C P R

STUDY

Information Brochure for participation in the COPRO Study

The COPRO Study

Introduction

Dear Sir/Madam,

You are asked to take part in a study. The COPRO study will take place at the Division of Human Nutrition & Health of Wageningen University & Research from 13 May to 19 July 2019. The study consists of two test sessions, totalling approximately 90 minutes.

Participation is voluntary. Participation requires your written consent. Before you decide whether you want to participate in this study, you will be given an explanation about what the study involves. Please read this information carefully and ask the investigator for an explanation if you have any questions.

1. General information

This study is being carried out by the Division of Human Nutrition & Health of Wageningen University & Research. For this study, 60 individuals are required.

IMPORTANT are the following criteria:

1. You ARE ABLE to join this study if you:

- Are a male or female Wageningen University student (Bachelor to PhD)
- Are 18 – 35 years of age
- Speak and understand English
- Have a BMI between 18.5 – 30 kg/m^2 (BMI = weight (in *kg*)/ height^2 (in *m*))
- Are healthy at the time of study (self-reported; not on medication except for paracetamol or oral contraceptives)
- Are **unfamiliar** with the Jumbo supermarket in Wageningen (i.e. do **not** regularly grocery shop there, and **did not** visit the store in the last month)

2. You ARE UNABLE to join this study if you:

- Have any dietary restrictions towards specific foods, self-imposed or otherwise (e.g. meat, dairy, gluten, nuts, fruits, or vegetables)
- Have a history of eating or psychiatric disorders
- Participated in any of our previous studies (FOLO Study: October-December 2017; VOGEL Study: April-July 2018)

If you are unsure of any of the above criteria, please contact us for clarification.

2. Purpose of the study

The prevalence of overweight and obesity is a growing concern. In the COPRO study, we aim to investigate how individuals perceive and cognitively process foods typically found in the modern food environment. With this knowledge, we hope to better understand *why* we eat what we eat.

3. What participation involves

Your participation will last about 90 minutes, divided over two test sessions. The first test session will take place at the Helix building of the university (Stippeneng 4, 6708WE Wageningen**)**, and the second test session will take place at the Jumbo supermarket in Wageningen (Tarthorst 1223, 6708 HZ Wageningen). Your **two test sessions** will have to be *at least* **one day apart** from each other. For example, if your first test session is on a Monday, the earliest possibility for your second test session is the following Wednesday.

First test session: You have the freedom to choose your preferred day/time of testing from those available in the period from **13 May to 17 July 2019 (10:00, 10:30, or 11:00 of Monday – Friday).** The test session will take approximately **60 minutes** to complete. During testing, you will have to complete two computer tasks and answer questionnaires related to your individual characteristics (e.g. demographics).

Second test session: You have the freedom to choose your preferred day/time of testing from those available in the period from **22 May to 19 July 2019 (10:00 or 14:00 of Monday – Friday).** The test session will take approximately **30 minutes** to complete. During testing, you will have to complete a supermarket task and answer accompanying questions.

4. What is expected of you

In order to carry out the study properly, it is important that you follow the study instructions.

The study instructions require that you:

- **Do not come hungry to the test sessions**. Please ensure that you consume your last meal (and/or snack) **no longer than (≤) 2 hours – and no earlier (>) than 45 minutes – prior to test sessions.** Only **water intake** will be allowed starting 45 minutes prior to your test session, and this will be checked at the start of testing. For example, if your first test session is scheduled at 10:00, you would have to *finish* your breakfast (and/or snacks) between 8:00 (earliest) and 9:15 (latest).

It is important that you contact the investigator:

- if you suddenly develop any health problems.
- if you no longer want to participate in the study.

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

It is up to you to decide whether or not to participate in the study. Participation is voluntary. If you do participate in the study, you can always change your mind and decide to stop, at any time during the study. The data collected until that time may still be used for the study.

If there is any new information about the study that is important for you, the investigator will let you know. You will then be asked whether you still want to continue your participation.

