

Consent form model

Informed Consent form for participants taking part in the '*Food for Thought*' study

Food for thought: Assessing the effect of diet and dietary advice on cognitive function in older people at risk

This is a multi-centre study being conducted by the School of Medicine and the School of Psychology at the University of Wollongong (UOW), the School Psychiatry at the University of New South Wales (UNSW) and the Neuroscience Research Australia (NeuRA) Institute, in collaboration with the Illawarra Shoalhaven Local Health District (ISLHD) and the South Eastern Sydney Local Health District (SESLHD). This research will also form a component of the thesis as a course requirement for a higher degree research student, completing a Doctor of Philosophy, and a component of a project for an honours student, completing Bachelor of Nutrition and Dietetics (Honours). This research is funded by the Dementia Centre for Research Collaboration under the World Class Research Project Grant funding scheme.

The researchers are:

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I understand that:

- My participation in this research is voluntary, and I am free to refuse to participate and free to withdraw from the research at any time. I understand that refusing to participate or withdrawing my consent will not affect my treatment or my relationship with the University of Wollongong, the Illawarra Shoalhaven Local Health District, or the Illawarra Health and Medical Research Institute in any way.
- I have read the participant information sheet for the '*Food for thought*' study, I understand what is required of me and I am aware of the associated risks/inconveniences as outlined in the participant information sheet.
- I have been given the opportunity to discuss this study with the researchers and to ask them any questions.
- Data collected from this study will be used in journal publications, presented in seminars, and form a component of the thesis of a higher degree research student and an honours student. I understand that all data will be de-identified in any published results to maintain the confidentiality of all participants.
- This study will run for a duration of 6 months.
- I will be required to attend the study facility on 3 different occasions (2.5 hours per visit) for pre and post testings.
- The blood samples will be collected at the 3 visits. The faecal sample will be collected at the 1st and 2nd visit.
- Non-invasive vascular tests will be performed in my forearm under special light/ultrasound for 25-40 minutes. This will be repeated after a blood pressure cuff (as used by your GP) is inflated and then release.
- If I have any concerns or complaints regarding the way the research has been conducted, I can contact the UOW Ethics Officer, on (02) 4221 3386 or email rso-ethics@uow.edu.au and quote study number HE2017/581

CONSENT:

Please tick the boxes to provide your consent

I consent to the following at each appointment and afterwards:

- Consume the supplementation product or follow the diet/dietary advice for 6 months;
- Provide blood and a faecal swab during the test sessions;
- Have my weight, height and blood pressure measured;
- Complete tests of memory and mental functioning;
- Complete non-invasive vascular tests performed in my forearm;
- Complete a food record through a computer-based app (assisted by a researcher) before the first visit and third visit of the study;

OPTIONAL:

I also agree to being contacted for future studies that are planned for people with memory problems, or if the research team conducts a follow-up study

(Please note this is optional. If you do not agree to this you will not be excluded you the current study).

By signing below, I acknowledge that I have read and understand the participation information sheet and this informed consent

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Name (please print)

.....

Signature (Participant)

...../...../.....

Date

If you would like to discuss this research further, please do not hesitate to contact Karen Charlton on (02) 4221 4754. If you have any enquiries regarding the conduct of the research, please contact the Secretary of the UOW Human Research Ethics Committee on (02) 42213386 and quote study number 2021/ETH12083.