



WOULD YOU LIKE TO PARTICIPATE IN THE RESEARCH PROJECT

LipidInflammaGenes; an intervention project to study satiety after consumption of milk and meat products

THE PURPOSE OF THE PROJECT AND WHY YOU ARE ASKED

We invite you to participate in a research project to study changes in the risk of cardiovascular disease, inflammatory markers and satiety after consumption of dairy and meat products. The intervention focuses on satiety. Students at NMBU are hereby invited to participate in the study.

WHAT DOES THE PROJECT MEAN FOR YOU?

The invitation concerns satiety after consuming a meal.

The satiety intervention is carried out 2 separate days. There will be a 4-week gap between each day.

You will be weighed and measurements of waist circumference, height, blood pressure and pulse will be taken.

The 'postprandial' study lasts at least four hours where you eat a meal and blood samples are taken about every fifteen minute after the food intake. A postprandial study is a study that follows the metabolic changes that occur in the body as a result of the meal. You will need to be in one place for about 4 hours to complete the postprandial test, but you can relax or read during this time.

In the project, we will collect and register information about you.

Blood samples are taken to examine blood lipids, blood glucose, insulin, and compounds that indicate satiety. You will also have to answer questions about satiety. We will also ask about the intake of food the day before attending the intervention.

POSSIBLE PROS AND CONS

Advantages are that you gain insight and knowledge about postprandial intervention studies in human nutrition research. You also get a gift card of NOK 500 to a grocery store.

Disadvantage is taking blood samples. In addition, time use is a disadvantage.

VOLUNTARY PARTICIPATION AND THE POSSIBILITY TO WITHDRAW YOUR CONSENT

Participation in the project is voluntary. If you wish to participate, please sign the declaration of consent on the last page. You may withdraw your consent at any time and without giving any reason. There will be no negative consequences for you if you do not want to participate or later choose to withdraw. If you withdraw your consent, no further research will be conducted on your health information and your biological material.

If you later wish to withdraw or have questions about the project, you can contact the project manager (see contact information on the last page).

WHAT HAPPENS TO THE INFORMATION ABOUT YOU?

The information registered about you will only be used as described under the purpose of the project, and is planned to be used until 2025. Any extensions in use and storage period can only take place after approval from REK and other relevant authorities. You have the right to access what information is registered about you and the right to have any errors in the information that is registered corrected. You also have the right to access the security measures when processing the data. You can complain about the processing of your data to the Norwegian Data Protection Authority and the institution's data protection officer.

All information will be processed without name and national identity number or other directly recognizable information (=coded information). If there is a need for personal data when ordering analyses, compliance with the Personal Data Act will be required. A code links you to your information through a list of names.

Only Catia Martins and Anna Haug have access to this list.

The information about you will be stored for five years after the end of the project for control purposes.

This project is a collaborative project between the Norwegian University of Science and Technology (NTNU) and the Norwegian University of Life Sciences (NMBU). The daily project manager for the intervention is from NMBU and the information is stored there.

SHARING OF DATA AND TRANSFER ABROAD

By participating in the project, you also agree that coded information such as blood analyses and anthropometric data (blood pressure, pulse, height, weight, waist circumference) may be transferred abroad as part of research collaboration and publication.

The code that links you to your personally identifiable information will not be disclosed.

WHAT HAPPENS TO SAMPLES THAT ARE TAKEN FROM YOU?

The samples taken from you will be stored in a research biobank "LipidInflammaGenes" associated with the project. Blood samples are stored. The person in charge is Professor Catia Martins (NTNU, Department of Clinical and Molecular Medicine, Clinical Nutrition), but the samples will be stored at the University of Life Sciences, Faculty of Chemistry, Biotechnology and Food Science in the unit's room for monitored freezers. Once the project's data has been analyzed, the remaining biological samples will be transferred to NTNU. If this is not of interest, the samples are destroyed and this is stated in the final report of the project.

The biobank will cease to exist at the end of the project.

Sample material may be sent for analysis in Denmark or another country in Europe, depending on which price tenders we receive for analysis. Sample material will then be destroyed after the analysis has been performed.

Regardless of where the samples are sent abroad, they will not be traceable, as the code that links the samples to you will not be handed over.

INSURANCE

It is the Patient Injury Act that applies.

ECONOMY

You will receive a gift card of NOK 500 to use in the grocery store after the last sampling.

APPROVALS

The Regional Committee for Medical and Health Research Ethics has conducted a research ethics assessment and approved the project, case number 139404.

NTNU and project manager Catia Martins are responsible for privacy in the project.

We process the data based on your consent.

CONTACT INFORMATION

If you have any questions about the project or wish to withdraw from participation, please contact Catia Martins (Catia.martins@ntnu.no, tel. 48603643), Milena Monfort-Pires (milena.monfort-pires@nmbu.no), Anna Haug (anna.haug@nmbu.no, tel. 99253637), Bjørge Egelandstal (bjorge.egelandstal@nmbu.no, tel. 93847125).

If you have any questions about privacy in the project, you can contact the data protection officer at the institution: NTNU's data protection officer is Thomas Helgesen (thomas.helgesen@ntnu.no, +47 93079038, Sluppenveien 12B/C, Møllenberg 4 floor, Trondheim).

NMBU's privacy is Hanne Pernille Gulbrandsen in Deloitte Law Firm, Mobile: 402 81 558, Email: personvernombud@nmbu.no

The Data Protection Authority's email address is <https://www.datatilsynet.no/post@datatilsynet.no>.

JEG SAMTYKKER TIL Å DELTA I PROSJEKTET OG TIL AT MINE PERSONOPPLYSNINGER OG MITT BIOLOGISKE MATERIALE BRUKES SLIK DET ER BESKREVET

Sted og dato

Deltakers signatur

Deltakers navn med trykte bokstaver