



NUTRITION and HEALTH STUDY **UNIVERSITY OF EDINBURGH** **PARTICIPANT INFORMATION SHEET**

We would like to invite you to take part in a research study. Before you decide, you need to understand why the research is being done and what it would involve for you. Please take time to read the following information on this study carefully, before deciding to take part.

WHAT IS THE STUDY ABOUT?

This study is part of a larger project funded by the European Union and involving leading universities across Europe, which the aim of understanding the drivers of nutritional choices. The project involves scientists from different disciplines such as neuroscience, psychology and economics.¹

This particular study aims at understanding **dietary choices and the link between nutrition and health**.

The study will run **in the week beginning Monday 13th June 2016**, and is led by Professor Michèle Belot (School of Economics, University of Edinburgh). We shall then have a follow-up session 3 months later in September 2016. At each visit, we will collect information on your nutritional habits, health and individual personality characteristics.

WHY HAVE I BEEN INVITED?

You are invited because you are eligible to participate. Specifically:

1. You have lived in Edinburgh for at least 2 years
2. You are over 18 years of age
3. You are fluent in English
4. Your gross annual household income is below £26,500.²
5. You are not currently receiving regular medical treatment.
6. You are not pregnant.

¹ You can find more information about the project on the project website <http://www.nudge-it.eu/>

² This criterion applies because the grant has a focus on individuals with an income below the average.



WHAT WILL HAPPEN?

The first session will take place in **the week commencing Monday 13th June 2016, at the date and time indicated in the letter.** The session should last for **1 and ½ hours in total**. We ask you to come to our facilities located at the Behavioural Laboratory at the University of Edinburgh, 31 Buccleuch Place (4th floor), EH8 9JT Edinburgh.

You will be asked to complete a series of surveys and questionnaires related to health and nutrition, and will also be asked to take a series of dietary decisions. The entire study will be conducted in our computer laboratory, located at the School of Economics University of Edinburgh. **You will receive £50 in compensation for participating in this session**, payable at the end of the session. You will also get a chance to receive a £30 basket of food items to be delivered to you.

We kindly ask you to commit to come back for the follow up session 3 months later in September 2016. We will contact you sometime in July/August in order to schedule an appropriate date and time. **You will also receive £50 for participating in this session.**

JUNE 2016	1 and ½ hours
Compensation: £50	

SEPTEMBER 2016	1 hour
Compensation: £50	

BENEFITS AND RISKS

Benefits: monetary compensation, possible health benefits, contributing to scientific knowledge about health and lifestyle.

Possible inconveniences may occur: 2 visits to the University facilities, learning unexpected information about your health.

Please note that participation in this study is entirely voluntary. You will be asked to sign a consent form after having read this information leaflet and before you take part. You are free to withdraw at any time, without giving a reason. You have the right to ask that any data you have supplied to that point be withdrawn/destroyed. You have the right to omit or refuse to answer or respond to any question that is asked of you and without any penalty. If you have any questions as a result of reading this information sheet, you should ask the researcher before the study begins.

CONFIDENTIALITY/ANONYMITY

All the information we collect from you will be stored safely and securely and in accordance to our data protection guidelines. During the whole duration of the project you will be given an identifier (a number). This allows us to keep **all your information anonymous in our data**. The data we collect will not contain any identifying information except for a file that links names to numerical identifiers (this



is just to be able to contact you). Once your name is replaced with a number identifier, it will not be possible for anyone else using this data to identify you.

CONTACT INFORMATION

If you have any questions, at any time during the project, you can contact us

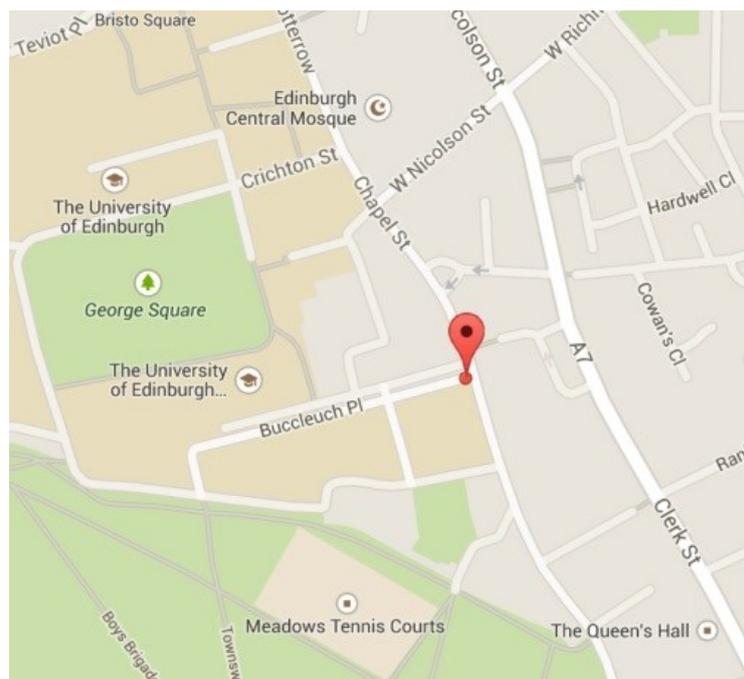
Email: nutritionstudy@ed.ac.uk

Phone: 07981 112 493

Main location: 31 Buccleuch Place, EH8 9JT EDINBURGH

Bus routes: 2, 3, 5, 7, 8, 29, 30, 31, 33, 37, 41, 42, 47, 49, 67

NO WHEELCHAIR ACCESS





INFORMED CONSENT FORM

Participant ID [to be filled in by researcher on day of first session]:

Contact details:

First name: _____ Last name: _____

Home address

Street name: _____ House number (Flat number) _____

Postcode: _____ Town: _____

Contact mobile phone number: _____

Contact e-mail: _____

Please initial box

1. I confirm that I have read and understand the information sheet (as specified in this document header) for the above study and have had the opportunity to consider the information and ask questions.

2. I understand that my participation is voluntary and that I am free to withdraw at any time, without giving any reason.

3. I agree to take part in the above study.

Name of Participant

Date

Signature