

Consent Form for the 2022 Survey of the Eating and Activity over Time Study

Investigative Team Information: Dr. Dianne Neumark-Sztainer

For questions about the research study, online survey, research results, or other concerns, please contact the study team using the information below.

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Information about Research and this Study: The goal of research is to learn new information in order to help people in the future. Investigators learn information by following the same plan and asking the same questions to a number of participants, so they do not usually make changes to the plan for individual research participants. You, as an individual, may or may not be helped by volunteering for a research study.

What should I know about a research study?

- Whether or not you take part is up to you.
- You can choose not to take part.
- You can agree to take part and later change your mind.
- Your decision will not be held against you.
- You can ask all the questions you want and someone will explain the study to you before you need to decide.

Why is this study being done?

The purpose of the Eating and Activity over Time (EAT) studies is to learn more about how eating attitudes and behaviors, physical activity patterns, weight control attitudes and behaviors, and emotional well-being might change from the teenage years to adulthood, and the types of factors that influence this change over time. Our 2022 survey is focused on learning about how unpredictable world events, discrimination, food insecurity, coping strategies, and different forms of social interaction may influence your health. Responses to the survey will be used to inform policies, programs, and services for helping young people to maintain good health throughout the course and aftermath of challenging life events.

How long will the research last?

We expect that completing the EAT 2022 survey will take you about 60 minutes.

What will I need to do to participate?

You will be asked to do the following as part of the survey:

- (1) Update your contact information
- (2) Answer the EAT 2022 survey questions about your eating, activity, mood, coping strategies, experiences of discrimination, and access to food.
- (3) Decide if you are interested in joining the EAT study's Facebook group

Is there any way that being in this study could help me or be bad for me?

The study has no direct benefits to you. There are minimal risks related to study participation. You may find some of the questions to be sensitive or uncomfortable to answer. You will be compensated for participating regardless of whether you answer every survey question or decide to join the Facebook group.

How will I be compensated for helping with this study?

If you update your contact information and the complete EAT 2022 survey, you will receive an Amazon gift card for \$100.

If you are invited to complete a second similar survey within the next 2-3 weeks and choose to respond, we will give you an additional \$100 gift card.

What happens if I do not want to be in this research?

Your decision whether or not to participate will not affect your current or future relationship with the University of Minnesota. If you decide to participate, you are also free to withdraw at any time without influencing those relationships.

Who should I contact if I have questions?

If you have questions at any point before or after completing this study, you may contact the Project EAT office at 612-625-9443 or 1-800-555-6466. If you have questions or concerns regarding this study and would like to talk to someone other than the investigators, contact the Research Participants' Advocate Line, 350-2 McNamara, 200 Oak Street Southeast, Minneapolis, Minnesota 55414; telephone 612-625-1650 (toll free: 1-888-224-8636).

Will my information be kept private?

The records of this study will be kept private. In any sort of report we might publish, we will not include any information that will make it possible to identify a participant. Research records will be kept in a secure file; only researchers will have access to the records. Your name will not be used to identify your survey; this information will be identified only by number. The master list linking names and study numbers will be kept in a separate secure file.

How do I let the investigators know what I decide?

If you wish to participate in the EAT 2022 survey, simply fill out and submit the survey. By submitting the survey, you are indicating your consent to participate in this study.