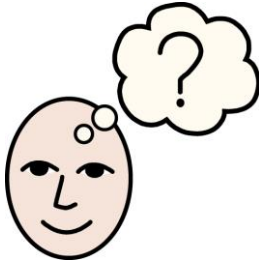


## **Study Information Sheet: Smart snacking: An online planning tool**



### **What is the study about?**

We are doing a research study to find out more about tools to help people eat less unhealthy snacks. While many of us want to change the way we snack, this can be very hard. Often we make plans but have trouble sticking to them over long periods of time. This study will look at online tools that help people stick to their plans.

### **Who is carrying out the study?**

We are from the School of Public Health at the University of Sydney. Our names are:

- Julie Ayre
- Carissa Bonner
- Robin Turner
- Erin Cvejic
- Kirsten McCaffery
- Stephen Walter

### **What will happen if I say that I want to be in the study?**

You can decide if you want to take part in the study or not. Please read this sheet carefully so that you can make up your mind about whether you want to take part. Completing a question in the online survey is an indication of your consent to take part in the study.

You may stop completing the online survey at any point if you do not wish to continue, and we will not use your answers. You do not have to give a reason for not taking part. Once you have submitted your survey anonymously, your responses cannot be withdrawn.

If you decide that you want to be in our study, we will ask you to:

1. Complete questions online (for example, about the foods you eat and snacking habits)
2. Use the online planning tool to create a plan to help you eat less unhealthy snacks. We will ask you to follow the plan for 4 weeks. You will receive 3 reminder messages about your plan during that time.
3. Complete questions online about your snacking behaviour and your plan after 4 weeks.



### **Will anyone else know what I say in the study?**

All of the information that we have about you from the study will be confidential. It will be stored in a safe place at the University of Sydney.

We will write a report about the study and show it to other people but no one will know that you were in the study.

### How long will the study take?

- The **first part** of the study will take about **20 minutes**.
- You will be asked to **try out your snacking plan** for **4 weeks**.
- The **second part** of the study (after 4 weeks) will take about **10 minutes**.



### Are there any good things about being in the study?



This study may help you think more about the way that you snack. This is the first step to changing your eating patterns.

### Are there any bad things about being in the study?



This study will take up some of your time, but we don't think it will be bad for you or cost you anything.

By giving your consent to take part in this study you are telling us that you:

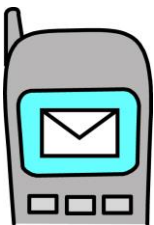
- ✓ Understand what you have read.
- ✓ Agree to take part in the research study as described above.
- ✓ Agree to the use of your personal information for the research purposes described above.

### What if I want more information about the study or my involvement in it?

You can contact the researcher Julie Ayre:

- **Call:** (02) 9351 7789
- **Email:** [julie.ayre@sydney.edu.au](mailto:julie.ayre@sydney.edu.au).

### What if I am not happy with the study or the people doing the study?



The ethical aspects of this study have been approved by the HREC of the University of Sydney [Project Number 2018/793].

If you are not happy with how we are doing the study or how we treat you, then you can:

- **Call** the university on +61 2 8627 8176 or
- Write an **email** to [human.ethics@sydney.edu.au](mailto:human.ethics@sydney.edu.au)