



## MEDICAL AND HEALTH SCIENCES

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### PARTICIPANT INFORMATION SHEET

**Project Title:** Knowledge, attitudes and behaviours related to dietary salt among New Zealand adults

**Student Researcher:** Neela Bhana

**Supervisors:** Dr Helen Eyles and Associate Professor Jennifer Utter

#### Project description

Studies show that the amount of salt we have in our diet can affect our health. Research has been done in the past to find out how much salt New Zealand adults are eating. However, little is known about the knowledge, attitudes and behaviours New Zealand adults have to dietary salt.

#### You are invited to take part in this study

We are looking for at least 400 New Zealand male and female adults, aged 18-65 years to complete a short survey (10 minutes) to find out more about their knowledge, attitudes and behaviours related to dietary salt. Taking part in this study is entirely voluntary; you do not have to take part if you do not want to. If you choose to take part in this survey, you will be asked to confirm your participation at the start of the survey. The information you provide will be compiled with the other participants and results will be submitted as a research thesis and may be published in a scientific journal and/or presented at a conference. At the end of the survey you will be asked if you would like to enter the study prize draw, receive a summary of the study findings and be contacted about future research opportunities. If you select "yes" to any of these questions your contact details will be collected on a separate webpage. This information will not be able to be traced back to your survey responses.

#### Possible risks to taking part in this study

We do not anticipate any risks by taking part in this study. Should you have any concerns about your health, we advise you speak with your doctor or health professional.

#### Benefits to taking part in this study

By taking part in this study, you will be offered the opportunity to enter a prize draw to win \$100 worth of shopping centre vouchers. At the end of the survey, you will be asked if you would like to go in the draw. If you select YES, you will be taken to a different webpage to submit your name and email address. This information will not be able to be traced back to your survey responses.

## Right to withdraw from participation

This survey is anonymous, therefore data cannot be withdrawn once the survey has been submitted.

## Anonymity and Confidentiality

This survey is anonymous and no IP addresses or other identifying information will be gathered, submission of the completed survey will be considered as consent to participate. Participant's identities will be kept anonymous in the study findings. Personal details will only be collected from participants who wish to enter the prize draw and/or wish to receive a summary of the study findings. This information will be collected on a separate webpage and cannot be traced back to individual participant's survey responses.

## Data storage/retention/ destruction/ future use

Information will be stored on a secure computer system at the School of Population Health, University of Auckland. At the end of the survey, you will be asked if you would like to be contacted about future studies. All electronic data will be stored securely for up to six (6) years before being erased.

## Contact details

For any questions or concerns about this study, please contact one of the following researchers:

Neela Bhana  
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## Agreement to participate

I have read the Participant Information Sheet, have understood the nature of the research and why I have been selected. I have had the opportunity to ask questions and have them answered to my satisfaction.

By submitting this survey, I agree to take part in this research and understand that:

- This survey is anonymous and I cannot withdraw my participation from this study once my survey has been submitted.
- Data collected will be kept for six years, after which they will be safely destroyed, and that de-identified data will be stored indefinitely for future research purposes.
- The results of this research project will be submitted as a research thesis for publication in the scientific literature or presented at a conference, but that I will not be individually identifiable in any report.

For any concerns regarding ethical issues, you may contact the Chair, the University of Auckland Human Participants Ethics Committee, at the University of Auckland Research Office, Private Bag 92019, Auckland 1142. Telephone 09 373 7599 ext. 83711. Email: [ro-ethics@auckland.ac.nz](mailto:ro-ethics@auckland.ac.nz)

Approved by the University of Auckland Human Participants Ethics Committee on 8<sup>th</sup> May 2018 for three years. Reference number 021119.