Information Folder

Subject information for participation
in scientific research

Study:
Research to explore the effects, reason for use and perceptions of consumers using nasal products with energising properties.

Introduction

Dear Sir/Madam,

You are kindly requested to take part in a scientific study. Your participation is voluntary, and if you choose to participate, we will ask for your written consent. We will explain the study and what your participation involves to help you make an informed decision. Please take your time to read this information carefully. Should you have any questions or need further clarification, do not hesitate to ask our investigator. If desired, you can also discuss this with your partner, friends, or family.

This study is carried out by the Division of Human Nutrition and Health at Wageningen University. The WUR Research Ethics Committee for non-medical studies involving human subjects (WUR-REC) has granted approval for this study.

1. What is the purpose of the study?

This research is a collaboration with National Institute for Public Health and the Environment (RIVM). We are interested in understanding the effects, reason for use and perceptions of consumers using nasal products with energising properties (You can think of diffusers, nasal sticks, sniffing powders or smelling salts that are promises boosting energy). To achieve our study aim, we will have an interview with the user of these products.

2. What does my participation involve?

If you are interested in joining our study, we will first send you a questionnaire to determine your eligibility to participate. If you are eligible, we will ask you to sign an informed consent.

After you consented to participate, the researcher will send you a short questionnaire which gathers data about your demographic and health information, and your availability for the interview session.

Interview (one session)

- You will participate in an interview session (online or in person depending on your location), lasting a total of a maximum of an hour depending on your availability. We will audio record the session to be able to fully transcribe it.
- We aim to understand your experience with the product so please give your honest opinion or experience to each question.

Summary:

- The study consists of a short questionnaire (max of 10 minutes) and an interview session (approximately 1 hour).
- Overall, your commitment will amount maximum of 1 hour and 10 minutes.

3. What are the reasons for not being able to participate?

To be eligible for this study, you must:

- Be between the ages of 18 and 55 on the day of inclusion.
- Be able to understand and communicate in English (self-report).

- Be the consumer (current/former, habitual/occasional) of the study products. If you are unsure whether the product you use falls into the study products, please check with the researcher.

Otherwise, we cannot offer you a place in the study.

Your commitments:

In order to perform the study it is important that you agree to the following points:

- Be truthful during the interview.
- Attend the scheduled sessions or notify us in advance if you cannot (preferably one week prior).

Important Notes:

Please contact the lead researchers if:

- You decide to withdraw from the study.
- Your contact details change (e.g., email address) until you have the interview session.

4. Are there any benefits or risks for participating?

While there are no direct personal benefits from participating in this study, your involvement will contribute significantly to enhancing public health knowledge. In return for your time and effort, you will receive (€15). We do not anticipate any discomfort during the study, as we are asking about your experience with the product that you are familiar.

5. What if I no longer want to participate?

Your decision to participate in this study is entirely voluntary. You have the freedom to choose whether or not you would like to be a part of the study. If you choose to join, you have the right to withdraw from the study at any point in time without facing any consequences. While you are not obligated to provide a reason for your withdrawal, we kindly request that you inform the lead researcher promptly. Upon notification, any data pertaining to you will be destroyed. If there are any updates or new information about the study that might be relevant to you, the investigator will let you know. You will then be asked to reaffirm your decision to continue participating.

6. When will the study be ended?

Your involvement in the study concludes under the following circumstances:

- You have attended the interview session as outlined in section 2.
- You decide to withdraw from the study.
- The study is ceased by either Wageningen University or government authorities.

The overall study will be considered complete once every participant has finished their respective sessions.

7. What happens after the study be ended?

Once the study is completed, we will analyse the results and may be published in academic journals or presented at conferences. Your individual responses and audio recording will remain confidential, and your responses will be combined with the responses of other participants for analysis. If you are interested in learning about the findings, you may contact the coordinating investigators. You can expect this information approximately a year after your participation has ended.

8. How will my personal data be handled?

For this study, it is necessary to collect personal data (for example your names, and contact details) and audio recordings, but all your data will be held securely and strictly confidential. The electronic form of the data will be stored on a password-protected digital database on an intern network. The password is only known by the investigators.

You will receive a unique code (ID) that will be marked on the questionnaire pack, interview transcripts and audio recordings. This ensures that your personal identification remains confidential. The code-to-identity link will be stored separately and will only be accessible to the research coordinator and project leaders. The investigator (s) who is involved in this research from RIVM will have access to all personal and research data (including the audio recordings). The (other) researchers who will work with the data will not be able to link the research data to your personal data.

All personal data will be kept for 10 years after the end of the study. After this period, the links (codes) connecting your identity to the research data will be permanently destroyed. Consequently, it will be impossible to trace any of

the research data back to you. No personal identifiers (including audio recordings) will be included in any publications stemming from this study.
We plan to make the other research data available for potential reuse in future research, other research areas and/or by other scientists. When we share the data for this purpose, we will do this in a way that no information can be traced back to you.

By signing the provided consent form, you grant permission for the collection, storage, and access of your personal data and audio recordings in line with the procedures outlined above.

9. Compensation for participation

When you complete the interview, you will receive €15 to compensate your time and effort. Please note that if you choose to stop before the study is over, you will not receive the gift card.

10. Any questions?

If you have any questions or concerns about the study, please contact the study team (pac.study@wur.nl) or principal investigator dr. Beyza Ustun Elayan (beyza.ustun@wur.nl). Any ethical concerns about the study may also be directed to Jacoline van der Zijden / to Professor Moore, Chair of the WUR Research Ethics Committee at rec@wur.nl.

Research Team
- Dr. Beyza Ustun-Elayan
- Irma Cox (MSc student)
- Assist. Prof. Dr. Marlou Lasschuijt
- Dr. Charlotte Pauwels (RIVM)

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10. Signing the consent form

When you have had sufficient time for reflection, you will be asked to decide on participation in this study. If you give permission, we will ask you to confirm this in writing on the appended consent form. By your written

permission you indicate that you have understood the details of the study and are willing to participate voluntarily. The signed form will be kept by the study investigator. For your records, you will get a copy of this consent form. Thank you for your attention.