

## Participant Information Sheet

### Food, Feelings and the Future -

*Exploring Sustainable Diets and Climate Change Worry Among Young Adults in Aotearoa New Zealand*

Tēnā koe,

We are a group of researchers from the Nutrition department in the Faculty of Medical and Health Sciences at the University of Auckland. We are interested in exploring young adults' perceptions and understandings of environmentally friendly diets.

You are receiving this information to help you decide if you want to take part in our research or not. If you don't want to take part, you don't have to give a reason. Choosing not to take part won't affect you in any way, and won't have any impact on your future involvement in research. If you want to take part now, but change your mind, you can pull out of the study at any time.

Please take some time to read the following information to help you decide if you want to take part. It tells you why we are doing the study, what you will need to do if you choose to take part, what the benefits and risks might be, and what happens after the study ends. Before you decide, you may want to talk about the study with other people such as whānau or friends.

#### What is the purpose of the study?

Climate change is a major global threat, and the modern food system is contributing to this process. The impacts of climate change have led to a rise in climate change worry, a phenomenon characterized by a feeling of worry about the environment. However, there is currently no research in Aotearoa exploring young adults' knowledge and behaviors regarding climate change, their experience of climate change concern, and how these factors influence dietary choices. This study aims to address these important gaps. We hope our research can lead to relevant policies that benefit human health while reducing environmental impact.

#### Who are the researchers?

This study has been designed by a team of researchers and dietitians. This study is part of a Masters of Nutrition & Dietetics research project being undertaken by Lauren Zwaluë. Dr Nicola Gillies (Dietitian, UoA) is Lauren's supervisor, and the lead researcher of the study. Dr Rajshri Roy (Dietitian, University of Sydney) and Summer Wright (Ngāti Maniapoto, OraTaiao) are also researchers on this project. This study is funded through the University of Auckland postgraduate student research fund, and has not received external funding.

#### Who can take part in the study?

Between 200 and 300 young adults (18-35 years) across Aotearoa New Zealand will be recruited for the study. You are able to take part in the study if you meet the following criteria;

- Aged between 18-35 years
- Live in Aotearoa New Zealand
- Able to provide your own informed consent.

Please be in contact with a member of the research team if you are not sure whether you meet these inclusion criteria or not. Our details are at the end of this document.

### **What will taking part in the study involve?**

All study processes will take place online, and can be completed from a smartphone, tablet, or computer connected to the internet.

#### **Screening and background information.**

If you decide to take part in the study, we will first check you meet the inclusion criteria described above. If you do, you will be asked to agree that you consent to take part in the survey. Next, we'll ask for some background information about yourself, such as your age, gender, ethnicity, and living situation. We use this information to describe the characteristics of all participants who take part in the survey. You will then be asked to complete the main survey.

#### **Survey**

Using a combination of single choice or open-ended questions, you will be asked 60 questions about your current understandings and actions regarding environmentally friendly diets, your experiences of climate change worry, and what the term 'sustainable diet' means for you as a young adult living in Aotearoa. The survey will take approximately 20 minutes to complete.

### **What are the possible benefits or risks from taking part in this study?**

This is an opportunity for your views and experiences to shape our team's future research on the intersect between dietary choices and the environment. We hope that your contribution in this study can inform the co-design of approaches to promote dietary shifts that support both the people and the planet in the future. The survey prompts reflection on your dietary choices, and increasing self-awareness may also be a potential benefit. If you wish, you can receive a full summary of the research once the project is complete. Additionally, to thank you for time and knowledge shared, upon completion of the survey you can also choose to go into the draw to win one of 20 x \$40 vouchers.

The study is not expected to cause physical, emotional, social, or spiritual harm to you. We do aim to gather as much information related to dietary behaviors, sustainability, and wellbeing, and the factors that influence these, as possible. If answering any of these questions causes any discomfort or emotional distress, (either related to the study or not), you can find a list of community-based support services at the end of this document and the survey itself. You can also leave the survey at any point if you find the questions uncomfortable to answer.

### **What are my rights as a participant if I take part?**

Participation in this research is entirely voluntary (your choice), and your decision to take part will not affect your relationship with the University of Auckland and opportunity to participate in future research studies in any way. If you are a student of the researchers, we give our assurance that your participation or non-participation in this study will have no effect on your grades or relationship with the University and that you may contact your academic head should you feel that this assurance has not been met.

If you do choose to take part, as a participant you have the right to;

- Refuse to answer any question.
  - Ask any questions about the study at any point of time during participation in the study.
  - Receive a summary of findings from this research project.
  - Withdraw from the study at any time, without giving reason and with no consequences.
- However, due to the anonymous nature of the survey, once your data has been submitted, it cannot be removed and you will not have access to your responses. Withdrawing from the study will not affect your relationship with the University of Auckland.

