



### **Title of study** Mobile App and Food Diary study

We would like to invite you to take part in a research study. Before you decide whether or not to take part, please take time to read the following information carefully and discuss it with others if you wish. Ask us if there is anything that is not clear or if you would like more information

### **What is the purpose of the study?**

The study aims to explore eating behavior over a period of three days. It is being undertaken as part of a PhD research project. We will be able to tell you more about the purpose of the study after you have taken part.

### **Do I have to take part?**

Participation in the research is completely voluntary and you may withdraw at any point during the study, without having to give a reason. You may also choose not to answer any questions. Should you wish to withdraw from the study, or decline to answer any questions, you will not be penalized. If you are a student, your participation in this research will not affect your grades in any way.

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

- You will be asked to come into City University London on a Monday to download an app onto your mobile phone and receive login details for an online food diary
- Over a period of three days (Tuesday to Thursday) we will ask you to record details of all the food you have eaten. You will be prompted to do this each evening and will record these details in an online food diary. We estimate that this will take approximately 20-30 minutes each evening.
- Over this 3-day period, we may also ask you to try to eat in a certain way. We may ask you to listen to an audio recording and you may also receive a messages related to your eating.
- We will NOT ask you to change what you eat.
- At the end of the study, on a Friday, we will ask you to come back into City University to answer a few more questions.

### **Expenses and Payments**

You will receive 20 pounds in cash for taking part in the study.

### **What are the possible disadvantages and risks of taking part?**

Completing the food diary at the end of each of the three days will be time-consuming. However, you are free to withdraw from the study at any point, or you may choose not to complete any of the measures. If you choose to withdraw or omit measures we will reimburse you with an amount that is commensurate with the amount of time you have spent on the study.

### **What are the possible benefits of taking part?**

You may enjoy taking part. You may also enjoy learning more about some of the ideas we are testing.

### **Will my taking part in the study be kept confidential?**

Your name will only be recorded on the consent forms, which will be kept separate from the questionnaires. Only the researchers will know that you have participated and all information provided will be kept confidential. Also, you will be able to login to the food diary via a username and password that will be provided to you. These user names will not include your first or last name. Only the researchers will have access to the information you provide.

### **What will happen to the results of the research study?**

The results will be written up as part of a PhD research project. They may also be presented at scientific conferences and written up for publication in academic journals and related media.

**What will happen if I don't want to carry on with the study?**

You are free to withdraw from the study without an explanation or penalty at any time up to the point at which you finish the last laboratory session. After this your data will be anonymised so it will not be possible to withdraw it. If you choose to withdraw from the study you will be reimbursed with an amount that is commensurate with the amount of time you have spent on the study.

**What if there is a problem?**

If you have any problems, concerns or questions about this study, you should ask to speak to a member of the research team. If you remain unhappy and wish to complain formally, you can do this through the University complaints procedure. To complain about the study, you need to phone 020 7040 3040. You can then ask to speak to the Secretary to Senate Research Ethics Committee and inform them that the name of the project is: Mobile App and Food Diary study

You could also write to the Secretary at:  
Anna Ramberg  
Secretary to Senate Research Ethics Committee  
Research Office, E214  
City University London  
Northampton Square  
London  
EC1V 0HB  
Email: [Anna.Ramberg.1@city.ac.uk](mailto:Anna.Ramberg.1@city.ac.uk)

City University London holds insurance policies which apply to this study. If you feel you have been harmed or injured by taking part in this study you may be eligible to claim compensation. This does not affect your legal rights to seek compensation. If you are harmed due to someone's negligence, then you may have grounds for legal action.

**Who has reviewed the study?**

This study has been approved by City University London Psychology Department Research Ethics Committee PSYETH (R/L) 16/17 92

**Further information and contact details**

*Lana Seguias (Researcher)*  
*Lana.seguias@city.ac.uk*

*Katy Tapper (Supervisor)*  
*katy.tapper.1@city.ac.uk*

**Thank you for taking the time to read this information sheet.**