



*The following research activity has been reviewed via QUT arrangements for the conduct of research involving human participation. If you choose to participate, you will be provided with more detailed participant information, including who you can contact if you have any concerns.*

## Interact with a social robot to help decrease high sugar/fat snacks and drinks

### Research team contacts

<b>Principal Researcher:</b>	Nicole Robinson	PhD Candidate
<b>Associate Researchers:</b>	Professor David Kavanagh	Principal Supervisor
	Associate Professor Leanne Hides	Associate Supervisor
<b>School of Psychology and Counselling, Queensland University of Technology (QUT)</b>		

### What is the purpose of the research?

This project is being undertaken as part of a PhD study for Nicole Robinson. The aim of this research study is to investigate the impact of a new treatment using a social robot to help decrease or cut out high sugar/fat snacks and drinks between meals.

### Are you looking for people like me?

I am seeking participants who:

- Are 18 years of age or over,
- Are currently snacking on foods or drinks that are high in fat or sugar most days (e.g. cakes, lollies, pastries, chocolate, ice cream, energy and sport drinks, etc);
- Want to reduce this type of snack food intake; and
- Have not been diagnosed with an eating disorder.

### What will you ask me to do?

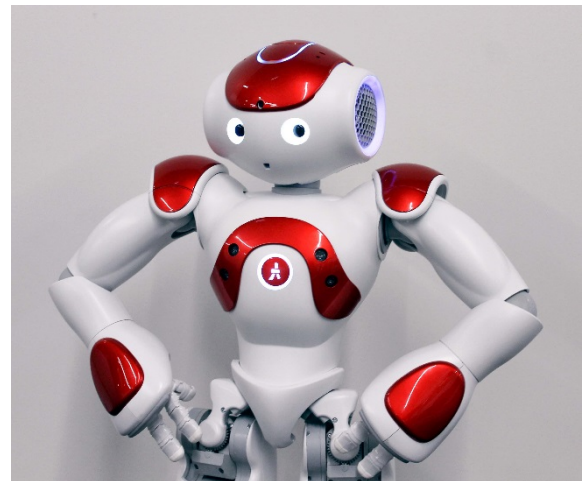
Participation will involve:

- A 2 minute online screening questionnaire and 20 minute online questionnaires at the start, week 4 and week 8.
- Attend two face-to-face sessions with the social robot at QUT in Kelvin Grove or South Brisbane.
- Watch a video of the robot

We will ask for your mobile phone number and email address, which will be stored separately to your survey responses. You will receive SMS and email reminders to help you practice and we also give you some strategies you can use to help with decreasing high sugar/fat snack and drink intake.

We would like to take your body mass index (BMI) measurements during the study.

You will be asked to use a participant ID code during the study. We will audio record the face-to-face sessions to help check that the program is being delivered in a consistent way. The robot sessions will be monitored by a research team member.



### Are there any risks for me in taking part?

The research team has identified the following possible risks in relation to participating in this study, mainly mild discomfort from reducing your high sugar/fat snack and drink intake, talking about snacking and interacting with the robot. It should be noted that if you do agree to participate you can withdraw from participation at any time during the study without comment or penalty.

### Are there any benefits for me in taking part?

It is expected that this project may benefit you directly by gaining insight into your snacking and change your snacking by using techniques learnt in the research study.

### Will I be compensated for my time?

We are unable to offer anything to compensate for your time because we do expect it could be of use to you.

### I am interested – what should I do next?

If you would like to participate in this study, please follow this link: [https://qualtricsasia.asia.qualtrics.com/SE/?SID=SV\\_b1blaqVLRbKviAJ](https://qualtricsasia.asia.qualtrics.com/SE/?SID=SV_b1blaqVLRbKviAJ)

You will be provided with further information to ensure that your decision and consent to participate is fully informed.

**Thank You!**