

INFORMATION FOR PARTICIPANTS

Title of the study

APPetite: Validation of an app-based method for the remote measure of free-living subjective appetite.

Introduction

You are invited to take part in research project. Before you decide whether you would like 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 carefully. Please ask if there is anything that is unclear, or if you would like more information (a contact number and address are at the end of this information sheet). This study follows the ethical guidelines of Leeds Beckett University and has received ethical approval from the Local Research Ethics Coordinator, in line with the University's Research Ethics Policy.

Background and purpose of the study

Measures of appetite perceptions are often of interest when trying to understand dietary habits and eating behaviours. Typically, such measures are obtained using a pen and paper method, called the visual analogue scale technique. While this method has proved to be a valid, reliable method for measuring appetite in laboratory settings, we have developed a smartphone app, called APPetite, which we hope to use for measuring appetite outside of a laboratory. The purpose of this study is to determine the validity of APPetite, comparing appetite scores obtained using APPetite with those obtained with the established pen and paper method.

Am I a suitable participant for the study?

This project is seeking approximately 80 participants. We require anyone who has access to and can competently use a smartphone, and who can complete a simple pen and paper task.

What will happen if I take part?

You will be asked to record two measures of appetite, one immediately after the other as soon as you wake up in the morning. You will then be asked to repeat this process every hour for 12 hours. We would like you to do this on two days.

If you are in Experiment 1, you will be asked to use two different methods for measuring appetite. One will use a pen and paper and one will use a smartphone app which we have developed called APPetite. In each method, you will be asked how hungry you are, how full you feel, how strong your desire to eat is and how much you think you could eat at that moment. With the pen and paper method, you will answer the question by placing a mark on a horizontal line which represents a continuum of feelings in relation to that question (for example, ranging from "not hungry at all" to "extremely hungry"). With the APPetite app, you will answer by providing a score from 0 to 10. We will ask that your two days of measuring appetite be on consecutive weekdays.

If you are in Experiment 2, we ask that on one day of measuring your appetite you use only the pen and paper method, but still taking two measures, one immediately after the other. On the other day of measuring your appetite, we will ask you only to use the APPetite app (again, taking two measures, one immediately after the other). In this experiment, we will ask that your two measuring days are 1-week apart. In Experiment 2, we will also ask you to

complete a short evaluation questionnaire of the two methods. This will take no longer than 5 minutes.

In both experiments, we will share the APPetite app with you either by emailing you the link or by sending it directly to your mobile phone. The latter approach will require you to share your mobile phone number with us. The pen and paper method will require us to share some paper questionnaire scales with you. These can either be emailed to you, if you have access to a printer to print them off or posted to you. The latter will require you to share your postal address with us. Your appetite ratings completed on the APPetite app will be shared directly with the Principle Investigator. We will require you to return your completed pen and paper questionnaire scales to us. These can be scanned on to a computer and emailed or posted to us. If posted, we will provide you with a stamped, addressed envelope. The evaluation questionnaire will be completed, anonymously, on the computer.

Do I have to take part?

No, participation is entirely voluntary, it is your decision whether or not to take part. If you decide to take part, you will be given this information sheet to keep and be asked to sign separate consent forms. If you decide that you do not wish to participate then please appropriately discard this information sheet. Regardless of your decision, we thank you for your time.

What happens if I want to withdraw from the study?

If you agree to participate you can withdraw your participation at any time without reason or penalty. You may choose to withdraw after you have completed the study; in this case, all of your data will be deleted.

What are the possible benefits of taking part in this study?

Participating in this study may help you to become more aware of your perceptions of appetite throughout the day.

What are the possible risks of taking part in this study?

There are no risks of harm associated with taking part in this study. You may be asked to share your telephone number and postal address with us. However, your information will be stored securely and confidentially (please see “Will my information be kept confidential?”, below).

What happens if something goes wrong?

In the unlikely event of you experiencing any problems that may be caused by this study, you should inform the lead researcher immediately (contact details are at the end of this sheet) and any issues will be addressed. Should you be harmed in any way whilst participating in this study, the University maintains clinical trial Indemnity insurance. The clinical trial indemnity insurance will only respond in the event that the University is deemed to be legally liable for incidents that occur, as a direct result of the study. If abnormal values are noted which may indicate an adverse health condition, you will be informed and asked to visit your general practitioner.

Will my information be kept confidential?

This study complies with the General Data Protection Regulation. All data will be handled confidentially, safely and securely. Data will be stored securely on the Principle Investigator’s password-protected university Google Drive and Microsoft OneDrive accounts; the Principle Investigator (Dr Adrian Holliday) will maintain and manage all data,

sharing it when necessary with chosen co-investigators, internal to Leeds Beckett University. Data will be retained electronically for ten years on a password protected computer in a locked room. Your contact details will not be recorded and stored alongside your name. You will be provided with a unique study ID code, which will be used to identify your contact details; a separate document will be used to relate your study ID code with your name. Any information that leaves Leeds Beckett University will have your personal details removed.

What will happen to the results of the study?

Once the study has been completed the study will be written up for publication in a scientific journal. The overall study findings will also be made available to you if desired.

Contact for further information

If you require further advice about this study, at any time during participation, you may contact Dr. Adrian Holliday who is the Principle Investigator.

Name: Dr. Adrian Holliday (**Principle Investigator**)
Address: Carnegie Research Institute – Sport & Exercise Science, Leeds Beckett University, Headingley Campus, Fairfax Hall 206

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If you require independent advice or information about what is involved in this study, then you may contact the relevant Local Research Ethics Coordinator.

Name: Dr Theocharis Ispoglou, Subject Research Ethics Coordinator
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Thank you for considering your participation in the study. Please retain this information letter for your records.