



Participant Information Sheet

Project Title: Personalised Feedback and Sugar Consumption

Principal Investigator: Dr Simone Rodda

Student Researcher: Mr Hiranya Khullar

This research is being conducted by Dr Simone Rodda (Senior Lecturer) and Mr Hiranya Khullar (Masters Student) from the School of Population Health, University of Auckland.

Project description and invitation to participate

Researchers at the University of Auckland are looking for 200 participants who are aged 18 years or over to investigate sugar consumption. The study investigates how much sugar people consume and then provides feedback on that consumption. It is a randomised controlled trial with two treatment arms, where half of the participants will receive detailed questionnaire feedback, and the other half will receive a copy of their results. Participation in the study is entirely voluntary and open to all adults in Aotearoa, New Zealand.

Project procedures

Participation in this study involves the completion of two online questionnaires on Qualtrics. Qualtrics is an online questionnaire building software licensed through the University of Auckland. One questionnaire will be completed at recruitment, and the other will be completed as a follow-up questionnaire after 30-days. Both questionnaires will ask questions relating to your intake of sugary products, your wellbeing, confidence to resist sugary products, and cravings for sugary products. The first questionnaire will also ask you for your demographic and contact details, which will be used to contact you to complete the follow-up questionnaire. The follow-up questionnaire will also include questions that ask you for feedback on the study. Participants are also expected to review their questionnaire results.

All 200 participants who complete both the initial and follow-up questionnaire will be able to elect to enter the prize draw to win one of 10 \$50 Countdown gift cards. Participants who do not complete the follow-up questionnaire within five days of receiving the link will be sent a reminder email and text. Overall, we estimate that the total time for completing both questionnaires and reviewing your results will be approximately 20 minutes.

Who can participate?

You can participate if you (a) are aged 18 years or older, (b) living in New Zealand, (c) are willing to provide contact details to complete the follow-up questionnaire 30 days after the initial questionnaire.

To participate, you will need to read and complete the electronic consent form. This form will be available after you are screened for eligibility for the study. To agree to the conditions of the study and thereby participate, you must check the appropriate electronic checkbox. Upon agreement, you will immediately be required to complete the initial questionnaire. If you do

not wish to participate, there is also an option to so, which will result in the inability to continue onto the initial questionnaire.

Data storage and confidentiality

Data will be collected via Qualtrics software and stored in New Zealand. Your data will be encrypted, and you will be allocated a unique identifier. This means that your name or contact details will be stored separately to any other data you provide. Your consent to participate will also be stored separately from the research data and be accessible to only study researchers. Your identity will remain confidential outside of the study researchers, and any reporting will be done in a way that does not identify you as the source. Digital data from this study, along with your completed consent form will be stored on a protected location on the University of Auckland server. Your data will be stored indefinitely, and your consent form will be kept for a period of six years.

What are the possible risks and benefits of participating?

The questionnaires used in this study are based on strong research and have commonly been used to screen the various study measures in other studies. We will use the information from this study to identify whether providing personalised feedback is effective in helping people understand how much sugar they consume.

We do not anticipate any risks beyond usual day-to-day experiences. However, if you do experience any discomfort or distress from seeing your results, you can contact the study researchers using the contact details below or call Healthline on 0800 611 116. This service is free and confidential help that operates 24 hours a day, 7 days a week.

Right to withdraw from participation

Participation is entirely voluntary, and you can withdraw from the study at any time without giving a reason. Furthermore, you can withdraw yourself and any data you have provided for this study up until the 15th of October 2021. To withdraw, participants can email Dr Simone Rodda at s.rodde@auckland.ac.nz.

How can I find out the results of the research?

A summary of the findings of this study will be available on the Change Strategies website when they are available: <https://www.changestrategies.ac.nz/> Participants can also opt in to be emailed a summary of these findings in the follow-up questionnaire. The results found using the data from this study will primarily be used for a masters' thesis; however, they but may also be used in future conferences and presentations.

Contact details

If you have any questions, concerns, or complaints or for further information about the study, please contact the Principal Investigator, Simone Rodda s.rodde@auckland.ac.nz, +64 9 923 6573. You can also contact the Head of Department, Social and Community Health: Dr David Newcombe, d.newcombe@auckland.ac.nz, 09-303 5932.

For any concerns regarding ethical issues, you may contact the Chair, the University of Auckland Human Participants Ethics Committee, at the University of Auckland Research Office, Private Bag 92019, Auckland 1142. Telephone 09 373-7599 ext. 83711. Email: humanethics@auckland.ac.nz. If you have any health concerns or experience any distress from this study, you can call Healthline for free advice and information at any time on 0800 611 116.

Approved by the University of Auckland Human Participants Ethics Committee on 21/07/21 for three years. Reference Number 22241.