

## PLAIN LANGUAGE STATEMENT AND CONSENT FORM



**TO:** Participant

### Plain Language Statement

**Date:** 01/05/2018

**Full Project Title:** Carbohydrate Taste and Satiety

**Principal Researcher:** Professor Russell Keast

**Associate Researcher:** Simone Lewin, Uracha Wanich and Natwalinkhol (Jip) Settapramote

On behalf of Deakin University we would like to invite you to participate in a research project investigating the possible association between carbohydrate intake, carbohydrate sensitivity and carbohydrate satiety (feeling of fullness). This study will investigate whether carbohydrate intake has an effect on satiety and if this can be linked to carbohydrate sensitivity.

You will be asked to attend five separate laboratory sessions over a 6 month period, located at the Centre for Advanced Sensory Science (CASS), Deakin University in Burwood.

To participate in this study you must be:

- 18-55 years of age
- A non-smoker
- Have no known allergies
- Currently not pregnant or planning a pregnancy within the 6 month duration of the study
- Capable of fasting overnight

Participation in the project will also involve completion of dietary information, including a diet diary and standard CASS questionnaires surrounding your dietary habits.

In laboratory session 1, you will be required to taste carbohydrate solutions to determine carbohydrate sensitivity. General anthropometric measurements will be measured including your height, weight, waist and hip circumference. For session 1 and 5 you will be required to attend the CASS Deakin laboratory in the morning for a maximum time of 2 hours. Your first study appointment will be arranged with a CASS researcher.

Laboratory session 2-4 will start at 6pm where you will be asked to consume a standardised (pre-determined) meal for dinner. You will be informed of what to eat by a CASS researcher. You will be instructed to not eat after 8pm. The following day you will be asked to attend the Centre for Advanced Sensory Science at 7am where your taste sensitivity will be measured multiple times throughout the morning.

In these sessions you will be asked to consume a range of carbohydrate shakes comprised of different carbohydrate sources. You will leave the lab at 8am and be asked to return at 11:30am where your taste sensitivity will be assessed again. At 12pm you will be provided with a buffet lunch. After the meal, you will be asked to complete some questionnaires regarding how hungry you are.

Session 5 will follow the same procedure as session 1.

If you participate in this study we cannot guarantee any direct benefits and there are no foreseeable risks. This project is funded by the Centre for Advanced Sensory science, Deakin University.

As reimbursement for your participation in the study, you will be provided with a \$50 AUD Coles Myer or Woolworths gift voucher after the completion of the study.

You will receive a coded study-ID which will be used for data collection and storage. Your consent form will be the only document with identifiable data, which will be stored securely and separately from the rest of the study data. Data collected will be stored securely for 6 years after the final publication of the research outcome and thereafter will be destroyed in a secure manner.

The outcomes from this research project will be presented at national and international conferences, submitted for consideration for publication in peer reviewed nutrition and food journals and links to resulting publications will be publicised through the researchers' social media profiles. In any publication, information will be provided in such a way that you cannot be identified. Confidentiality will be maintained as only group means will be reported and no participants will be mentioned by name.

A summary of the project findings (PDF) will be available to you on request, via email or post. To request a summary of the results, please email Simone Lewin ([simone.lewin@deakin.edu.au](mailto:simone.lewin@deakin.edu.au)).

It is important to note that you are in no way obliged to participate in this research, and participation is entirely voluntary. If, at any stage, you do not wish to continue, you will be able to withdraw from the study, including any personal collected data, with no repercussions.

You can withdraw from the project by completing the Withdrawal of Consent form (attached) and sending it to Simone Lewin ([simone.lewin@deakin.edu.au](mailto:simone.lewin@deakin.edu.au)).

Once you understand what the project is about and if you agree to take part in it, you will be asked to provide consent by signing the Consent Form (attached). This is to be returned to Simone Lewin ([simone.lewin@deakin.edu.au](mailto:simone.lewin@deakin.edu.au)) prior to commencing your first laboratory session. By providing consent, you indicate that you understand the information and that you agree to participate in this research project.

**For more information, please do not hesitate to contact Simone Lewin on (03) 924 68 568 or via email [simone.lewin@deakin.edu.au](mailto:simone.lewin@deakin.edu.au).**

### **Complaints**

If you have any complaints about any aspect of the project, the way it is being conducted or any questions about your rights as a research participant, then you may contact:

The Manager, Ethics and Biosafety, Deakin University, 221 Burwood Highway, Burwood Victoria 3125, Telephone: 9251 7129, [research-ethics@deakin.edu.au](mailto:research-ethics@deakin.edu.au)

Please quote project number HEAG-H 44\_2018.



## PLAIN LANGUAGE STATEMENT AND CONSENT FORM

TO: Participant

**Consent Form**

**Date:**

**Full Project Title:** Carbohydrate taste and sensitivity

**Reference Number:**

---

I have read and I understand the attached Plain Language Statement.

I freely agree to participate in this project according to the conditions in the Plain Language Statement.

I have been given a copy of the Plain Language Statement and Consent Form to keep.

The researcher has agreed not to reveal my identity and personal details, including where information about this project is published, or presented in any public form.

Participant's Name (printed) .....

Signature ..... Date .....



## PLAIN LANGUAGE STATEMENT AND CONSENT FORM

TO: Participant

<b>Withdrawal of Consent Form</b>
-----------------------------------

*(To be used for participants who wish to withdraw from the project)*

**Date:**

**Full Project Title:** Carbohydrate taste and sensitivity

**Reference Number:**

---

I hereby wish to WITHDRAW my consent to participate in the above research project and understand that such withdrawal WILL NOT jeopardise my relationship with Deakin University.

Participant's Name (printed) .....

Signature ..... Date .....

**Please mail or fax this form to:**

Simone Lewin  
School of Exercise and Nutrition Sciences  
Deakin University  
221 Burwood Hwy, Burwood, 3125  
VIC, AUSTRALIA

Or [cass@deakin.edu.au](mailto:cass@deakin.edu.au)