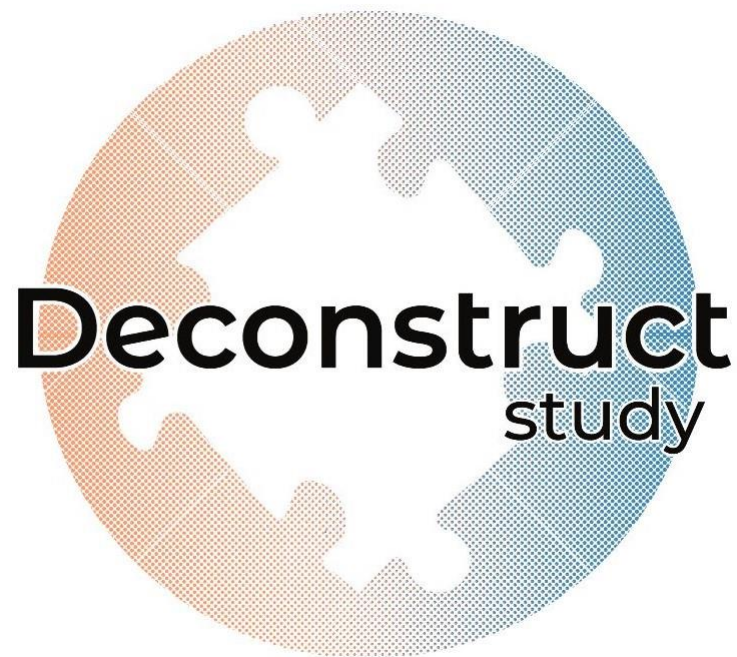
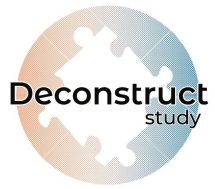


# Information brochure





# Participant information for participation in scientific research

## Deconstruct study

Research on eating behaviour

## Introduction

Dear Sir/Madam,

You have showed interest in participating in this scientific study. Participation is completely voluntary and you may decide to stop at any time. Your written consent is required to participate in this study. Before that, you will receive an explanation of the study. Please read this information brochure carefully and if you have any questions about the study, please contact one of the researchers. You may also discuss with your partner, friends or family.

This study is conducted by the Division of Human Nutrition and Health at Wageningen University.

## **1. Purpose of this research**

The purpose of this study is to gather more information about the perception of texture of different food products. For this purpose, we will make video recordings of you while you are eating.

## **2. What does participation entail?**

When you are interested to participate in this study, we will invite you to an online information session. After the information session, we will let you know if you can participate in the study. If you are able to participate, we will invite you to eight testing sessions on eight consecutive working days. During the testing sessions, you will consume and evaluate different food products. The testing sessions will take place in the Helix Building (Building 124, Wageningen University, see Appendix A) and will last approximately 45 to 60 minutes. The study will take about 8 hours in total.

### **Information session**

Information sessions will be held the week before the study starts and will take place online. You will attend one information meeting. However, if you would prefer to meet the researchers in person and/or hear the information on site, this is also possible if you indicate this in time. During the online meeting, we will explain the study to you in detail. If you decide to participate in the study, we will ask you to complete and sign the consent form (Appendix B) during the meeting. If you need time to think about your participation, you can make a new (online) appointment when you decide to participate. After you sign the consent form, we will give you an online questionnaire to complete. This questionnaire will consist of questions about your eating habits. We will also ask you to indicate how much you like certain food products (based on pictures), how familiar you are with these products and how often you consume them. The meeting will last approximately 1 hour. After the information session, we will contact you via email to let you know that you can join the testing sessions.

### **Testsessions**

The study lasts 8 working days. The study starts on Monday, May 8, and ends on Wednesday, May 17. During all working days of this period, you will attend a 45-60 minute session, so eight sessions in total. You can choose one of the following four time slots: 13:00-14:00, 14:00-15:00, 15:00-16:00 or 16:00-17:00. The time slot you choose will apply to the entire study.

Three hours before the testing session, you may not consume any drink or food besides water. You are also not allowed to exercise in the morning and afternoon before the test session.

