



Participant Information Leaflet for parents/guardians of those taking part in the dietary study

Study Title:	Looking at whether vegetarian and vegan diets are healthy for children, good for the planet and affordable.
Investigator(s):	Alice Coffey – University of Warwick Robert Lillywhite – University of Warwick Oyinlola Oyeboade – Queen Mary University London

Introduction

You are invited to take part in a research study. Before you decide, you need to understand why the research is being done and what it would involve for you. Please take the time to read the following information carefully. Talk to others about the study if you wish.

Please ask us if there is anything that is not clear or if you would like more information, emails are provided at the end of the leaflet. Take time to decide whether or not you wish to take part.

Who is organising and funding the study?

This study is being organised by researchers at The University of Warwick, as part of a PhD project. This study is being funded by The Leverhulme Trust as part of the project funding.

Diet descriptions:

Omnivore: non-restrictive diets, including all animal products.

Vegetarian: restrictive diets, containing all products except meat and fish (diets will contain dairy, eggs and honey).

Vegan: restrictive diets, containing no animal products, including no dairy, eggs or honey.

What is the study about?

This study aims to understand the healthiness of vegan and vegetarian diets in children, aged 2-12 in terms of nutrients and affordability. This will then be compared to omnivore children. Vegetarian diets and vegan diets are rising in popularity and have shown to be more environmentally friendly than standard diets containing animal products. As animal products tend to be worse for the environment, due to the energy taken to produce them and the emissions released. Vegetarian and vegan diets have been researched in adult populations to understand their health impacts, in many cases these have been identified as healthy diets to follow in this population. However, these diets are under researched in child populations. As they are better environmentally and are rising in popularity, it needs to be understood if they meet child nutrient requirements. This

will help inform and aid policy makers when revising food and diet policies in the UK. It is also important to understand if these vegetarian and vegan diets will be affordable, available and accessible to the whole population, as this will also aid with policy development.

What would taking part involve?

Taking part in this study will require you to fill out an initial form to register your interest and provide your address for food scales to be sent to you, to complete the study. No in-person data collection or meetings will be needed, all information will be provided online. You will need to fill out a demographic questionnaire online, which should take no longer than 10 minutes to complete. This will be information about your household and you, the parent/guardian, not your child taking part. The weighed food diary will need to be completed every day for a total of 3 days. This will involve all foods consumed by your child being weighed and inputted onto the online questionnaire. This should take a maximum of 30-60 minutes a day for 3 days.

You will be able to opt in to receiving the study outcomes or if there are any concerns about your children's diet, by providing an email address.

Do I have to take part?

No. Participation in this study is completely voluntary and choosing not to take part will not affect you or your child in any way. You can also choose to withdraw your participation without giving a reason by contacting one of the research team. Further details about withdrawing from the study are provided later on in this document.

What are the possible benefits of taking part in this study?

If your child follows a vegetarian or vegan diet, then the outcomes of this study will help you provide the best care for your child. It will be understood if the diets as they are, are healthy, or if they need to be changed or supplemented to meet guidelines. All study outcomes can be sent to you (if opted in), which will provide information to you about your children's diet.

The outcomes of the study will provide information to support policy makers. Depending on the outcomes of the study, diets may be recommended that are more environmentally friendly and healthy for children, this will benefit the wider society. As it will support the reduction of emissions and support good health in children, benefitting them into the future.

The data may be used by the university in future studies once it is anonymised.

What are the possible disadvantages, side effects or risks, of taking part in this study?

This is a low-risk study, with no side effects to taking part.

Expenses and payments

If you take part in the study, you will receive a £10 Love2Shop voucher per child involved, for your time, which will be sent out once the dietary data is received and food scales returned.

Will my taking part be kept confidential?

