

Subject information for participation in a scientific study

TEMPO 5 study

Which taste and textures do you perceive while eating sausage, cheese, yogurt and bread?

Dear Sir/Madam,

You are being asked to take part in a scientific study. Participation is voluntary. In order to participate your written consent is required. Before you decide whether you want to take part in this study, you will be given an explanation about what the study involves. Please take your time to read this information and ask the investigator if you have any questions. You can also discuss it with your partner, friends or family.

For this study, 140 participants are required. This study is conducted by the department of Human Nutrition and Health at Wageningen University.



1. Purpose of the study

The purpose of this study is to investigate dynamic taste and texture characteristics of drink yogurt, bread, cheese and sausage. Moreover, with this study we will try to better understand taste perceptions and how we can improve our measurement methods to measure taste experiences of consumers.

2. What participation involves

This research will be conducted in February-March 2020. Sessions will be scheduled on 17, 18, 19, 20, 24, 26, 27 and 28 of February and 2 and 3 March. For this study, you will come 4 times to the Restaurant of the Future (Impulse building 115) to participate in a tasting session of maximum 30 minutes. Test sessions will be scheduled between 13.00-17.00 hrs.

If you decide to participate in this research, you can sign the informed consent (see appendix of this brochure) and fill out an inclusion questionnaire. You will be selected to participate in this study based on the outcomes of this inclusion questionnaire and your availability to participate in this study.

During the test sessions you will taste sausage (1 piece), cheese (5 cubes), drink yogurt (200 ml) and bread (1 piece). Each test session you will evaluate one of the products on its taste and texture characteristics. You will evaluate the first, middle and last bite/sip of consumption using a dynamic sensory method which allows you to indicate the taste/texture characteristics at each moment in time during consumption. After that, you will indicate your liking of the product.

It is important that you do not eat or drink (with the exception of water) for a minimum of 1 hour before the test sessions.

To not influence your taste perceptions, it is required that you do not eat or drink (with exception of water) for a minimum of 1 hour before the start of the test sessions. Moreover, it is important that you do not use strongly scented products, such as perfumes or hand lotions etc.

3. What will be expected of you

We are looking for men and women who consume at least once a week (drink) yogurt, cheese, bread and once every two weeks sausage. To run the study smoothly, it is important that you adhere to the following agreements.

You can participate in this study if you agree with the following inclusion criteria:

- Age between 18-65 years
- Familiar with using computers
- Healthy (self-reported)
- BMI between 18.5-27.0 kg/m², for calculations, see instructions
- Normal ability to taste and smell
- Consume at least once a week cheese, (drink) yogurt and bread, and consume at least once every two weeks sausage
- No aversion, allergy or intolerance for lactose, milk, gluten, nuts or seeds
- You are not vegetarian or vegan
- Not pregnant or lactating
- Do not use medication that may affect the function of taste/smell
- Do not work at the Division of Human Nutrition
- Are currently not working on thesis or internship in chair group Sensory Science and Eating Behaviour

Body Mass Index

You can calculate your BMI by dividing your bodyweight (in kg) by your length (in m) squared.

For example, someone with a weight of 65 kg and a length of 1,70 meter has a BMI of:

$$\frac{\text{weight}}{\text{length} \times \text{length}} = \frac{65}{1,70 \times 1,70} = 22,5\text{kg/m}^2$$

It is important to contact the researcher if:

- You no longer want to participate in this research
- Your contact details change
- You are feeling sick, have a cold or are suffering of hay fever before the start of a test session

4. Possible risks, pros and cons

This research includes commercial products that are available in each regular supermarket. Therefore, we do not foresee any risks or negative effects of the consumption of our test products.

You will not personally receive any advantages or disadvantages from taking part in this study. Your participation will contribute to more knowledge about how we can best measure the sensory perception of food products of consumers.

Participating in this study will take in total 2 hours of your time, spread over 4 test sessions.

5. If you do not want to participate, or would like to stop participating in the study

You decide for yourself whether you want to participate in the study. Participation is voluntary. If you do participate, you can always change your mind and stop, even during the study. You do not have to state why you are stopping. However, you should immediately inform the investigator. The data obtained thus far will be used for the study. If there is any new information about the study that is important for you, the investigator will inform you of this. You will then be asked if you wish to continue your participation.

6. End of the study

Your participation in the study ends when:

- You personally choose to stop
- The end of the study has been reached
- The investigator finds that it is better for you to stop
- Wageningen University or the government decide to stop the study

The entire study ends when all participants are finished. After processing all the data, the investigator will inform you about the most important outcomes of the study. This happens approximately one year after your participation.

