



Ethics Committee Participant Information Sheet

Project reference number: 9237

Title of Project: Student perceptions on whether home delivery food boxes can increase cooking confidence and improve healthy eating. Cross-sectional focus group

This project was stimulated by previous research investigating reasons for the decline in meals cooked from scratch in the home. We want to find out your views on the potential for food delivery boxes to improve cooking confidence and cooking skills. We want to find this out in order to help develop future research.

- This is an invitation to you to join the study, and to let you know what this would involve. The study is being organised by Hayley Carter, a 2nd year BSc (Hons) Human Nutrition & Dietetics student at Cardiff Metropolitan University
- If you want to find out more about the project, or if you need more information to help you make a decision about joining in, please contact the study supervisor Shirley Hinde (contact details below).

Your Participation in the Research Project:

Why you have been asked

We are asking students from the BSc (Hons) Human Nutrition & Dietetics degree to take part. Please note there are no direct benefits to you for taking part.

What happens if you want to change your mind?

If you decide to join the study you can change your mind and withdraw up to a period of two weeks after the practical session/data collection by contacting the researcher.

What would happen if you join the study?

If you agree to join the study, then we will ask you to take part in a group cooking session, using a home delivery food box menu. All ingredients and necessary equipment is provided and the practical will take place in the kitchen of the Food Industry Centre, Cardiff Metropolitan University, at a set date and time. We anticipate the practical session will take about 1 hour to complete. After preparing and cooking the meal you will be asked to sample the food and participate in a recorded discussion with the rest of the group about the process you have experienced. We expect the recorded session to last approximately 20-30 minutes.

Are there any risks or special precautions needed?

We do not think there are any significant risks if you take part in the study and no special precautions are applicable.

What happens to the results of this study?

Hayley Carter will be responsible for inputting all data into a word document and producing a typed transcript of the discussion, and thereafter stored on a password-secure computer. Each participant will be allocated a code, to ensure anonymity. Data will be analysed to see if there are any patterns / themes between participant views and perceptions. We will then look to see if there are suggested links between home food delivery boxes and increased cooking confidence and increased healthy eating practices.

How we protect your privacy:

Everyone working on the study will respect your privacy. All views and perceptions are treated with complete confidentiality. All data information is coded to ensure anonymity. Personal details collected are restricted to those on the consent forms. The completed consent forms are scanned and stored on a password-secure computer device. Data is destroyed once the research is completed and the University exam board has reviewed the final work.

Contact Details:

[Redacted contact details]



Cardiff
Metropolitan
University

Prifysgol
Metropolitan
Caerdydd

PARTICIPANT CONSENT FORM

Reference Number:

Participant name or Study ID Number: 9237

Title of Project: Student perceptions on whether home delivery food boxes can increase cooking confidence and improve healthy eating.

Name of Researcher: [REDACTED]

Participant to complete this section:

Please initial each box.

1. I confirm that I have read and understand the information sheet for the above study. I have had the opportunity to consider the information, ask questions and have had these answered satisfactorily.
2. I understand that my participation is voluntary and that I am free to withdraw for up to 2 weeks following data collection, without giving any reason.
3. I agree to take part in the above study.
4. I agree to the interview/focus group/consultation being audio recorded
5. I agree to the use of anonymised quotes in publications

Signature of Participant

Date

Name of person taking consent

Date

Signature of person taking consent

** When completed, 1 copy for participant & 1 copy for researcher site file*