes and ideas discussed.

Following the workshops, after the data has been analysed, a feedback event will be held in which all participants will be invited if they wish to attend for presentation of the developed program and to seek any final feedback.

What should I consider?

In order to take part in this research, you should be willing to openly share your experiences of social media, the meaning of health and wellbeing to you, your whānau and community, and your perceptions on the use of Instagram as a platform for positive dietary behaviours and lifestyle change.

Are there any possible benefits or disadvantages or risks of taking part?

This study is the first of its kind and we hope that the information gathered will help to design a social media health promotion program for young people by young people which will be salient and relevant to the target population. If you like, you can receive a summary of the results when the project is completed. You will be offered a \$50 voucher (food, petrol or prezzy card) for each session to thank you for your time. If you have any questions or concerns, or if you become distressed during the focus group or workshop and wish to discuss this with someone who is not involved, feel free to let the session facilitator know. They will take a note

of these and refer you to an appropriate staff member who may be able to help. There will be no direct or personal benefit to you from taking part in this research. However, previous participants have reported enjoying being able to explore their experiences and the experiences of others. We hope you will gain a deeper understanding of health and nutrition, and how social media can be used in empowering ways to improve overall health and wellbeing. The findings from the workshops will be used to develop a health promotion program on Instagram for young adults in our communities in order to positively influence an array of healthy behaviours.

Will my taking part in the study be kept confidential?

If you do participate in the focus group or workshops, you may be identified by other participants in the group and you will be known to the researchers. We will ask you to agree to keep anything you hear in the focus group discussion and in the workshops confidential. If you participate in a session and contribute to the development of the DHC, your identity as part of this study still remains confidential in research outputs but other participants of the workshops will know your identity. Therefore, we cannot guarantee confidentiality of your involvement in the study. Similarly, if you consent to researchers using your photographs, we cannot guarantee confidentiality, as someone may recognise you, members of your whānau, your home or property. While data collection/ analysis is being conducted, the student researcher and the principal investigator will maintain access to the identifiable data, however, they will be the only people who are able to access this in order to maintain confidentiality.

What will happen to my data?

Any data we gather will be used in reports and publications but will not identify you in any way. Following the completion of the study, copies of transcripts, audio sound bites and copies of workshop materials and other information will be stored in a locked cupboard until at least 6 years, and then it will be destroyed. Digital data will be stored on a University of Auckland managed system and stored indefinitely. Consent forms will be stored securely on a University-managed storage system. The forms will be stored separately from the research data. Access to consent forms will be restricted to the principal investigator and student researcher. Consent data will be stored for a minimum of 6 years.

What will happen to the results of this study?

After the data has been analysed, a feedback event will be held in which all participants will be invited if they wish to attend for presentation of the developed program and to seek any final feedback. A second expert focus group will be held, where the student researcher and PI will report back insights gathering during youth workshops. These focus groups will present opportunities to iteratively refine any content or concepts developed throughout the co-design process.

The research will be published in academic journals, in a doctoral thesis, and may be presented at conferences or shared via other academic channels. We will ensure that you are not identifiable in these outputs unless you specify otherwise. We will ensure that you are acknowledged where you wish you be. A summary of the research's findings can be emailed to you upon request. As it takes some time to analyse the study results; it may be more than one year after your participation to receive this summary.

Who is organising the study?

This study is organised by a small team of researchers from the Department of Nutrition & Dietetics at the University of Auckland.

Who has reviewed the study?

All research at the University of Auckland is looked at by an independent group of people, called a Research Ethics Committee, to protect participants' interests. This study has been

reviewed and given favourable opinion by the University of Auckland Human Participants Ethics Committee.

Further information and contact details:

Please feel free to contact any of the persons listed below for further information or any concerns about the research. The primary contact for more information about the study is Jessica Malloy. Please contact her at Jessica.malloy@auckland.ac.nz

Principal researcher	Dr Rajshri Roy Department of Nutrition and Dietetics, University of Auckland Email Address: r.roy@auckland.ac.nz Phone: +64 9 923 5910
Student researcher	Jessica Malloy Jessica.malloy@auckland.ac.nz
Head of Department	Professor Clare Wall Department of Nutrition and Dietetics, University of Auckland Email address: c.wall@auckland.ac.nz

UAHPEC Chair contact details

For any queries regarding ethical concerns, you may contact the Chair, The University of Auckland Human Participants Ethics Committee, Office of Research Strategy and Integrity, The University of Auckland, Private Bag 92019, Auckland 1142. Telephone 09 373-7599 ext. 83711. Email: humanethics@auckland.ac.nz

Approved by the University of Auckland Human Participants Ethics Committee on 09.06.2022 for three years. Reference Number UAHPEC24366.

Thank you for reading this and considering participating.