**Consent Form**

[THIS INFORMATION WILL BE HELD FOR A PERIOD OF SIX YEARS]

**Project title:** Probiotic Reduction of Exam Stress in Students (PRESS) trial

**Researchers:** Rebecca Slykerman, Edwin Mitchell

**Contact email:** [r.slykerman@auckland.ac.nz](mailto:r.slykerman@auckland.ac.nz)

**Declaration by the participant:**

I have read and understood the ***Participant information sheet*** about the PRESS study carried out by researchers from The University of Auckland. The research process has clearly been explained to me and I understand my involvement in the study. I know I can contact the researcher on [r.slykerman@auckland.ac.nz](mailto:r.slykerman@auckland.ac.nz) to discuss this study and ask any questions.

**During the study:**

I agree to take part in this research

I know who I can contact if I have any concerns about this study

I understand that I will be asked to take a capsule containing either probiotic or placebo up until I sit the exam.

I understand that taking part in this study is voluntary and I can withdraw my consent at any time without giving reason

I understand that my participation or non-participation in this research will not affect my grades or my relationship with the university

I understand that the researchers will not use any information I have given them in a way that could identify me when data is published

I understand that I will receive a probiotic supplement or placebo and that neither the researcher or I will know which group I am in

I understand that findings of this research may be disseminated at seminars, guest lectures, and peer reviewed journal publications. I understand that my personal information will not be used in these presentations.

I give permission for the researchers to access a copy of my unofficial academic transcript from student records at the end of Semester 1 Y/N

**I would like to receive an email summary of findings**

**Y/N**