**INFORMATION SHEET FOR PATIENTS**

**Impact of high energy nutritional supplements on appetite regulators, energy intake and lipid profile in underweight prmigravida**

We are inviting you to take part in a research project to find out the effect of high energy nutritional supplement drink on appetite & food intake.Before you decide whether or not to take part, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information& discuss this with others and ask us any questions you may have. We will be happy to answer them. This research project is part of the higher education of Dr. Kalsoom Tariq, PhD scholar, IBMS, Khyber Medical University Peshawar.

**Why are we doing this research?**

We want to find out the effect of high energy nutritional supplement on the appetite of underweight females becoming mothers for the first time.

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

Your have been invited to join our study because you fulfill our criteria of being a healthy primigravida & underweight. 23 other females fulfilling these criteria will also be recruited.

**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 your are happy to take part. You will be given a copy of this information sheet and your signed form to keep with you. You are free to withdraw from this study at any time without giving a reason. If you decide to stop, this will not affect the care that you receive.

**What will happen to me, if I take part?**

1. **SCREENING TEST:**

After you agree to participate, the researcher will:

1) Measure your height and weight to see whether you can fulfill the criteria for participation in this research study.

2) Any health problem that you may have

2) Ask you about any medication you are taking

3) History of family illnesses.

4) The researcher will like you to permit her to look into your medical records for information relevant to this study e.g. your height and weight, regular antenatal and postnatal record etc.

1. **EXPERIMENTAL TESTS:**
2. You will be needed to make a visit to clinical trial room in KMU early in the morning in fasted state.

 We will provide you with the breakfast and lunch of your choice.

2) We will ask you to fill questionnaire and collect blood samples at three different occasions.

3) We will ask you to make three visits at baseline ,16week of gestation & one week after delivery.

 4) We will provide you with supplementation on daily bases which will be delivered by the main researcher

 at weekly bases, you will ask to keep the empty bottles for follow up purposes.

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

You will receive no direct benefit from taking part in this study. The information collected during this study will give a better understanding of the effect of supplementation during pregnancy. There are no risks of taking part in this study.

**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. Proper ID will be given to you only known to me, your name & address removed so that you cannot be recognized from it.

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

We will do some special tests to see changes in the level of Appetite regulators glucose, Cholecystokinin (CCK) and insulin.

**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. You will not be identified in any report or publication.

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

The study is part of educational research and is organized by the Khyber Medical University, Peshawar.

**Further Information**

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

* Dr. Kalsoom Tariq, PhD Scholar, IBMS, Khyber Medical University, Peshawar. Contact no: 03482816944 email; drkalsoomtariq@yahoo.com
* Dr. Sadia Fatima, Assistant professor (Biochemistry), IBMS, Khyber Medical University, Peshawar. Contact no: 0321-5812345 email; drsadiafatima@gmail.com.
* Dr. Muhammad Jaffar Khan *Ph.D (Glasgow - UK),* M*BBS (Peshawar - PAK)* Assistant Professor (Biochemistry) Institute of Basic Medical Sciences (IBMS) Khyber Medical University, Peshawar E-mail:  jaffar.khan@kmu.edu.pk
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**Thank you for reading this**