1 copy for participant; 1 copy for researcher site file; 1 copy (original) to be kept with case record form

**INFORMATION SHEET**

**Stunting prevention through preventive food based approaches and proportional contributing effects of other Multi-Sectoral approaches**

*Khyber Medical University, Peshawar*

We are asking if you and your child would like to take part in a research project titled “**A community-based cluster controlled trial to evaluate the effectiveness of Ready to Use Supplementary Foods (RUSF) and proportional contribution of multi-sectoral interventions in the prevention of stunting among children under five years in Kurram Agency, Pakistan”.** Before you decide for yourself and your child to join in, it’s important to understand why the research is being done and what it will involve for you. Please discuss this with others and ask us any questions you may have. We will be happy to answer them. This research project is conducted by Khyber Medical University Peshawar to generate evidence of food supplement-effectiveness for the World Food Program.

**Why are we doing this research?**

Stunting in children is highly prevalent in Pakistan due to macro and micronutrient deficiencies. World Food Program is a donor agency helping Pakistani Population to reduce stunting through provision of nutritional supplementation in addition to other approaches run by other government and donor organizations to address this issue. We want to find out whether preventive food based supplementation is effective in the prevention of stunting

**Why have I been invited to take part?**

You and your child have been invited to join our study because stunting is highly prevalent in children between ages 6 months to 5 years. Furthermore, the health of newborn child also depends on the health of the pregnant and lactating mother.

**Do I have to take part?**

No. It is up to you. If you do, a researcher will ask you to sign a form which says that you are happy to take part. You will be given a copy of this information sheet and your signed form to keep. You are free to stop taking part at any time during the study without giving a reason. If you decide to stop, this will not affect the care you receive.

**What will happen if I take part?**

After you agree to participate, the researcher will ask you;

1. To permit us to record your and child’s height and weight along with other body measurements at regular intervals for 3 years.
2. To record your and your child’s 24-hour dietary history
3. To take your child’s blood/ fecal sample three times during three years.

We will explain how you will collect your and your child’s blood/fecal sample and provide clear instructions. When the samples are collected, we will bring the samples to the laboratory.

**What are the possible benefits and risks of taking part?**

Through this project, you will come to know whether food supplementation has any effect in the prevention of stunting in children. This research will benefit you and your child directly through the consumption of food supplements. There are no risks involved for you or your child while taking part in this research study except for minor bruise and discomfort during blood sampling. We will make sure to minimize this as much as possible.

**Will my taking part be kept confidential?**

Yes, no one will know about your participation in this research apart from the researchers of this study.

**What will happen to any samples I give?**

We will do some special tests to see micronutrients in the blood, and check parasites and bacteria in the fecal sample collected from you and your child. We will also seek your permission to retain these samples for future studies related to the relationship of micronutrient supplementation with bacteria.

**How will the information I provide be used?**

We plan to publish the results in scientific journals and other relevant places so that others can read about and learn from the results of the study.

**Who is organizing and funding the research?**

The study is part of educational research and is organized by the Khyber Medical University, Peshawar. It has been funded by World Food Program, Country office Islamabad Pakistan.

**Further Information**

If you or your family needs further information, you can always contact us at the following addresses;

Dr. Zia Ul Haq *Ph.D (Glasgow - UK),* M*BBS (Peshawar - PAK)* Associate Professor, Khyber Medical University, Peshawar. Phone # 0919217268.