

University of California, Irvine Study Information Sheet

Simple, personalized behavioral interventions as a means to modify diet quality in college students: A randomized intervention

Lead Researcher

Dustin Moore, MS, RD
Department of Population Health and Disease Prevention
dustinmm@uci.edu
Ph: 805-657-2757

Faculty Sponsor

Dr Karen Lindsay, RDN
Department of Pediatrics and Susan Samueli Integrative Health Institute
klindsa@hs.uci.edu

- Please read the information below and ask questions about anything that you do not understand. A researcher listed above will be available to answer your questions.
- You are being asked to participate in a research study. Participation in this study is voluntary. You may choose to skip a question or a study procedure. You may refuse to participate or discontinue your involvement at any time without penalty or loss of benefits. You are free to withdraw from this study at any time. **If you decide to withdraw from this study you should notify the research team immediately.**
- You are being asked to participate in a research study that attempts to improve the diet quality of college students using simple, specific behavior changes. The purpose of this research study is to determine if self-selection and implementation of simple dietary behavior changes can successfully modify diet quality among college students, compared to general dietary guidelines.
- You are eligible to participate in this study if you are 18 to 25 years of age or older, enrolled full time as a student of your university, and fluent in English.
- The research procedures involve being asked to complete some baseline surveys about you, your diet, stress levels and readiness to implement behavior change. You will be provided a link to these surveys online. For the dietary assessments, we use the web-based Automated Self-Administered 24-hour recall tool (ASA24). You will be asked to complete your first diet recall as part of baseline surveys and will complete a second baseline diet recall on another day within 1 week. A member of the research team will contact you when it is time to complete this second recall.

After completing all baseline surveys and diet recalls, a member of the research team will contact you to inform you of which intervention group you are assigned to. If you are in the experimental group, you will be shown a list of 7 simple dietary behaviors and asked to select the two behaviors you would most like to follow for the next 4 weeks. You will receive a laminated card for each chosen behavior in the mail which you can attach to your key chain and carry with you for 4 weeks as a reminder of the dietary behaviors you are working on. You may also receive reminder text messages each week from the research team. If you are in the control group, you will receive a link to the current Dietary Guidelines for Americans and asked to consider these guidelines in relation to your diet. Those in the control group will not receive laminated cards or specific instructions on dietary behaviors. At week 4, you will be asked to complete 2 further diet recall surveys on the ASA24 website on 2 separate days. At week 8, you will complete some close out surveys about your stress levels and readiness for behavior change, and two final diet recall surveys on the ASA24 website.

All study procedures will occur virtually over 9 weeks. The time required to complete all surveys will be approximately 2 hours and 40 minutes spread out over the study period.

- Possible risks/discomforts associated with the study include: anticipated discomfort with answering questions about your personal life, including finances and dietary practices. In addition, you will be providing information about your diet, and this may cause some anxiety if you feel judged or have negative feelings regarding the quality of your diet. Furthermore, you will be asked to perform specific behaviors that you may consider to be cumbersome or a burden in light of your student-related duties.
- There are no direct benefits from participation in the study. However, this study may include becoming more informed about how to improve diet quality.
- There are no alternative procedures available. The only alternative is not to participate in this study.
- You will receive cash compensation for each data collection survey you fully complete. There are 6 surveys in total for the length of the study, completed at baseline (week 0), midpoint (week 4), and endpoint (week 8) of the study. Total compensation for participation in this study is \$45, which will be paid according to the following schedule: \$10 for completing the baseline surveys, \$15 for completing the midpoint surveys, and \$20 for completing the final close-out surveys.

If you decide to withdraw from the study or are withdrawn by the research team, you will receive compensation for the surveys that you have completed.

- There is no cost to you for participation in this study. However there may be out-of-pocket expenses such as parking and transportation fees.
- All research data collected will be stored securely and confidentially and electronically on a secure network in an encrypted file with password protection. Identifiable information collected about you will be removed at the end of data collection.
- The research team, authorized UCI personnel, the study sponsor, and regulatory entities, may have access to your study records to protect your safety and welfare.

While the research team will make every effort to keep your personal information confidential, it is possible that an unauthorized person might see it. We cannot guarantee total privacy.

- Researchers will use your information to conduct this study. Once the study is done using your information, we may share them with other researchers so they can use them for other studies in the future. We will not share your name or any other private identifiable information that would let the researchers know who you are. We will not ask you for additional permission to share this de-identified information.
- In accordance with UC Office of the President policy, information will be retained for 10 years after the end of the calendar year in which the research is completed.
- If, during the course of this study, significant new information becomes available that may relate to your willingness to continue to participate, this information will be provided to you by the research team listed at the top of the form.
- If you have any comments, concerns, or questions regarding the conduct of this research please contact the researchers listed at the top of this form.

- It is important that you promptly tell the researchers if you believe that you have been injured because of taking part in this study. You can tell the researcher in person or call him/her at the number listed at the top of this form.
- Please contact the UCI Institutional Review Board by phone, (949) 824-6662, by e-mail at IRB@research.uci.edu or at 160 Aldrich Hall, Irvine, CA 92697-7600 if you are unable to reach the researchers listed at the top of the form and have general questions; have concerns or complaints about the research; have questions about your rights as a research subject; or have general comments or suggestions.

What is an IRB? An Institutional Review Board (IRB) is a committee made up of scientists and non-scientists. The IRB's role is to protect the rights and welfare of human subjects involved in research. The IRB also assures that the research complies with applicable regulations, laws, and institutional policies.