

Social Sciences Research Ethics Committee - Consent to Participate in a Research Study-

Please read carefully before signing the Consent Form!

Ta'am Mustadam Intervention Promoting sustainable food choices among a sub-group of adults in the UAEU community

You will be asked to provide or deny consent after reading this form.

Topic of the research, the researcher(s) and the location

You have been invited to take part in the Ta'am Mustadam pilot intervention aimed at promoting sustainable food choices among adults at the College of Medicine and Health Sciences (CMHS) at the United Arab Emirates University (UAEU). This study is conducted by Prof. Carine Platat in the Department of Nutrition and Health, CMHS, UAE University.

The study will take place at the UAEU canteen at CMHS, located at UAEU, P.O. Box : 15551, Al Ain, United Arab Emirates.

Compensation (if applicable)

You will get discount vouchers from different shopping stores or gyms at the end of the intervention

Benefit of the research

The United Arab Emirates faces a major public health issue with high prevalence rates of chronic diseases such as obesity and diabetes. In addition, the UAE's food system encounters sustainability challenges related to cropland use, freshwater availability, and greenhouse gas emissions. Recognizing these obstacles, the UAE has launched the National Food Security Strategy 2051, aiming to enhance sustainable food production, improve resource efficiency, and promote healthier, more resilient food systems for the future.

Therefore, interventions aimed at promoting sustainable diets are increasingly needed in the country. By participating in this pilot intervention, you will help design future large-scale interventions aimed at promoting sustainable food choices among adult in the UAE. Your participation will also provide valuable insights into the feasibility and acceptability of these interventions within the community.

Procedure/setting

The intervention will take place at the UAEU canteen at the CMHS. You will be evaluated at 3 timepoints; pre-intervention, at intervention-end (6 weeks), and at follow-up (4 weeks after intervention end).

You will be invited to complete online questionnaires within a one-week period at each time point. You may choose to complete the questionnaire at any location and at your convenience during that week.

The questions will focus on factors that influence your food choices, knowledge, intentions, and practices toward adopting a sustainable diet, and your dietary intake. Completing the questionnaire will take approximately 30 -35minutes.

At the end of the intervention, you will also be asked to complete a short evaluation form about the educational messages, interactive videos, activities, and changes introduced at the canteen. Completing the evaluation form will require about 5 minutes.

About the Intervention

The intervention consists of three components:

1. **Educational Messages & Interactive Videos:**

Participants will receive educational content twice a week through a WhatsApp group created specifically for the *Ta'am Mustadam* intervention. These messages and videos are designed to build knowledge and skills related to sustainable food choices.

2. **Hands-On Activities:**

Practical activities will be done once every two weeks to give you the opportunity to turn knowledge into action and achieve real results in your daily life;

3. **Environment Restructuring:**

Regular reminders delivered through WhatsApp messages to encourage making sustainable food choices.

Safety Information

The present study poses no risk to you in any form, either physical or psychological.

Confidentiality and Privacy Information

All information collected as part of the survey will remain confidential and once published, will not be associated with individual participants.

All contact details will be deleted immediately at the end of the study.

Right to Withdraw

Participation in the study is voluntary; you can withdraw at any stage without being penalized. If there are any doubts or questions which you would like to discuss, please feel free to email platatcarine@uaeu.ac.ae or call +971501123017 for clarifications.

With sincere appreciation for your participation
Prof. Carine Platat



Informed Consent

1. I confirm that I have read and understood the above information sheet and have had the opportunity to ask questions.
2. I understand that my participation is voluntary and that I am free to withdraw.
3. I understand that my data will be kept confidential and if published, the data will not be identifiable as mine.

I agree to take part in this study:

(Name and signature of participant)

(Date)

(Name and signature of person taking consent)

(Date)

(Name and signature of witness (if participant
unable to read/write)

(Date)

(Name and signature of parent/guardian/next of
kin (when participant unable to give consent due
to age or incapacity)

(Date)