During a test session, we will first ask you a series of questions via a questionnaire regarding your health, appetite and adherence to the guidelines. Then, one by one, we provide you with eight different nutritional products; these may be served hot or cold. The products are carefully prepared and are available in supermarkets. The portions you receive (approximately 50 grams per serving) should be consumed in their entirety. While you are eating we will make a video recording of you. After eating each food item you will answer questions about its taste and texture. If you finish earlier you must continue to wait. During this wait time you can read a book, use your phone, or work on your laptop.

### **3. What we expect from you**

For this study, we are looking for men and women who meet the following criteria:

- Dutch nationality;
- Between 18-55 years of age;
- BMI of 18.5-30 kg/m<sup>2</sup>;
- Good general health and appetite;
- Can understand Dutch and English fluently.

You cannot participate in the study if you:

- Have difficulties swallowing, chewing and/or eating in general;
- Suffer from a hormone disorder, eating disorder, gastrointestinal disorder, thyroid disorder, respiratory disorder or diabetes;
- Have no or impaired taste and/or smell or if you have a taste/smell disorder;
- Have braces or piercings in your mouth (with the exception of a splint behind the teeth);
- Smoke;
- Drink an average of more than 21 glasses of alcohol per week;
- Do not want to stop using drugs throughout the study (from first to last day of testing);
- Are taking medications that may affect study results;
- Have allergies or intolerances to any of the ingredients of the test meals (beef, pork, chicken, wheat, rye, barley and oats (gluten), soy, sesame, egg, milk, lactose, tree nuts, peanut and lupin);
- Do not wish to consume the test meals due to eating habits, beliefs or religion;
- Follow a vegetarian or plant-based diet;
- Are lactose intolerant;

- Are a male with facial hair such as a beard that prevents facial movements from being analyzed;
- Have been on an energy restrictive diet for the past 2 months;
- Have gained or lost more than 5 kg in the past six months;
- Exercise more than 5 hours per week;
- Participated in another study at the Human Nutrition and Health department (WUR);
- Are an employee, thesis student or intern in the department of Sensory Science and Eating Behaviour (WUR).

In order to participate in this study, it is important that you agree to the following understandings:

- You will not use drugs throughout the study (from the first to the last day of testing);
- You will attend on the appointed days and times;
- You do not consume anything other than water in the three hours before a testing session;
- You do not exercise in the morning and afternoon before a test session.

It is important that you contact the investigators if:

- You have tested positive for Covid-19 or have been in close contact with someone who has tested positive;
- You are feeling sick or have a cold;
- You no longer wish to participate in the study;
- Your contact information changes (for example, your phone number).

#### **4. Possible side effects or discomforts**

The products offered to you are available in supermarkets. The products may contain (traces of) beef, pork, chicken, wheat, rye, barley and oats (gluten), soy, sesame, egg, milk, lactose, nuts, peanut and lupin, among others. We expect no risks or inconveniences from your participation in the study, as all products will be produced according to clear regulations and hygienic conditions (HACCP).

#### **5. Advantages and disadvantages**

Your participation in this study will contribute to more knowledge about food texture and eating behavior. Upon completion of the study, you will receive compensation (see item 10 (Compensation for participation)).

Disadvantages of participating in this study are:

- The time it takes to participate;
- There are rules and appointments you must follow.

## **6. If you do not want to participate or if 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 are participating in this study, you may decide to end your participation at any time during the study. You do not have to give a reason for stopping the study, but you should tell the researcher immediately when you want to stop. The data that we collected up to the time you stopped will still be used for the study. If there is new information about the study that is of interest to you, the researcher will contact you. You may then be asked if you wish to continue your participation.

## **7. End of the study**

Your participation in the study ends when:

- You have completed all study days as described in section 2 (What participation entails);
- You decide to stop;
- The government or Wageningen University decides to stop the study.

The study ends when all participants have completed the study. After analyzing the data, the researcher will, if you wish, inform you about the main results. This will happen approximately one year after your participation.