6. End of the study

Your participation in the study stops when

- you have completed all two test sessions [as described under point 3]
- you choose to stop

The study is concluded once all the participants have completed the study.

7. Usage and storage of your data

Your personal data will be collected, used and stored for this study. This concerns data such as your name, date of birth and data about your health. The collection, use and storage of your data is required to answer the questions asked in this study and to publish the results. We ask your permission for the use of your data.

Confidentiality of your data

To protect your privacy, your data will be given a code. Your name and other information that can directly identify you, will be omitted. Data can only be traced back to you with the encryption key. The encryption key remains safely stored in the local research institute. The data cannot be traced back to you in reports and publications about the study.

Access to your data for verification

Some people can access all your data at the research location, including the data without a code. This is necessary to check whether the study is being conducted in a good and reliable manner. Persons who have access to your data for review are

identified in **Appendix 1**. They will keep your data confidential. We ask you to consent to this access.

Retention period of your data

Your data will be kept for 15 years at the research location.

Withdrawing consent

You can withdraw your consent to the use of your personal data at any time. This applies to this study and also to storage and use for future research. The study data collected until the moment you withdraw your consent may still be used in the study.

More information about your rights when processing data

For general information about your rights when processing your personal data, you can consult the website of the Dutch Data Protection Authority. If you have questions or complaints about the processing of your personal data, we advise you to first contact the study team **[Appendix 1]**.

8. Study subject insurance

This study received approval from the Social Sciences Ethics Committee (SEC) of Wageningen University. As the study involves computer-based tasks, paper-based questionnaires, and commercially available food products, the risk associated with participation is negligible and the burden can be considered minimal. The SEC has therefore decided that the investigator does not need to take out additional insurance.

9. Compensation for participation

In return for your full participation (two test sessions), you will be compensated with paid-for groceries at the Jumbo supermarket and a cash prize of 10 euros. If you are not eligible for the study or if you stop before completing your two test sessions, you will not be compensated.

To process your compensation, we will require your bank details (IBAN).

10. Any questions?

If you are willing and able to participate in our study, please **send us your preferred day and time of your test sessions via email**. Please provide us with at least **two** availabilities per test session. We will then send you an email with your confirmed details.

If you have any questions, please contact the study team **[Appendix 1]**. If you have any complaints about the study, you can discuss this with the principal investigator.

11. 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 **[Appendix 2]**. By your written permission you indicate that you have understood the information and consent to participation in the study. The investigator will receive the signed consent form.

Thank you for your attention.

Appendix 1: Contact details for the COPRO Study

Members of the Research Team

Rachelle de Vries, MSc
Dr. Sanne Boesveldt (HNH)
Prof. Dr. Emely de Vet (CHL)
Prof. Dr. Ir. Kees de Graaf (HNH)
Lei Man, BSc
Mandy Braat, BSc
Natasja Geraets, BSc

Contact Details

Rachelle de Vries (Principal Investigator)
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copro.study@wur.nl (Study email)
rachelle.devries@wur.nl (Personal email)

Visiting Address

Helix (Building 124); Wageningen University Campus
Stippeneng 4, 6708WE Wageningen

COPRO STUDY

Appendix 2: Informed Consent Form

The COPRO Study
May-July 2019

- I have read the subject information form. I was also able to ask questions. My questions have been answered to my satisfaction. I had enough time to decide whether to participate.
- I know that participation is voluntary. I know that I may decide at any time not to participate after all or to withdraw from the study. I do not need to give a reason for this.
- I know that some people may have access to all my data to verify the study. These people are listed in this information sheet. I consent to the inspection by them.
- I give permission for the collection and use of my data to answer the research question in this study.
- I give permission for my data to be used for my recruitment in future studies
- I give permission for my data obtained in the research to be saved until 15 years after this study concludes.

I want to participate in this study.

Name of participant:

Signature: Date: __ / __ / __

I hereby declare that I have sufficiently informed this study subject about this study. If information comes to light during the course of the study that could affect the study subject's consent, I will inform him/her of this in a timely fashion.

Name of investigator (or his/her representative):

Signature: Date:__ / __ / __