

Systematic investigation of time using mobile health apps on appetite and food preferences

QUT Ethics Approval Number 1900000677

RESEARCH TEAM

Principal Researcher:	Mr Halim Moore	PhD Student
Associate Researchers:	Professor Neil King	Principal Supervisor
	Dr Melanie White	Associate Supervisor

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DESCRIPTION

The purpose of this research project is to test the effectiveness of two mobile apps to promote healthier eating choices and habits. Moreover, this study will secondarily examine if there is any additional benefit to a longer engagement duration.

Impulsive tendencies toward consumption of energy-dense, palatable foods (e.g., chocolate or chips) and lack of control in resisting these impulses can lead to overconsumption, which consequently may lead to excess weight gain. Impulsive tendencies in relation to food are strengthened by frequent exposure to food advertisements and other cues in everyday life. One method of reducing overconsumption of energy-dense foods is training self-control such that people are better equipped to resist the frequent temptations posed by the environment and adhere to dietary goals such as eating more fruits and vegetables and reducing sugar consumption. Promoting healthier food choices may help contribute to addressing the national obesity epidemic.

You are invited to participate in this research project if you fit the following eligibility criteria:

- Aged 17 or over.
- Able to operate a smart phone.
- Weight has been stable over the last 3 months (no changes in body weight greater than **10% of your current weight**).
- Do not smoke more than 5 cigarettes a day.
- Do not suffer from an eating disorder such as Anorexia or Bulimia Nervosa.
- Not currently taking any medication or recreational drugs affecting appetite or weight (such as anti-depressants).
- Have not recently enrolled and taken part in a weight-loss program.
- Do not have any food allergies.

PARTICIPATION

Participation in this study will require 2 sessions on 2 separate lab visits that will span from approximately 40 to 60 minutes each. Sessions will be held about 5 to 7 days apart. It is required that you come in a fasted state (i.e., 3-4 hours since your last meal) It is encouraged to drink water during this fasting period, but drinks such as coffee and tea affect appetite, thus should be avoided.. Each session must take place around the same time of day.

During each session, you will use a mobile app designated by the researcher for a period of either 10

or 20 minutes. A smartphone will be provided to you to use the mobile apps for the duration of participation.

Before and after completion of each app session, you will complete questionnaires on a computer interface assessing food preferences and current feelings of hunger.

You will be provided with a selection of snacks at the end of each session.

Finally, you will be asked to provide feedback on your experience of using both apps using a structured questionnaire.

A random code will be generated for you after the first session in order to link and synchronise you with the second session.

Your participation in this project is completely voluntary. You may withdraw your participation at any time during the study without any judgement or penalty. Your current or future relationship with QUT will not be impacted in any way by your participation in, or withdrawal from, this study.

Please begin by completing this survey online assessing your eligibility via the anonymous URL:

https://qutpsych.au1.qualtrics.com/jfe/form/SV_cLJF8yYOd2vaBYp

EXPECTED BENEFITS

It is expected that this research project will not directly benefit you. However, it is hoped that the results from this study will contribute knowledge to appetite research and aid in development of interventions to promote healthier eating behaviours, with the long term aim of improving weight loss and maintenance strategies.

To recognise your contribution should you choose to participate the research team is offering you course credit if you are a psychology student at QUT or a \$10 gift card if not. The research team will also reimburse you for any parking expenses if necessary.

A brief summary of findings from this study will be available to you in a clear and timely fashion.

RISKS

There may be some minor discomfort to some if you have an ambivalent relationship with food. You are free to discontinue participation at any time without penalty if you wish.

There are no other risks beyond normal day-to-day living associated with your participation in this research project.

PRIVACY AND CONFIDENTIALITY

All comments and responses will be treated confidentially unless required by law, or regulatory or monitoring bodies, such as the ethics committee.

Any data collected as part of this research project will be stored securely as per QUT's management of research data policy. Please note that non-identifiable data from this research project may be used as comparative data in future projects or stored on an open access database for secondary analysis. You will not be able to be identified from your data upon completion of participation in this study and only non-identifiable data will be communicated or reported by the researchers. The

unique identification codes provided to you during participation will not be retained after the completion of the study.

CONSENT TO PARTICIPATE

We would like to ask you to sign a written consent form (enclosed) to confirm your agreement to participate.

QUESTIONS / FURTHER INFORMATION ABOUT THE RESEARCH PROJECT

If you have any questions or require further information, please contact one of the listed researchers:

Halim Moore	0466 058 800	halim.moore@hdr.qut.edu.au
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CONCERNS / COMPLAINTS REGARDING THE CONDUCT OF THE RESEARCH PROJECT

QUT is committed to research integrity and the ethical conduct of research projects. However, if you do have any concerns or complaints about the ethical conduct of the research project you may contact the QUT Research Ethics Advisory Team on 07 3138 5123 or email humanethics@qut.edu.au. The QUT Research Ethics Advisory Team is not connected with the research project and can facilitate a resolution to your concern in an impartial manner.

**THANK YOU FOR HELPING WITH THIS RESEARCH PROJECT.
PLEASE KEEP THIS SHEET FOR YOUR INFORMATION.**