7. Use and storage of your data

For this study, your personal data will be collected, used and stored. It involves information such as your name, address, date of birth and data about your health, weight and length. The collection, use and storage of your data is required to answer the questions asked in this study and to be able to publish the results. We ask your consent for the use of your data.

Confidentiality of your data

To protect your privacy, your data will receive a code. Your name and other information that could directly identify you are therefore omitted. This information can only identify you with the key. The key to the code will be stored securely in the local research facility. The data that is sent to the sponsor only contain a code, but not your name or other data that can identify you. In reports or publications about the study, the data will also not be identifiable.

Access to your data for review

Some individuals may have full access to your data at the study site. Also to the data without a code. This is needed in order to check whether the study is performed properly and reliably. Individuals who have access to your data for review are national and international regulatory authorities, for example a controller that works for the NWO or hired by NWO.

Retention period of data

Your data must be stored for 15 years at the study site and at the sponsor.

Withdrawal of consent

You can always withdraw your consent for the use of your personal data. This applies for this study. The study data that has been collected until the time you withdraw your consent will still be used in the study.

More information about your rights concerning the processing of data

For general information about your rights concerning the processing of your personal data, please consult the website of the Dutch Data Protection Authority. If you have any questions about your rights, please contact the person responsible for the processing of your personal data. For this study it is: Eveline Waterham, Wageningen University & Research. See Appendix A for contact information and website.

If you have any questions or complaints regarding the processing of your personal information, we recommend that you contact the study site. You can also contact the Dutch Data Protection Authority. See Appendix A for contact information and website.

8. Insurance for subjects

This research includes commercial products that are available in each regular supermarket. Therefore, we do not foresee any risks or negative effects of the consumption of our test products. If you take part in the study, you will not incur any additional risks. The Wageningen University, therefore, is not required to take out additional insurances.

9. Compensation for participation

At the end of the last test session you will receive an expense allowance (including travel related costs) of €40,00. This is indicated to the Dutch tax administration as income. If you stop before the study ends, you will receive a lower reimbursement.

10. Do you have any questions?

If you have any questions, please contact the investigator/research team: tempo.studie@wur.nl. All data can be found in Appendix A: Contact information.

11. Signing of informed consent form

When you have had a sufficient reflection period, you will be asked to decide about participation in this study. If you consent, you will be asked to confirm this on the corresponding consent form, in writing. With your written consent, you indicate that you have understood the information and agree to participate in the study. Both you and the investigator will receive a signed version of this consent form.

Thank you for your attention.

16. Appendices with this information

- A. Contact details
- B. Consent form

Bijlage A: Contact details

Research team:

Roelien van Bommel, MSc

Dr. Markus Stieger

Dr. Gerry Jager

Investigator/contact person:

Roelien van Bommel

Department of Human Nutrition & Health, Wageningen University

Phone: 0317 480759/ 06 51745589

E-mail: tempo.studie@wur.nl

Website: <http://voedingsonderzoek.wur.nl/tempo5/>

Research facility:

Department of Human Nutrition & Health, Wageningen University

Helix, building 124

Stippeneng 4, 6708 WE Wageningen

Address:

TEMPO 5 studie t.a.v. Roelien van Bommel

Department of Human Nutrition & Health

P.O. box 17, 6708 WE Wageningen

Website Dutch Data Protection Authority: www.autoriteitpersoonsgegevens.nl

Questions regarding the processing of your personal information:

Frans Pingen

E-mail: Privacy@wur.nl

Complains regarding the processing of your personal information:

Department of Human Nutrition & Health, Wageningen University

Stippeneng 4 (building 124, Helix), 6708 WE Wageningen

E-mail: eveline.waterham@wur.nl

Appendix B: Consent form subject – TEMPO 5 study

- I have read the information letter. I was also able to ask questions. My questions have been answered sufficiently. I have had enough time to decide whether or not to participate.
- I understand that participation is voluntary. I also know that I may decide at any time to not participate or to stop participating in the study. Without having to provide any reason.
- I know that for study monitoring purposes some individuals could have access to all my data. Those people are listed in this information letter. I consent to that access by these persons.
- I give consent to collect and use my personal data for the purposes described in the information brochure.

- **I want to participate in this study.**

Name of subject:

Signature:

Date : __ / __ / __

I certify that I have fully informed this subject about the said study.

If information becomes know during this study that could influence the consent of the subject, I will inform him/her of this on time.

Name investigator (or his/her representative):

Signature:

Date: __ / __ / __

The subject will receive a complete information letter, together with a signed version of the informed consent form.