



LIVERPOOL JOHN MOORES UNIVERSITY

Participant Information Sheet for AfN Level 6 Nutrition Students

Title of Study: *Are nutrition students equipped for the food issues of the future? – The knowledge of and challenges of using sustainable diets among Association for Nutrition (AfN) nutrition students.*

School/Faculty: School of Sports Studies, Leisure and Nutrition/Nutrition and Health

Name and Contact Details and status of the Principal Investigator: Cathrine Baungaard, undergraduate Level 6, c.baungaard@2016.ljmu.ac.uk.

Name and Contact Details of the Investigators: Lucy Richardson

You are being invited to take part in a research study. Before you decide it is important for you to understand why the study is being done and what participation will involve. 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. Take time to decide whether or not you wish to take part. Thank you for reading this.

1. What is the purpose of the study?

This study is a part of a dissertation carried out by a Level 6 nutrition student. The aim of the study is to find the level of knowledge and the challenges of implementing sustainable diets by level 6 nutrition students. With the global population predicted to rise to 10 billion by 2050 and food demand inevitably increasing, nutritionists have an important and emerging role in promoting sustainable eating for the future of our planet. Nutrition students are vital change agents within their profession and understanding their perceptions of sustainable issues is vital for creating a more sustainable society.

2. Why have I been invited to participate?

You have been invited because you are a level 6 nutrition student on a course accredited by the Association for Nutrition (AfN).

3. Do I have to take part?

No. It is up to you to decide whether or not to take part. If you do decide to take part you will be given this information sheet to keep and be asked to sign a consent form. You can withdraw at any time by informing the investigators without giving a reason and without it affecting your rights/any future treatment/service you receive.

4. What will happen to me if I take part?

After signing the consent form, you will be given an online survey. This will take around 15 minutes to complete. Following the completion of the survey you will be asked if you want to participate in a short one-on-one interview either face-to-face or Skype. Participants who agree to an interview will be randomly selected and notified.

5. Will I be recorded and how will the recorded media be used?

The audio and/or video recordings of your activities made during this study will be used only for analysis and for illustration in conference presentations and lectures. No other use will be made

of them without your written permission, and no one outside the project will be allowed access to the original recordings.

Interviews will be audio recorded on a password protected audio recording device and as soon as possible the recording will be transferred to secure storage and deleted from the recording device.

6. What are the possible disadvantages and risks of taking part?

There are no risks involved with participating in this study.

7. What are the possible benefits of taking part?

Whilst there will be no direct benefits to you for taking part in the study, it is hoped that this work will help to inform the Association for Nutrition (AfN) on nutrition students' awareness and knowledge of sustainable diets and potentially lead to sustainable principles becoming more integrated into nutrition curriculum.

8. What will happen to the data provided and how will my taking part in this project be kept confidential?

The information you provide as part of the study is the **research study data**. Any research study data from which you can be identified (e.g. audio recording) is known as **personal data**.

Personal data does not include data that cannot be identified to an individual (e.g. data collected anonymously or where identifiers have been removed).

Personal data will be stored confidentially for as long as it is necessary to verify and defend, when required, the process and outcomes of research. Personal data will be accessible to the principle investigator and the supervisor. Personal data collected from you will be recorded using a linked code – the link from the code to your identity will be stored securely and separately from the coded data. No one will know you have taken part in the one-on-one interviews. You will also not be named in any reports or publications. Pseudonyms will be used in transcripts and reports to help protect your identity and organisations unless you tell us you would like to be attributed to information/direct quotes.

Anonymised data might be used for additional or subsequent research studies and we might share anonymised data with other investigators (e.g. in online databases). All personal information that could identify you will be removed or changed before information is shared with other researchers or results are made public.

9. Limits to confidentiality

Please note that confidentiality may not be guaranteed; for example, due to the limited size of the participant sample, the position of the participant or information included in reports, participants might be indirectly identifiable in transcripts and reports. The investigator will work with the participant in an attempt to minimise and manage the potential for indirect identification of participants.

10. What will happen to the results of the research project?

The investigator intends to complete a dissertation to satisfy their degree programme.

11. Who is organising and the study?

This study is organised by Liverpool John Moores University.

12. Who has reviewed this study?

This study has been reviewed by, and received ethics clearance through, the Liverpool John Moores University Research Ethics Committee.

13. What if something goes wrong?

If you have a concern about any aspect of this study, please contact the relevant investigator who will do their best to answer your query. The researcher should acknowledge your concern within 10 working days and give you an indication of how they intend to deal with it. If you wish to make a complaint, please contact the chair of the Liverpool John Moores University Research Ethics Committee (researchethics@ljmu.ac.uk) and your communication will be re-directed to an independent person as appropriate.

14. Data Protection Notice

The data controller for this study will be Liverpool John Moores University (LJMU). The LJMU Data Protection Office provides oversight of LJMU activities involving the processing of personal data, and can be contacted at secretariat@ljmu.ac.uk. This means that we are responsible for looking after your information and using it properly. LJMU's Data Protection Officer can also be contacted at secretariat@ljmu.ac.uk. The University will process your personal data for the purpose of research. Research is a task that we perform in the public interest.

Your rights to access, change or move your information are limited, as we need to manage your information in specific ways in order for the research to be reliable and accurate. If you withdraw from the study, we will keep the information about you that we have already obtained. You can find out more about how we use your information by contacting secretariat@ljmu.ac.uk.

If you are concerned about how your personal data is being processed, please contact LJMU in the first instance at secretariat@ljmu.ac.uk. If you remain unsatisfied, you may wish to contact the Information Commissioner's Office (ICO). Contact details, and details of data subject rights, are available on the ICO website at: <https://ico.org.uk/for-organisations/data-protection-reform/overview-of-the-gdpr/individuals-rights/>

16. Contact for further information

Cathrine Baungaard, c.baungaard@2016.ljmu.ac.uk.

Thank you for reading this information sheet and for considering to take part in this study.