## **8. Usage and storage of your data**

This research requires the collection of video recordings and personal data. These data are needed to investigate the effect of emotions on eating behavior. Each subject will be given a code that will be used for all questionnaires you complete and the same code will be used for the video recordings. Your name will be removed. However, it is not possible to completely anonymize the videos. Video recordings will not be published (digitally) or shared with persons not directly involved in this study. Video recordings will not be used for presentation purposes without your permission. Researchers will ask you if they may use your video for presentations. Only if you have given written and verbal permission may researchers use it.

### **Your data**

All of your information remains confidential. Certain people can access your medical and personal information. This is necessary to verify that the study is sound and reliable. The research team are the only people who know what code belongs to you. People who have access to your data are people from the research team (Appendix

A) and people from the health authority. They will keep your data confidential. If you sign the consent form, you agree that your personal data and video recordings will be collected, stored and accessed. The researchers will keep the research data collected for 15 years after the study ends.

### **Usage of the video recordings**

We will keep your video recordings for 5 years after publication of the results of the study. On the consent form you can indicate whether you agree to this. You can withdraw your consent at any time. Your video recordings will then be destroyed, but if your video has already been analysed, the results will be used for publication/research purposes.

## **9. Study participant insurance**

This research is done with products and ingredients that can be bought in a supermarket and used in everyday life. Therefore, we do not expect to have any negative side effects.

## **10. Compensation for participation**

You will receive free food during the testing sessions and when you complete the entire study you will receive €60 in your bank account. If you stop earlier, you will receive €5 per completed session. It may take 2 to 4 months before you receive the money on your bank account.

## **11. Questions?**

If you have any questions, please contact the research team (deconstruct.study@wur.nl). You can find contact information in Appendix A.

## **12. Signing the informed consent**

After we verbally (online) explained the study to you, you will be asked to decide if you want to participate in this study. If you want to participate, you will need to sign a consent form (Appendix B). When you sign the consent form, you are indicating that you have understood the information and are participating in the study. The signed form will be kept by the researcher. You will be given a copy of the form.

Thank you for your attention.



### **13. Attachments**

- A. Contact details
- B. Informed consent form



## Attachment A: Contact details

### Research team

Demi van Os MSc

Orestis Ioannou

Lise Heuven MSc (PhD kandidaat)

Prof. dr. Markus Stieger

Prof. dr. Ciarán Forde

Email: [deconstruct.study@wur.nl](mailto:deconstruct.study@wur.nl)

Number: 06-43449084

### Coördinating researcher

Demi van Os MSc

Wageningen University & Research

AFSG – Human Nutrition and Health

P.O. Box 17, 6700 AA Wageningen

Stippeneng 4, 6708 WE Wageningen

Wageningen Campus I Building 124 (Helix)

Email: [demi.vanos@wur.nl](mailto:demi.vanos@wur.nl)

