



PARTICIPANT INFORMATION SHEET FOR PARTICIPANTS

Project title: How Do They Eat? An Ethnographic Study of Student Eating Behavior Studying in a New Zealand University.

Name of Principle Investigator/Supervisor: Dr Rajshri Roy

Name of Student Researcher: Nicholas Ariell

Researcher introduction

My name is Nicholas (Nick) Ariell. I am a Student Dietitian undertaking my Master's thesis in Health Sciences majoring in Nutrition and Dietetics under the supervision of Dr Rajshri Roy. I am undertaking a study on the factors that influence eating behaviors of university students within the University of Auckland.

Project description and invitation

University is a period where significant changes can be observed in the eating patterns and behaviours of students. Numerous factors contribute to or determine the eating behaviours of university students, many of which are created or influenced by studying within a university environment.

You are invited to take part in this study of how the university environment influences the eating behaviours of university students within the University of Auckland. If you are willing to participate, please return the attached consent form within 2 weeks.

Inclusion criteria

You are invited to take part in this study if you meet the inclusion criteria listed below:

- Participants must be students currently enrolled at the University of Auckland
- Participants must be over the age of 18
- Participants must have access to a mobile device that can run the Indeemo mobile ethnography. This requires a smartphone with iOS 10 and above (including iOS 14), or Android 5 and above (including Android 11)
- Participants must have the capacity to give their own informed consent/ be in an independent situation (needs to be able to operate the Indeemo application software independently).
- Participants must be willing and able to record daily eating moments/occasions using the Indeemo mobile food diary application over a period of 3 months in 2022.

Please note: if you are currently studying or have previously studied a Bachelor of Science in Nutrition or a Bachelor of Science in Food Science you will not be eligible for participation in this study

What happens in the study?

The study aims to identify how, where and when students research, and the impact of learning environments on eating behaviours. 10 students enrolled at the University of Auckland will be recruited into the study. As a research participant, you will be assigned tasks with questions to answer relating to consumption moments that you have throughout the day. These tasks will assist in contextualizing eating moments, and provide information such as where you are, who you are with, what you are doing, what the eating occasion is, as well as what you are thinking or how you are feeling during the consumption moment. You will complete tasks and answer these questions by

creating observations - these observations will be conducted by you. You will observe consumption moments by either taking a photograph, a video, writing a text description or a combination of all three relating to a consumption moment. Occasionally you may also be asked to answer additional retrospective questions relating to these consumption moments, which are set by the student researcher using the Indeemo application, and answered by you within the Indeemo application. These additional questions will be used to gather more information about your consumption moments.

You will be set a total of 8 tasks every day over a period of 3 months between the 11th of July and the 1st of November (Semester 2). Each task relates to a potential consumption moment that you may or may not have during the day. You are only expected to create observations for consumption moments that you had during that day. For example, on a given day you may only have breakfast, lunch and dinner, therefore they will only create observations for these three tasks. Observations will occur over a period of 3 months between the 11th of July and the 1st of November 2022. To encourage participation, after using the Indeemo application participants will receive a \$100 supermarket or petrol voucher at the end of the data collection. After completing 3 months of data collection, you will have the option to enter your contact details (name, email and address) for a chance to win a Lenovo M7 Android tablet.

Participation

Participation in the research is Voluntary. As a participant you have the right to:

- Refuse to complete any task/ answer any question
- Withdraw from the study at any time without giving reason.
- 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. You will be given a copy of this document to keep.
- Withdrawal from the study will not affect your relationship with the University of Auckland, including but not limited to course marks, project supervision, or employment opportunity.
- Ask any questions about the study at any point of time during participation in the study.

Once the study is completed, participants have the option to ask for a summary of the research findings. To obtain a summary of the research findings once the study is completed, please circle/highlight "YES" to the statement "I wish to receive a summary of findings, which can be emailed or mailed to me at this email/postal address" on the Consent Form and fill out the email/postal address that you would like the research findings to be sent to.

What are the discomforts and risks?

The study aims to gather as much information from the participants related to your eating behaviours and the factors that influence these as possible. Because of this, we will be asking you to record as many of your eating occasions as possible, both on and off campus. You are free to log as many or as little of your eating occasions as you would like, and are free to choose when you do or do not log eating occasions. There are no expected harms associated with participating in this study.



There are few risks to collecting and storing this information as it will be held only on the Indeemo application and secure university servers.

What are the benefits?

Understanding how the university environment influences the eating behaviours of students may be used to inform further research on student eating behaviour and help to inform immediate changes in the university food supply such as prices of food items or the types of foods available to students on campus.

How will my confidentiality be protected?

The data and information collected using the Indeemo mobile food diary application will be confidential. Statistical analyses will be performed using the data, 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 will be presented. None of the information collected that could be used to personally identify participants will be used in any reports created from the study. During the study, only the student researcher – Nicholas Ariell – who handles the information and data gathered using the Indeemo application, and the principal investigator Dr Rajshri Roy will know who you are, and this information will be de-identified or kept physically separate from the data collected.

How will data be stored, retained, and destroyed?

Digital data will be permanently deleted from the Indeemo application 1 year after the study completion. Data collected during the study will be electronically stored at the University of Auckland for a minimum of three years and a maximum of 6 years. During this period, it is expected that this data will be used for research purposes similar to what is described above, and in publications (subject to the Anonymity and Confidentiality conditions described below). At the end of the maximum period collected data will be destroyed, unless further approvals to retain the records have been sought and granted. Access to the participant consent forms will be restricted to the principal investigator.

What will happen to the results?

The results will be published as part of the student researcher’s thesis project. The findings of the thesis project may then be further published in other academic journals or used at conferences. None of your personal information will be used in any research outputs. 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 and circle/ highlight ‘YES’ to “I wish to receive a summary of findings” on the Consent Form. As it takes some time to analyze the study results; it may be more than one year after your participation to receive this summary.

Contact details and approval

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	Nicholas Ariell Email address: nari632@aucklanduni.ac.nz



MEDICAL AND HEALTH SCIENCES

Department of Nutrition & Dietetics
85 Park Road
Grafton
W fmhs@auckland.ac.nz
The University of Auckland
Private Bag 92019
Auckland 1142
New Zealand

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 04/04/2022 for three years, Reference Number 23986.