



The interplay of mental resources and health habits: A longitudinal study

PARTICIPANT INFORMATION SHEET

STUDY PROCOTOL ID:

HUMAN RESEARCH ETHICS COMMITTEE NUMBER: 2023_024_LR

INTRODUCTION

In the current study, we would like to examine how certain selected psychological variables are related to nutrition and physical activity. More crucially, we also plan to look at how a person might vary on these variables over time. Such studies will provide useful information for psychological interventions designed to improve health habits, a key topic in preventive health.

WHAT IS THE AIM OF THIS STUDY?

In this study, we would like to answer key questions about the link between our selected psychological variables and nutrition and physical activity. Moreover, we may also investigate how people form “clusters” in terms of health habits and how these clusters might differ from each other in terms of their psychological needs.

HOW WILL THE STUDY BE CARRIED OUT?

In this study, we would like to ask you to fill in an online questionnaire that will take about 45 minutes to complete. At the end of wave 1, we will ask for your email address, so that we can contact you 2 weeks later to fill out the questionnaire for wave 2, and 4 weeks later to fill out the questionnaire for wave 3. The wave 2 and wave 3 questionnaires will be significantly shorter and take only about 10 minutes each. You will not need to meet us in-person throughout the entire process. At the end of the study, we will delete your contact information to better ensure participant confidentiality.

To participate, you need to be a healthy adult (18 years old or older) who resides in Australia and be fluent in English. We are looking for a sample of Australians who have unrestricted diet and exercise routine. If you have a medically diagnosed condition that impacts your diet or ability to exercise, e.g., diabetes, arthritis, osteoporosis, kidney diseases, cancer, you are not eligible for the current study. Likewise, if you are planning to undertake any significant changes in diet or exercise over the next 4 weeks, you are not eligible. Lastly, you will need to be willing to provide informed consent and have

access to the internet. The online survey will ask these questions for screening before the questionnaire begins.

Upon completion of the first questionnaire, you will be given the chance to enter a prize draw to win 1 of 10 \$100 digital vouchers, as a token of gratitude for your participation in this study. You will be given another chance to enter a separate prize draw for 1 of 10 \$200 digital vouchers if you complete the whole study.

WHAT ARE THE BENEFITS OF PARTICIPATING IN THE STUDY?

You may not benefit directly from participation in this study, but you will be providing a valuable contribution to the scientific knowledge in this field.

ARE THERE ANY RISKS INVOLVED?

This study contains a very low risk of mild discomfort as it only involved 3 online questionnaires. You will be asked about how you feel about yourself and how you manage setbacks as well as some demographic information. It is very unlikely, but should you feel any distress from participating in this study, here are some hotlines from which you could seek help:

Beyond Blue helpline: 1300 22 4636

Black Dog Institute helpline: 13 11 14

Mensline Australia: 1300 789 978

All human research undertaken by the CSIRO must comply with the values, principles, governance and review process specified in the *NH&MRC National Statement on Ethical Conduct in Human Research* (2007). A copy of the National Statement can be found at www.nhmrc.gov.au/guidelines/ethics/human_research/index.htm

HOW WILL MY PRIVACY BE PROTECTED?

Your personal information is protected by the Privacy Act 1988 (Cth) (Privacy Act). CSIRO will handle your information in accordance with this Act and the National Health & Medical Research Council (NH&MRC) National Statement on Ethical Conduct in Human Research (2007, updated 2018), or as otherwise required by law.

Your personal information, including your email addresses, gender, ethnicity, and age group, is being collected for the purposes of conducting the “The interplay of mental resources and health habits: A longitudinal study” project, and related scientific research.

CSIRO may also collect your sensitive information, including ethnicity for the purposes outlined above.

CSIRO does not intend to disclose your personal information overseas.

Results from the project will be de-identified and/or aggregated and published/presented or shared in a variety of forums and with third parties. This includes peer-reviewed papers or conference presentations.

For further information on how CSIRO handles your personal information and our access, correction and complaints process please read our privacy policy available on our website or by contacting us at privacy@csiro.au.

WHAT IF I WISH TO WITHDRAW?

You are free to withdraw at any time during the study. If you choose to withdraw, we will keep all data we have obtained from you up to the point of withdrawal. You could also send an email from the email address you use to participate in our study, to explicitly request us to delete all data obtained from you.

YOUR OBLIGATIONS AS A PARTICIPANT.

You will need to complete all 3 waves of questionnaires and provide informed consent.

IF YOU HAVE FURTHER QUESTIONS

Please call Dr. Man-Chung Fung via email: fun024@csiro.au

This study has been approved by the CSIRO Low Risk Review Panel. If you would like to speak with someone with respect to ethical matters or wish to register a formal complaint about the conduct of this research, please contact the Secretary of the Committee via email at chmhrec@csiro.au .

CONSENT FORM

1. I hereby voluntarily consent to take part in the research project entitled :
“The interplay of mental resources and health habits: A longitudinal study”
Low Risk Review Panel Number: 2023_024_LR
2. I acknowledge that I have read and understand the attached Information Sheet entitled: “The interplay of mental resources and health habits: A longitudinal study”, which I have dated and signed. I have had the details of the study explained to me by Dr. Man-Chung Fung and I agree to take part.
3. An opportunity has been given to me to discuss the study with the investigator.
4. I understand that while de-identified data gained during this study is likely to be published, my personal information will be de-identified before it is divulged.
5. I understand that I am free to withdraw from the project at any stage.
6. I understand that if I formally withdraw from the study, all data collected up to the point of my withdrawal will still be included in the analysis of the study. However, I have the right to request the research team to delete all data I provide.
7. I understand that CSIRO can withdraw me from the study if the study is not in my best interest, if I am not able to follow the protocol of the study or if the study is discontinued.
8. I recognise that my participation in this study will assist with the advancement of science and that I may not benefit personally from the research.
9. I agree to the collection, use and disclosure of my personal information, including my sensitive information, in the ways described in the Participant Information Sheet entitled “The interplay of psychological resources and health habits: A longitudinal study”.
10. I understand that any information or data obtained from me will be used for the purposes of research related to this study, as specified in the information sheet. I also understand that my information or data may be stored by CSIRO as stated in the information sheet, before being discarded.

I donate the de-identified data generated for this project to future unspecified research purposes, provided that all such research is approved by an ethics committee. Furthermore, I understand that none of the information or data will be released in identifiable form to non-CSIRO personnel or organisations without explicit approval from the ethics committee.