

## Adventure & Veg

### Participant Information Sheet

- **What is the study about?**

The best way to move to a healthier lifestyle with your family is to start with simple, easy changes that will become part of your day-to-day routine. Text messages and social media posts have been shown to be an effective and convenient way to help people adopt healthy habits.

This is an invitation for you to take part in the research study “*Adventure & Veg*”. This study aims to assess the effectiveness of a text message and social media program for parents on their children’s physical activity and vegetable eating behaviours

- **Who is carrying out the study?**

The Illawarra Shoalhaven Local Health District (ISLHD), the University of Wollongong and the University of Sydney are carrying out the study. It is funded by the Illawarra Health and Medical Research Institute.

- **What does the study involve?**

At the beginning of the study and at 2 months you will be asked to do a 15 minute online survey about your child’s physical activity and vegetable eating behaviours.

After completing survey 1, you will be randomly allocated into either an *intervention* or *control* group.

This means that you have a 50% chance of being in either group.

Intervention group	Control group
<ul style="list-style-type: none"> <li>• Will receive <b>8 weeks of text messages</b> (5 messages each week) on tips for healthy lifestyle habits (e.g. physical activity, nutrition).  An example text message is “<i>Try keeping some frozen vegetables in your freezer. They're easily added to pasta, casseroles &amp; stir fries when you don't have fresh veggies in the fridge.</i>”  You can stop receiving messages at any stage by texting ‘STOP’</li> <li>• Will have access to a <b>closed Facebook group</b> with weekly local outdoor activity ideas.  You can un-follow the group at any time.</li> </ul>	<p>Will be invited to join the program in 2023, should it be successful.</p>

- **Will taking part in this study cost me anything, and will I be paid?**

It will not cost you anything to take part in *Adventure & Veg*. Participants will be offered a \$50 Coles/Myer gift voucher once they have completed the study and have submitted the final survey.

- **Can I leave the study?**

Your participation is voluntary, and you can leave the study at any time. If you decide to leave the study you can ask for any data that you have previously provided to be withdrawn, up to six weeks after completing the surveys. This will not affect your care with ISLHD, or your relationship with the University of Wollongong or the University of Sydney. You can leave the study at any time by emailing Dr Jenny Norman at [jennifer.norman@health.nsw.gov.au](mailto:jennifer.norman@health.nsw.gov.au), or reply texting 'STOP' to the text messages.

- **Will anyone else know my results?**

All aspects of the study, including the results, will be strictly confidential and only the study team have access to your details. A report of the study may be submitted for publication, but individual participants will not be identifiable in such a report.

In accordance with ethics procedure, the data from the interviews will be securely kept for 5 years before being destroyed. All hard copy data collected will be securely stored in locked filing cabinets in the Health Promotion Illawarra Shoalhaven Local Health District Service and on secure hard drives with password protection.

- **Will the study benefit me and what are the risks?**

Taking part in the study may improve your child's health. No risks have been identified with taking part in this research study.

- **What if I have a complaint or any concerns?**

*Adventure & Veg* has been approved by the University of Wollongong and ISLHD Human Research Ethics Committee.

If you have any concerns or complaints you can contact the University of Wollongong's Ethics Officer on (02) 4221 3386 or email [rso-ethics@uow.edu.au](mailto:rso-ethics@uow.edu.au)

- **What if I require further information?**

Please contact Dr Jenny Norman, Research Coordinator, Health Promotion Service, ISLHD at [jennifer.norman@health.nsw.gov.au](mailto:jennifer.norman@health.nsw.gov.au)

- **How do I join the study?**

There are a few criteria that need to be met to take part in the study. Please follow this [LINK](#) to answer some questions to see if you are eligible to participate.

**Thank you for taking the time to consider this study.**

**This Participant Information Sheet is for you to keep.**