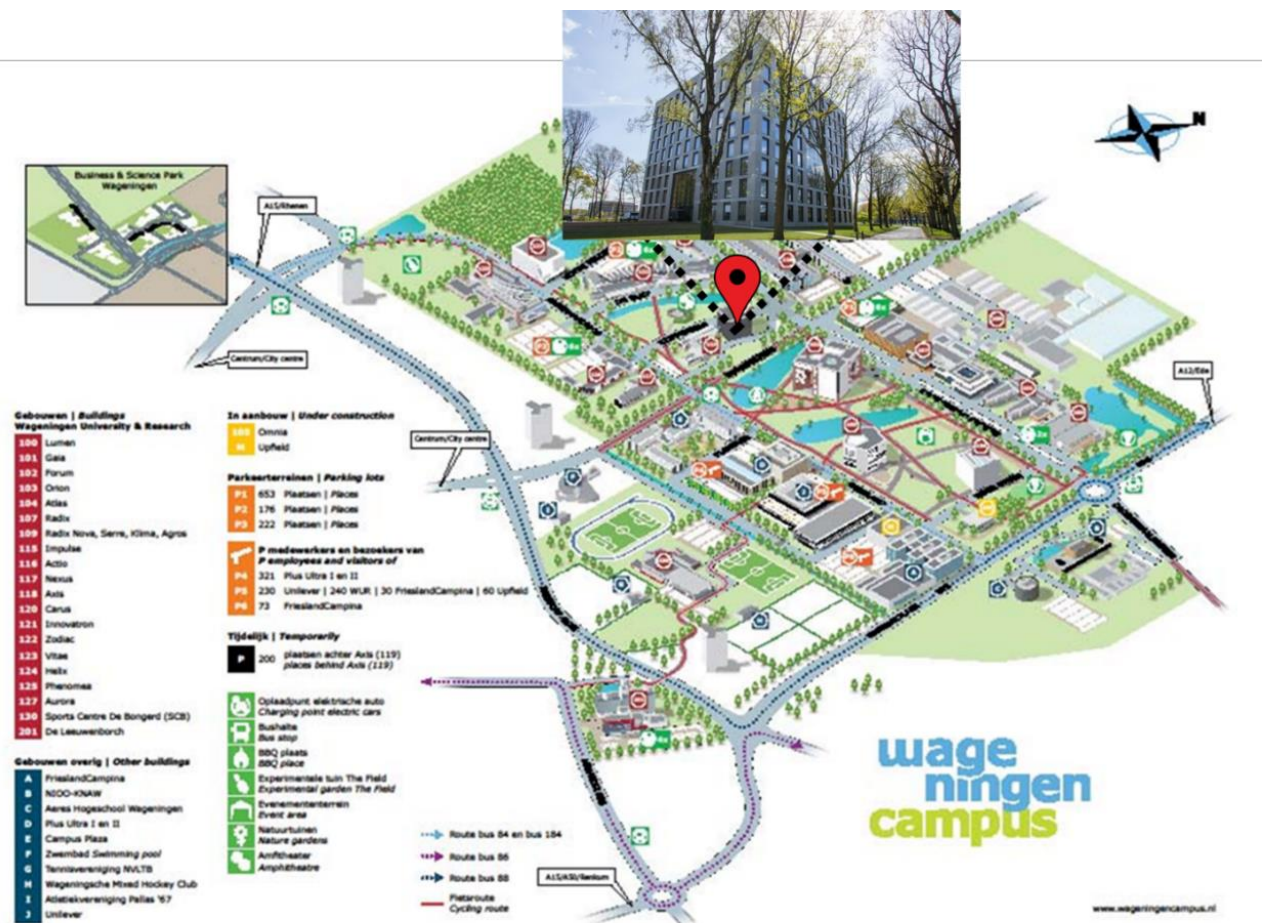
### Research location

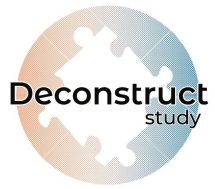
Wageningen University

Helix (building 124)

Stippeneng 4

6708 WE Wageningen





## Informed consent Deconstruct study

- 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 can access my data. These people are listed in this the information folder.
- I consent to my data being used in the way and for the purpose stated in the information sheet.
- I consent to collect video recordings during the test meals and being used in the way and for the purpose stated in the information sheet.
- I consent to my personal data being stored for another 15 years after this study.
- I want to participate in this study.
- I give permission to save my video recordings up to 5 years after publication of the results:

yes

no

Name of participant:

Signature:

Date: \_\_ / \_\_ / \_\_

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I hereby declare that I have adequately 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: \_\_ / \_\_ / \_\_

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## Informed consent Deconstruct study- Optional

The options stated below are additional, agreeing to these options does not increase your chances of participating in the study; neither does disagreeing to these optional data share decrease your chances of participating in the study. The researcher who will select participants to be included in the study (based on the in- and exclusion criteria will not be aware of the options you decide on below.

I give permission to invite me (in person and/or through email) for follow up studies related to eating behaviour:

- yes
- no

**OnePlanet (research centre).** This is a collaborative research centre between Wageningen university, Radboud university, RadboudUMC and Imec (technology compagny). Together they work on technology to create a healthy society. Your video's will be used to automatically detect chews and bites.

I give permission to collect and share my NON anonymous data with OnePlanet researchers (video's in which I am recognizable):

- yes
- no

I give permission to collect and share my anonymous data with OnePlanet researchers:

- yes
- no

Name of participant:

Signature:

Date:

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I hereby declare that I have adequately 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: