



**MEDICAL AND  
HEALTH SCIENCES**

Department of Nutrition & Dietetics  
Faculty of Medical & Health Sciences  
85 Park Ave, Grafton 1023  
University of Auckland



## PARTICIPANT INFORMATION SHEET

**Study Title:** Feasibility and preliminary efficacy of the ‘Daily Health Coach’ health promotion program for young women: a pilot randomised controlled trial.

### Research team:

- **Principal investigator:** Dr Rajshri Roy, Senior Lecturer
- **Associate investigator:** Ms Jessica Malloy, PhD candidate

### Researcher introduction

The principal investigator, Dr Rajshri Roy, is an NZ Registered Dietitian (NZRD) and specialises in research, public health nutrition and clinical dietetics. She is a senior lecturer at the University of Auckland, course directing the Masters of Health Sciences in Nutrition & Dietetics programme and conducting research in the area of nutrition and dietetics. Studying within the same department, the student researcher is also an NZRD and is completing a PhD in Health Sciences. Her field of study is public health nutrition, and she is interested in how technology influences nutrition status and dietary behaviour. This research is part of her doctoral work.

### Project description and invitation

You are invited to participate in a research study to help us to evaluate a program called the *Daily Health Coach* which aims to provide helpful facts and strategies for promoting healthy habits in young women using social media platforms. This participation information sheet will help you decide if you’d like to participate in the study. It explains the rationale behind the study, and what your participation will involve, outlines potential benefits, and risks, and describes what will happen when the study ends. It is essential to read this document carefully to decide whether you want to participate. This project is being supervised by Dr Rajshri Roy (Senior Lecturer in Nutrition and Dietetics) and is being carried out by Jessica Malloy (PhD Candidate in Nutrition and Dietetics). If any questions arise, please contact the study researchers (contact details at the end of this document). You may also want to discuss this study with others, such as family, whānau, or friends. You are welcome to do this. You will be asked to complete an online consent form if you agree to participate in this study.

### What is the purpose of the study?

This research aims to determine the effectiveness of a health promotion program developed *for, by* and *with* young women delivered via social media. Young women widely use social media 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 research team from the Department of Nutrition & Dietetics have co-designed and co-developed a health promotion program *for* young women *with* young women aged 18-24 years. Via co-design workshops and focus groups with young women (aged 18-24 years), dietitians and digital marketing experts, we have identified current issues in healthy eating and lifestyle change for the target group and how social media platforms can be used to establish positive behaviours.

We seek to trial the developed health promotion program to assess its benefit for young women in Aotearoa, New Zealand. We need your help testing this health promotion program's effectiveness. We propose a 12-week intervention, whereby young women like yourself follow the Daily Health Coach on Instagram to view our content and assess whether the health promotion program has influenced you to improve healthy lifestyle behaviours.

### Why have I been invited?

You are invited because you have been identified as a young woman (aged 18-24 years) living in Aotearoa, New Zealand and using Instagram.

### What does the study involve?

After consenting to participate, you will be randomised into one of two groups (like flipping a coin). We will use a computer program to allocate you to a group randomly. No one in the research team will have any say in which group you are put in. One group will start the *Daily Health Coach* program immediately, and the other will wait 12 weeks before starting the *Daily Health Coach* program.

If you agree to participate, you will be randomly allocated to one of two groups: o In group 1, young women will receive the *Daily Health Coach* program immediately. o In group 2, young women will wait 12 weeks and then receive the *Daily Health Coach* program By delaying the start date for some women, we can investigate whether participating in the *Daily Health Coach* program is better than not participating in the program.

### Part One: The Daily Health Coach program

The *Daily Health Coach* program will be delivered on Instagram. The digital content includes nutrition education and advice created and delivered by dietitians, student dietitians and nutrition students; discussions around beauty standards and the pitfalls of social media; and body image and food relationships. Advice is centred around a more holistic view of health, focusing on self-care, body image and mental well-being as suggested by our co-developers.

You will be asked to follow the Daily Health Coach account for 12 weeks. We ask that you engage with the intervention content that you see (Instagram posts, Instagram stories, Instagram reels) in the early stages of the intervention, for your social media algorithm to continue showing you our content over the 12-week period. Example posts below:

Before starting the study, you will be asked how much you would like to be contacted by the student researcher throughout the course of the intervention. You can choose to be contacted twice a week, once a week, once a month, or not at all – this is at your discretion.



researcher or principal investigator in any instance where you feel uncomfortable. We will provide links to mental health supports available in New Zealand on the study website. This intervention is not designed to diagnose or treat any medical condition. Please discuss all health concerns with your General Physician (GP). We are unable to make any clinical observations based on dietary questionnaire responses. Furthermore, the Instagram page is not a medical organisation and cannot provide medical advice.

Possible benefits of participating in this study include access to a research student dietitian-run Instagram page based on evidence-based dietary guidelines and increased awareness and knowledge about healthy eating, which is associated with improved dietary behaviours and health outcomes. The knowledge gained in this study will also be used to develop and improve future health promotion interventions and improve dietary behaviours for young women on social media.

#### Who pays for the study?

There will be no financial cost to you for taking part in the study. You will receive a gratuity of \$20nzd per survey collection period in the form of a supermarket or petrol voucher.

#### What are my rights as a participant?

##### *Participation is voluntary:*

- Participation in this study is voluntary (your choice). You are free to decline to participate or withdraw from the research without any disadvantage to you. You do not need to give a reason to withdraw from the study. If you decide that you want to withdraw from the study, you have the right to withdraw your collected information if you let us know within 2 weeks. After 2 weeks, the information collected may continue to be processed as part of the study. You may contact the Chair, The University of Auckland Health Research Ethics Committee if you feel that this assurance has not been met.

##### *Withdrawal from participation and withdrawal of data:*

- If you choose to participate, you can change your mind at any time, including after giving consent, without providing a reason. You may also withdraw your data up to two weeks after completing the study, in which case the data will be securely destroyed as per university policies and procedures.

##### *Confidentiality and anonymity:*

Your participation in this study will remain confidential. No information collected, which could identify you personally, will be used in any reports on this study. Your identity will be known to researchers, however, your data will be de-identified to ensure you cannot be identified as the source of information in any publication of the research.

- We are conducting pre-, during and post-surveys to compare individuals' responses before and after an intervention. We will ensure that your questionnaire and your personal details are protected, by de-identifying all data we collect from you. The researchers have a method of identifying the participant so that we can measure the change from the first survey to the third. Your name will appear only on your Consent Form, which will be coded with an alphanumeric participation identification number. This identification number de-identifies all other data, keeping your identity confidential. Your data will only be referred to or labelled with this number.

- Your de-identified data will be used to test the study's hypotheses. Statistical analyses will be performed, the results of which will then be discussed in research reports. Research publications and presentations from the study will not contain any information that could personally identify you; only averages and/or de-identified quotes will be presented.
- You and the researchers will only see the Consent Form. Any information identifying you as a participant will be used confidentially and kept in a secure location, separate from the main study data until securely destroyed per university policies and procedures. Your de-identified electronic data will be stored on a password-protected computer and backed up on a University of Auckland server for a minimum of 6 years to allow for publication and future analysis. Only the student researcher and the PI will have access to this information. We ask that all those participating in the intervention keep anything seen and discussed throughout the intervention period confidential.
- Anonymity is not guaranteed during the intervention. Your identity will be known to the student researcher and the principal investigator. You may be identifiable to others in the intervention if your Instagram handle and display picture identify you in any way. You are welcome to follow the Daily Health Coach using a study-specific account or with a changed handle/picture if you wish to remain anonymous to other study participants. If you do create a study-specific account, be sure to check this account daily for content. Please note that you can be anonymous to other study participants, but not to the student researcher or PI. Your survey responses will be coded as per the statement above.
- Should you prefer or expect to be identified and acknowledged as contributing to the research, this is an option that requires specific consent. You can indicate your desire for reported information to be identifiable in the consent form provided.

*Incidental findings and identification of risk:*

- Where incidental findings such as severe disordered eating behaviours are identified, these will be recorded and the PI will be made aware. You will be contacted and, where required, referred to specialist services within the University of Auckland, such as the mental health clinic, student dietitians clinic, and other health services. If a risk to your well-being or the well-being of others is identified, you may be asked to leave the intervention. In these instances, the student researcher will follow the above protocol and make contact in the month following the exclusion in order to assess well-being and any need for additional intervention or treatment outside of the intervention.

**What will happen after the study?**

- During data collection information will be stored on the [REDCap](#) platform. REDCap is a secure web application for building and managing online surveys and databases. Information stored on the platform will be password protected, and access is limited to research team members.
- After data collection, information will be stored securely on a University of Auckland database provided by the research team (a shared folder in the cloud) and will only be accessible to members of the research team via VPN.
- Participants will be identified by a unique number appearing on these records. Your data will only be referred to or labelled using this identification number and will only be shared with named

researchers on this project. A separate record of participants' names and their allocated number will be kept secure during the project and will be destroyed immediately after project completion, along with all other personal information that may identify individuals.

- Data will be accessed on student laptops, which are password protected, for the duration of the study and then deleted. Only non-identifiable information required to analyse the results will be retained and stored for 6 years before destruction. Non-identifiable aggregated data will be securely kept indefinitely. The consent form will be kept secure and separate from the data by the Principal Investigator for 6 years before being destroyed.

#### What will happen to the results of this study?

A summary of the research's findings can be emailed to you upon request. If you would like a summary of the results, please provide your email at the end of this study. As it takes some time to analyse the study results; it may be more than one year after your participation to receive this summary.

Results will be disseminated through academic literature and/or at conferences. Your personal information will not be used in any way that could identify you during and following this research project.

#### 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 is funding the study?

This study is funded by the Graduate Student Research Fund (GSF) granted by the School of Medical Sciences 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 a 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](mailto:Jessica.malloy@auckland.ac.nz).

Principal Investigator

Dr Rajshri Roy  
Department of Nutrition and Dietetics,  
University of Auckland  
Email Address: [r.roy@auckland.ac.nz](mailto:r.roy@auckland.ac.nz) Phone:  
+64 9 923 5910

Student Researcher Jessica Malloy [Jessica.malloy@auckland.ac.nz](mailto: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](mailto: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](mailto:humanethics@auckland.ac.nz)

Approved by the University of Auckland Human Participants Ethics Committee on 12.07.2023 for three years. Reference Number UAHPEC26195.

*Thank you for reading this and considering participating.*