



## Parental/Guardian/Carer Consent for Student Participation

### Nutrition And Skills Health Initiative ("NASHI")

TRACTION is expanding its programs to include health behaviours and nutrition education.

To facilitate this, we are currently **conducting research around what our student participants would like this to look like**. All students participating in TRACTION programs are invited to participate. Researchers from The University of Queensland are assisting with this project.

Further information can be found in the attached INFORMATION STATEMENT.

Please complete the consent details below.

Name of my child	
Name of School / Referring Agency	

I give the following permissions and consents for the participant enrolling in the TRACTION program.

Please select one of the options below:

- I have read the parent information statement and I **DO** authorise my child to participate in Phase 1 of the research associated with NASHI
- I have read the parent information statement and I **DO NOT** authorise my child to participate in Phase 1 of the research associated with NASHI

Name of Parent / Guardian / Carer	
Signature	

# **Nutrition And Skills Health Initiative (NASHI)**

## **PARENT/GUARDIAN INFORMATION STATEMENT**

**Researchers:** Alanah Giles, Dr Jacqueline Walker, Dr Clare Dix, Prof Robyn Littlewood and Sandy Murdoch.

**Thank you for taking the time to read this information statement.** This information statement is 3 pages long. Please make sure you read all pages.

**Your child has been asked to participate in the research project that is explained below. Please remember it is ok to say no if you do not wish your child to take part.**

### **What is an information statement?**

These pages tell you about the research project. It explains to you all the steps and procedures involved. This information is to help you decide whether or not you would like your child to take part in the research. Please read this Information Statement carefully. You are welcome to ask questions about anything in it, the contact details of the lead researcher are provided. Feel free to talk about this project with your family, friends or health care worker.

Participation in this research project is entirely voluntary. If you do not want your child to take part, they do not have to. You can withdraw your child from the study at any time up until four weeks post data collection for any reason without explanation and there will be no penalty from staff at Traction or The University of Queensland. Withdrawal will not affect your child's participation in Traction's 'Bike Build', 'Small Engines' or 'Boom Box' program.

### **What is this research project about?**

We are building a nutrition-focused program to be implemented within Traction in 2021. This research project is looking at the preferences of students involved within the 'Bike Build', 'Small Engines' or 'Boom Box' programs to help facilitate the design of the nutrition program for 2021.

### **Why is my child being asked to participate in this research project?**

We are asking your child to participate because he/she is taking part in Traction's 'Bike Build', 'Small Engines' or 'Boom Box' program. All students involved with this program are being asked to participate.

**What are the alternatives to taking part in this project?**

There is no obligation for your child to participate in this project. Should you choose for your child to not participate, your child will have all the usual access to Traction's 'Bike Build', 'Small Engines' or 'Boom Box' program.

**What are the possible inconveniences?**

There are no associated inconveniences related to the participation in this study. Your child is not required to attend any additional appointments for the study, with both the survey and interview taking places during the Traction 'Bike Build', 'Small Engines' or 'Boom Box' program that your child is already participating in.

**What does my child need to do to be in this research project?**

To be a part of this research study, your child will need to attend Traction's 'Bike Build', 'Small Engines' or 'Boom Box' program. During the program, all students will be provided with a short questionnaire that will take less than 10 minutes to complete. Questions will be relating to food choices, food preparation and cooking, favourite meals, frequently consumed foods and preferences for the program. All students participating in the program at Traction will undertake this survey, however, only the results from those with parental/guardian and individual consent will be used.

Those students with established consent to participate in this research study will then also take part in a short, one-on-one structured interview with the lead researcher. This will be recorded and analysed at a later date. The conduction of this interview will take part during the 'Bike Build', 'Small Engines' or 'Boom Box' program and will not impact upon your child's ability to participate.

**Total time commitment**

The maximum time commitment for being involved in this research project will be less than 2 hours. This included completing the survey and partaking in the one-on-one discussion.

**How will this study benefit my child?**

This study will not directly benefit your child.

**How will this study benefit other people in the future?**

The results of this study will provide valuable information to help us develop a co-designed, nutrition focused intervention to improve health behaviours and habits in adolescents through a community-based initiative.

### **What are the risks for my child?**

There are no additional risks for participating in this study.

### **What will be done to make sure the information is confidential?**

All information and results from both the survey and interview will be treated with absolute confidentiality. Participants will only be identified by number in the resultant manuscripts, reports or publications. No names will be used. Electronic files will be stored on password-protected devices and uploaded to UQ's secure Research Data Manager (RDM), that can only be accessed by researchers directly involved in this project. Paper copies of surveys will be stored under lock and key at the School of Human Movement and Nutrition Sciences, UQ.

### **Is there any financial reimbursement?**

There is no financial reimbursement for participation in this study.

### **Freedom of Consent**

Participation in this project is entirely voluntary. You are free to withdraw consent for your child to participate before, during, or after completion of the program up until four weeks post data collection for any reason without comment or penalty. Your child may also withdraw themselves. The participation and/or withdrawal will not influence any future involvement with The University of Queensland or Traction, nor will it affect participation in current Traction programs.

### **Certain Disclosures**

Please be aware that certain disclosures by children about abuse or neglect, or any suspicion formed by the project investigators about abuse or neglect, may result in mandatory reporting obligations under children's protection legislation.

### **Inquiries**

The investigators conducting this study abide by the principles governing the ethical conduct of research and vow to protect the interests, comfort and safety of all participants at all times. Please feel free to discuss your child's participation in this study with project staff if you wish:

- Principle investigator: Miss Alanah Giles
- Email: [alanah.giles@uq.net.au](mailto:alanah.giles@uq.net.au)

"This study adheres to the Guidelines of the ethical review process of The University of Queensland and the *National Statement on Ethical Conduct in Human Research*. Whilst you are free to discuss your participation in this study with project staff (contactable at [alanah.giles@uq.net.au](mailto:alanah.giles@uq.net.au)), if you would like to speak to an officer of the University not involved in the study, you may contact the Ethics Coordinators on +617 3365 3924 / +617 3443 1656 or email [humanethics@research.uq.edu.au](mailto:humanethics@research.uq.edu.au)."