### How will my confidentiality be protected?

Our research team takes confidentiality seriously, and there is no risk that you will be able to be identified by anyone other than the research team. Only the student researcher (Lauren Zwalu ) and the lead researcher (Dr Nicola Gillies) will have access to the information you provide. The survey is entirely anonymous. If you choose to receive a summary of the findings, and/or enter the draw to win one of 20 x \$40 vouchers, you will be required to provide your email. However, this information is stored in a separate database to your survey response so there is no chance the two will be linked at any point.

### How will data be stored, retained, and destroyed?

Your responses to the survey will be collected using Qualtrics, which is a secure and password protected database accessible only to the researchers. Once the study is complete, all responses will be exported to a secure University of Auckland server, which are protected by two-factor authentication and passwords. Only the student researcher (Lauren Zwalu ) and lead researcher (Dr Nicola Gillies) will have access to the data, and it will not be passed on to external researchers. Your data will not be used for any purpose other than what has been specified in this information sheet. According to our ethical approval, all data will be kept for six years after the study is complete then deleted or destroyed.

### What happens to the results?

The results will be published as part of the student researcher's thesis project. The findings may also be further published in academic journals, or presented at conferences. We may use excerpts (quotes) from questionnaires to illustrate our research findings, however there is no chance you can be identified from these excerpts. No personal information that could identify you will be used in any research outputs.

A summary of the research findings can be sent to you on request, which you can select at the end of survey completion. If you choose to do so, your contact information will be stored on a separate database to survey responses, and the two will not be linked at anytime. There may be a delay between the end of the study and you getting the final results.

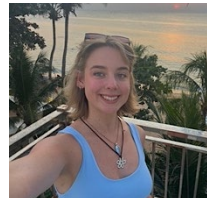
### Who do I contact for more information or if I have concerns?

If you have questions about the study or would like to participate, please contact the research team

**Principle investigator**  
Dr Nicola Gillies,  
[n.gillies@auckland.ac.nz](mailto:n.gillies@auckland.ac.nz)



**Student investigator**  
Lauren Zwalu ,  
[lzwa927@aucklanduni.ac.nz](mailto:lzwa927@aucklanduni.ac.nz)



For concerns of an ethical nature, you can contact the Chair of the University of Auckland Human Participants Ethics Committee

[humanethics@auckland.ac.nz](mailto:humanethics@auckland.ac.nz)

or at 373 7599 ext 83711, or at

University of Auckland Human Participants Ethics Committee, The University of Auckland, Private Bag 92019, Auckland, 1142

For Māori cultural support

If you wish to talk to someone who isn't involved with the study

In the first instance, talk to your whānau. Alternatively, you may contact the administrator for He Kamaka Waiora (Māori Health Team) by phoning 09 486 8624 x 2324

**Head of department (Nutrition)**  
Associate Professor Andrea Braakhuis,  
[a.braakhuis@auckland.ac.nz](mailto:a.braakhuis@auckland.ac.nz)

*This research has been approved by the University of Auckland Human Participants Ethics Committee on 16/05/2025 for three years. Reference Number UAHPEC29269.*

### Contact details for further support

The following websites or help numbers can be helpful you are experiencing poor mental health and need further support. They have skilled people you can contact to help:

- **Need to talk? Free text 1737** if you are feeling stressed, down, or overwhelmed and need someone to talk to. This service is available 24 hours a day, and you will talk to (or text with) a trained counsellor or peer support worker. Website: <https://1737.org.nz/>
- **Youthline Aotearoa Helpline** is staffed by qualified counsellors and trained volunteers who can provide support on a range of different issues, such as psychological and emotional distress, work issues, family problems, and experiences of abuse. The helpline is available 24/7. Freephone: Call 0800 376 633 or Free text to 234. Website: <https://www.youthline.co.nz/>
- **Smallsteps** is an Aotearoa New Zealand created suite of tools that you can pick and choose from depending on your needs. Website: <https://www.smallsteps.org.nz/>
- **Headspace App** is a meditation and mindfulness app to help with stress. Website: [www.headspace.com](http://www.headspace.com).
- **SPARX** is designed by researchers in Aotearoa | New Zealand. It is created to be used on a mobile phone and a computer. It has been designed with Tamariki/Rangatahi in mind. It uses computer gaming approaches to help. <https://www.sparx.org.nz/for-young-people>
- **Calm website** provides techniques and information to help with managing stress, anxiety, depression and more. Website: [www.calm.auckland.ac.nz](http://www.calm.auckland.ac.nz)
- **The Low Down** provides support for rangatahi for hauora, identity, culture, and mental health. Website: <https://www.thelowdown.co.nz>
- **Outline** is a confidential, free, all-ages support-line for people who want to speak to a trained volunteer from the rainbow (LGBTIQ+) community. Freephone: Call 0200 5463 between 6pm-9pm. Website: <https://outline.org.nz/>
- Further information and free support can be found at <https://www.depression.org.nz/> and <https://www.depression.org.nz/>. This includes information for Māori, Pasifika, and LGBTI groups.

If you are experiencing feelings of stress or anxiety that you think you need more help with you should **make an appointment to see your family doctor** and talk about these feelings with them so that they can discuss support options with you. **If you have a medical emergency and require urgent assistance please call 111.**