



Participant Information Sheet

Diet and Eating Behaviours across Early Adulthood Transitions (DEBEAT)- Pilot study

Summary

- Before you decide whether to take part, it is important for you to understand why the research is being done and what it will involve.
- Please take the time to read the following information carefully. Discuss it with friends and relatives if you wish. Take time to decide whether or not you wish to take part.
- Please do ask us if there is anything that is not clear or if you would like more information.
- If you would no longer like to take part you can tell us by email or telephone.
- Thank you for your support with our research so far.

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How to contact us

If you have any questions about this study please contact the study team:
debeat.study@mrc-epid.cam.ac.uk

About this study

Background

Early adulthood (age 16-24) is an important period for development of diet and eating behaviours. This is a time when many people first become overweight, due to changes in diet and exercise habits. There are many aspects of people's lives which are changing through early adulthood; changes in living environment, moving from education into work, perhaps moving to a new city, changes in friends and relationships. All of these changes may influence people's diet and lifestyle.

In autumn 2023 we plan to run a large scale longitudinal study recruiting 1500 students with the aim of increasing our understanding of what influences diet during this period of life. Before we can run such a large study, we need to test the recruitment and data collection methods we plan to use, by running a smaller scale pilot version which is what we are inviting you to participate in.

Objectives

The objectives of the DEBEAT pilot study are:

1. Test the recruitment methods, including school-based recruitment and participant referrals, and gain an insight into percentage uptake in school settings
2. Test how easy it is to use email and text invitations for questionnaires and the diet recalls
3. Assess completion level of questionnaires and diet recalls, and perceived burden
4. Test questionnaire measures including wording of questions and response options

2 Why am I being asked to take part?

We want to recruit participants who are currently in school year 13. Your school has agreed to provide you with the information about the DEBEAT pilot study so you can decide whether to participate or not.

Do I have to take part?

No, it is up to you to decide whether or not to take part in the study. You are free to withdraw at any time without giving a reason.

If you are interested in taking part but have some questions you can contact the study team using the information at the end of this document. The study team can answer your questions directly or you will be invited to join a group online question and answer information session.

3 What will happen to me if I take part?

You will be asked to complete an online consent form to confirm your participation in the study. Once consented, you will be sent links to complete 4x short questionnaires (15 minutes each) and 3x web-based diet recalls (20 minutes) across two weeks (see Figure 1).

You will be notified via email and text message when each short questionnaire and dietary recall is due to be completed.



Figure 1: Data collection will be completed over two weeks, including 3x dietary recalls and 4x 15-minute questionnaires

4 Possible benefits and disadvantages of taking part

Benefits

Your involvement in the DEBEAT pilot study will be key to help inform the processes used in the large scale main DEBEAT study due to start autumn 2023. Taking part in this study will give you an insight into how research works, and may be something you might like to refer to in a

personal statement or job cover letter. It can also be incredibly rewarding to know that you are contributing to health research to improve the future health of the population.

As a thank you for your participation in the study, you will have the opportunity to earn up to £20 Amazon vouchers.

The vouchers will be split based on how much of the study you engage with:

- £2 for each short questionnaire you complete (maximum of £8)
- £3 for every dietary recall you complete (maximum £9)
- £3 bonus for referring 3 friends to take part in the study

The vouchers will be sent at the end of the data collection period to the contact email address provided.

What are the possible disadvantages and risks of taking part?

There are very limited disadvantages to taking part in the study aside from the time it takes you to complete the questionnaires and dietary recalls.

If you have a concern about any aspect of this study you should ask to speak to the research team who will do their best to answer your questions at debeat.study@mrc-epid.cam.ac.uk

If required, independent complaints contact can be included:

If you remain unhappy and wish to complain formally, the normal University of Cambridge complaints process is available to you through the University of Cambridge Clinical School Secretary: telephone: 01223 333543 or email: SchoolSec@medschl.cam.ac.uk.

5 How will my information be looked after?

What will happen to information about me collected during the study?

Information we collect during the course of the research will be kept strictly confidential. Any information about you will have your name removed so that you cannot be recognised from it and it will not be used or made available for any purpose other than for research.

With your permission, information will be stored anonymously at the MRC Epidemiology Unit for future research into the causes of diabetes and its complications. Codes connecting your individual identity to the stored data records will be kept separately. The database containing personal information is on a secured network drive on computers in the MRC Epidemiology Unit, University of Cambridge.

The contact information you provide such as email address and phone number(s) will be used by the research team to keep you informed about your participation in the study. In any such event that it may be necessary for the study team to use an external company to manage this process, for example an SMS service, the company will be UK based, GDPR compliant.

Approval will be sought from you at the time of providing informed consent to also use your email address for the purpose of sending study newsletters from MRC Epidemiology Unit. A secure service provided by a UK-based, GDPR-compliant company. You will be able to change your mailing preferences at any time.

Occasionally our studies may be monitored by our Sponsors. This is to ensure our research is conducted soundly. This procedure is routine and carried out by fully qualified personnel and data confidentiality will be adhered to at all times. At

the end of the study the confidential records will be kept for 20 years and then destroyed.

Cambridge University is the sponsor for this study based in the United Kingdom. We will be using information from you in order to undertake this study and will act as the data controller for this. Cambridge University will keep identifiable information about you up to 20 years after the study has finished.

Your rights to access, change or move your information are limited, as we need to manage your information in specific ways in order for the research to be reliable and accurate. If you withdraw from the study, we will keep the information about you that we have already obtained. To safeguard your rights, we will use the minimum personally-identifiable information possible.

You can find out more about how we use your information at <https://www.medschl.cam.ac.uk/research/privacy-notice-how-we-use-your-research-data/>

What will happen to the results of the study?

When the study is completed, the results will be published in a research journal so that researchers, health professionals and policymakers can see the results. Your identity and personal details will always be kept confidential. No information that could identify you, like your name, will be published in any report about this study. We will provide you with a summary of our findings from the study through our newsletters.

Who is organising and funding the study?

This trial is organised by the MRC Epidemiology Unit, part of the University of Cambridge. The funder is the Medical Research Council.

Who has reviewed the study?

This trial has been reviewed by an independent group of people, called the Research Ethics Committee, to protect your safety, rights,

wellbeing and dignity. The study has been given a favourable opinion by Cambridge Psychology Research Ethics committee.

6 Contact for further information

If you have any questions regarding the study or how you might be involved further contact information can be found below.

Study Coordinator

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Principal Investigator

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Behavioural Epidemiology and Interventions in Young People
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Thank you for taking the time to consider taking part in this study.