Data collected will be pseudonymised, meaning that initially an ID number will be allocated to your name. An address will be needed to send you the electronic food scales for weighing foods. Emails will also be collected for correspondence. These will be kept securely in an encrypted folder, separate to the other study data collected containing the ID number (consent form, questionnaires,

food diaries), which will be de-identified. The folder containing names, addresses and ID numbers will be deleted after the study is finished. Only researchers taking part in the study will have access to any data. Dietary data and questionnaires will be collected online, with no paper copies kept and no in person participation necessary. The dietary data provided will be used for nutritional analysis and food security analysis (affordability, availability, and accessibility of diets). This data will be downloaded and stored securely in an encrypted folder on university devices, accessed only by the study researchers. Data will be stored electronically in encrypted folders for 10 years according to the University of Warwick's guidelines and be deleted thereafter. Nutrition data will be stored within the Nutritics software for analysis, this will only contain the participant ID number, so will be non-identifiable and password protected.

Data will only be accessed by the 3 researchers taking part, 2 based at The University of Warwick and 1 based at Queen Mary University London. For this reason, the anonymised data (ID number only) will be shared with Queen Mary University London and be encrypted and stored securely within their system. Being deleted after completion of the study.

What will happen to the data collected about me?

As a publicly-funded organisation, the University of Warwick have to ensure that it is in the public interest when we use personally-identifiable information from people who have agreed to take part in research. This means that when you agree to take part in a research study, such as this, we will use your data in the ways needed to conduct and analyse the research study.

We will be using information from you to undertake this study and will act as the data controller for this study. We are committed to protecting the rights of individuals in line with data protection legislation. The University of Warwick will keep identifiable information about you for 10 years after the study has finished. Queen Mary University London will delete any data after the completion of the study.

Research data will be **pseudonymised** as quickly as possible after data collection. This means all direct and indirect identifiers will be removed from the research data and will be replaced with a participant number. The key to identification will be stored separately and securely to the research data to safeguard your identity. It will be possible to withdraw your data until the data analysis is undertaken.

Data Sharing

Non identifiable data will be shared with Queen Mary University London, as one researcher is based here.

Your rights to access, change or move your information are limited, as we need to manage your information in specific ways in order for the research to be reliable and accurate. The University of Warwick has in place policies and procedures to keep your data safe.

This data may also be used for future research, including impact activities following review and approval by an independent Research Ethics Committee and subject to your consent at the outset of this research project.

For further information, please refer to the University of Warwick Research Privacy Notice which is available here:

<https://warwick.ac.uk/services/idc/dataprotection/privacynotices/researchprivacynotice> or by contacting the Legal and Compliance Team at infocompliance@warwick.ac.uk.

What will happen if I don't want to carry on being part of the study?

Participation in this study is entirely voluntary and participation can be withdrawn at any point, without giving reason and this would not affect you in any way. This can be done by contacting the main researcher, whose contact information is below.

Please note that if you withdraw from the study, it will not be possible to withdraw your data after data analysis is undertaken, after which point the data will have been anonymised.

What will happen to the results of the study?

The results of this study will be submitted to scientific journals, for those experts within the field. They may also be presented at scientific conferences globally, where they may be discussed. These results will be submitted as part of a PhD project at The University of Warwick, where policy recommendations related to the outcomes will be suggested.

Who has reviewed the study?

This study has been reviewed and given favourable opinion by the University of Warwick's Biomedical & Scientific Research Ethics Committee (BSREC)

Who should I contact if I want further information?

Alice Coffey: alice.coffey@warwick.ac.uk

Robert Lillywhite: Robert.lillywhite@warwick.ac.uk

Oyinlola Oyeboode: o.oyebode@qmul.ac.uk

Who should I contact if I wish to make a complaint?

Any complaint about the way you have been dealt with during the study or any possible harm you might have suffered will be addressed. Please address your complaint to the person below, who is a senior University of Warwick official entirely independent of this study:

Head of Research Governance

Research & Impact Services

University House

University of Warwick

Coventry

CV4 8UW

Email: researchgovernance@warwick.ac.uk

Tel: 02476 575733

If you wish to raise a complaint on how we have handled your personal data, you can contact our Data Protection Officer who will investigate the matter: DPO@warwick.ac.uk.

If you are not satisfied with our response or believe we are processing your personal data in a way that is not lawful you can complain to the Information Commissioner's Office (ICO).

Thank you for taking the time to read this Participant Information Leaflet