**Informed Consent Form**

**Title of Study:**

Effectiveness of Psycho-education on Healthy Dietary Behavior and Mental Health of University Students: An Interventional Study

**Purpose Of Study:**

The current study aimed to determine the prevalence of psychological distress in university students through questionnaire. The aims and objective of this study are to determine the role of nutrition in psychological distress and test the casual relationships whether or not dietary change can improve mental health wellbeing and self-esteem in people with such condition.

**Consent:**

I have read and understand the provided information and have had the opportunity to ask questions. I understand that my participation is voluntary and that I am free to withdraw at any time, without giving a reason and without cost. I Agree with the information given above is correct to the best of my knowledge and I am giving consent to utilize it for research purposes.

Participant's signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_