

Investigating the acceptability of commercial foods

Before you decide to take part in this study, it is important that you read the following information to understand why the research is being done and what it will involve. Please ask us if anything is unclear or you would like more information before deciding to take part.

How do I take part in this study?

Your participation in this study is entirely voluntary. This also means that you are free to withdraw at any time during the study without giving a reason.

To take part in this study **you must:**

- Be aged between 18 and 70
- Have English as a first language or have an equivalent level of fluency
- Not be vegan or vegetarian
- Not have diabetes
- Not have any food allergies or intolerances
- Not be pregnant, breastfeeding, or planning to become pregnant during the study
- Not smoke more than 5 cigarettes per day
- Not drink more than 14 units of alcohol per week*
- Not be taking any medication that may influence appetite (except oral contraceptive pills)
- Not have a history with eating disorders
- Be willing and able to comply with all study procedures as explained in this document
- Be prepared to consume any of the following foods:
 - *Grains*: bread (wholemeal, white), pasta
 - *Meat*: beef, pork
 - *Dairy*: cheese, butter, milk
 - *Condiments*: tomato relish, mustard
 - *Vegetables*: tomato
 - *Desserts*: chocolate (white, milk and dark), flapjacks, wafers, strawberry angel delight dessert.
 - *Other*: mint flavours, orange flavours, honey nut cornflakes

*1 unit= A half pint (284ml) of ordinary strength (3.5-4% ABV) beer, a small glass (125ml) of 8% ABV of wine or a single measure (25ml) of a 40% ABV spirit

What will the study involve?

If you decide to take part in this study:

1. You will complete a short online questionnaire expressing your interest in taking part and providing us with contact details and information to determine eligibility (*approx. duration 10 minutes*)
2. If considered eligible, you will be invited to attend a preliminary session where we will explain the procedures to you and you will have the chance to ask any questions. If you are still willing to take part, you will be asked to give consent to participate in the study and your height and weight will be measured. In this session, we will also serve you a dinner of Spaghetti Bolognese with a dessert of strawberry flavoured angel delight. *This session will last a maximum of 1 hour, and will occur at either 5pm or 6pm.*
3. You will then be scheduled into our 10-day study. During this study, you will:
 - a. Eat the lunch that we provide for 10 weekdays (two consecutive Monday-Friday weeks)

- b. Attend the NBU laboratory for breakfast, lunch and dinner on Days 1, 3 and 10 (the first Monday, the first Wednesday and the second Friday respectively). Snacks in between meals and drinks will also be provided. **You will be required consume only the food and drink we provide on these days. This is a highly important requirement of the study.**
- i. Breakfast will take place at 7:30 am, 8:00 am or 8:30 am (*approx. duration 30 minutes*), Lunch will take place at 11:30 am, 12:30 pm, or 1:30 pm (*approx. duration 45 minutes*), and dinner will take place at 6:00 pm, 6:30 pm and 7:00pm (*approx. duration 30 minutes*). Times for each of these meals will be chosen in the pre-screening session.
 - ii. You will be free to leave the laboratory in between meals and we will give you options of snacks and drinks which you are welcome to take away with you
 - iii. Prior to your breakfast, we will take a measure of your weight
 - iv. At lunch, you will be served your meal and asked to complete a series of computer-based tasks. These involve making simple choices in response to images of food alongside completing commonly used appetite ratings and eating behaviour questions
 - v. All foods served to you have been sourced from a local supermarket and combined into the recipes presented at lunch.
- c. On the days in which you are not required to come in to the laboratory (Days 2 and 4-9), we will provide with your lunchtime meal and you will need to complete an end-of-day survey; this will be sent to you via text message or email (depending on your preference).
- i. You will be required to collect your meal from the University of Bristol each morning between 8:00 am and 12:00 pm.
4. You will attend a debriefing session the following week. In this session, we will ask you to complete one final survey and provide the necessary information to arrange your payment. In this session, you will be debriefed on the aims of this investigation and asked to provide final consent to allow us to use the data you have provided. *This session will last approximately 30 minutes and will take place at 11:00 am, 11:30 am, 12:00 pm, 12:30pm, 1:00 pm or 1:30 pm.*

On completion of your final test session, you will be reimbursed **£150** for your time and expenses.

Please note: due to university regulations, this reimbursement will be provided in the form of a cheque and will follow University expense protocol. As such, you may be required to wait up to 7 weeks on completion of the study to receive this. Once your testing dates are decided, we will inform you of when you should expect to receive your payment.

What will happen to my data?

Your involvement in the study will remain confidential. This information will only be available to research staff and national bodies which monitor whether research studies are conducted appropriately.

All your data collected in this study will be kept strictly confidential. Upon completion of the study, your data will be anonymised and there will be no record that links the data collected from you with personal data from which you could be identified (i.e. the signed consent form). Upon completion of the experiment, we ask you to give consent to include your data in further analyses. You are free to withdraw your data from the study at that point. Once you have given consent, we cannot withdraw your data at a later stage because of the anonymised nature of the study.

At the end of the study, your anonymised data will be made “Open Access”. This means that data are made available, free of charge, to anyone interested in the research, or who wishes to conduct their own analysis of the data. We will therefore have no control over how these data are used. Open access of research data and findings is considered best scientific practice and is a requirement of many funding bodies and scientific journals. As a large

proportion of research is publicly funded, the outcomes of the research should be made publicly available. Sharing data helps to maximise the impact of investment through wider use, and encourages new avenues of research.

Who has reviewed this study?

This research has been reviewed by an independent group of people called a Research Ethics Committee to protect your safety, rights, well-being and dignity. This study has received approval from the University of Bristol, Faculty of Science Ethics Committee.

If you have a question or concern about any aspect of this study, you should ask to speak to the researchers who will do their best to answer your questions (nbu-lunchtime-study@bristol.ac.uk).

If you remain unhappy and wish to complain formally you can do this through the Faculty of Science Human Research Ethics Committee, via Liam McKervey, Research Ethics Coordinator (Liam.McKervey@bristol.ac.uk, 0117 928 7841).