

Who is running the study?

This study is run by the University of Southampton, and has ethical approval from the Preston North Ethics Committee (Reference: 224100).

The study is funded by the National Institute for Health Research, which funds most research in the NHS. [The study is insured by the University of Southampton.](#)

'Eat well, feel well, stay well' has been written by a team of health professionals, patients and scientists from the University of Southampton.

Study contact

If you have any questions about this study, please contact:

Eat well feel well study team

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What if I have a concern or complaint about the study?

[Please contact:](#)

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You are invited to take part in a study

[Eat well, feel well, stay well study](#)

- ◆ We are running a study to find out about the appetite and eating patterns of people [aged 65 or over](#).
- ◆ Your doctors surgery is helping us with this study. We'd like to invite you to take part.
- ◆ We'd really like to hear from you if you are 65 or over and:
 - ◇ Have recently lost weight without meaning to **OR**
 - ◇ Have much less appetite than you used to **OR**
 - ◇ Live alone **OR** have one or more health conditions **OR** have recently been in hospital
- ◆ This leaflet tells you more about what will happen if you choose to take part in the study.



What is the study about?

We want to find the best ways to help people to get more from their food and drink, with support from their doctors' surgery. Eating well can help give people enough energy to do the things they want to.

Why have I been invited to take part?

We are inviting people **aged 65 or over** to take part, who

- ◆ Have one or more health problems **or**
- ◆ Have recently been in hospital **or**
- ◆ Live alone

All of these things can affect your appetite or eating patterns. This means that your help will be very valuable.

People of any weight can take part, but the study is especially relevant if you have less appetite recently, or have lost weight without meaning to, or if your

- ◆ Clothes have got looser,
- ◆ Rings are loose on your fingers,
- ◆ You have to tighten your belt.

What would I do in the study?

- ◆ We will send you some questions to answer. These questions will ask you about yourself, your appetite and eating patterns. They will take about 30 minutes to answer. We will give you a FREEPOST envelope so that you can send them back to us.
- ◆ We will send you some more questions after 6 months.
- ◆ You may also be invited to an appointment at your doctors' surgery. If you are, the doctor or nurse will ask about your health, take some measures, and may give you booklets to take away. They may invite you to more appointments or call you to have a chat about how things are going.
- ◆ **There is no direct benefit to you in taking part.**
- ◆ **Any travel expenses will not be reimbursed.**

Do I have to take part?

It is up to you if you take part in the study and you can change your mind at any time. You do not have to tell us why. Your medical care will not be affected if you stop taking part.

If you don't carry on with the study, we would still like to use the answers you have given us, unless you tell us not to.

Will my details stay private?

- ◆ Your personal details will be kept separate to any study.
- ◆ information you give us (like your answers to lists of questions).
- ◆ Information will be kept secure at the University of Southampton and destroyed after 10 years.
- ◆ Only you, your healthcare team, the research team and study regulators will see information about you. This is to protect you under the law (Data Protection Act 1998).
- ◆ We will let people know about the study and publish it in medical journals. You can have a results summary, if you wish.

Is there anything else I can help with?

- ◆ We may ask if you want to chat to us about what it was like to take part in the study. It is up to you if you want to do this.
- ◆ If you want to, you can also provide 3 urine samples and /or a blood spot sample. You would do the samples at home. You would take the blood spot sample with a prick to the finger. You would do the same again 6 months later.

Samples can show some types of food you eat, how well they are taken in by the body, and if there is inflammation. You will post samples (FREEPOST) to a lab in Wales, they will be stored until there are enough to test in batches, then destroyed once tested.

How do I take part?

Please fill out the reply slip and send it to us in the FREEPOST envelope (no stamp is needed).

If you have any questions please contact the study team

Phone: 023 80XX XXXX

Email: stream@soton.ac.uk