



## INFORMATION SHEET

### **LOW RISK REVIEW PANEL NUMBER:**

### **INTRODUCTION**

Every year, CSIRO performs a number of research projects involving human participants. We examine the effect of different diets on diseases. We also examine the psychological factors that might influence health outcomes, as many psychological, behavioural, and cognitive factors have been shown to influence the occurrence of (for example) obesity, which is known to be linked to chronic conditions such as Type 2 diabetes.

### **WHAT IS THE AIM OF THIS STUDY?**

The current study seeks to validate an instrument for measuring personality factors important for the effectiveness of health interventions. We draw upon past research and gather several established psychological scales and we will investigate their psychometric properties.

### **HOW WILL THE STUDY BE CARRIED OUT?**

In this study, we will ask you to fill in an online questionnaire that takes 20 to 30 minutes to complete. We do not plan to collect any contact information beyond email address. To participate, you need to be 18 years old or older, fluent in English, and able to complete the online questionnaire without assistance. Lastly, you will need to be willing to provide informed consent and have access to the internet. The online survey will ask these screening questions before the questionnaire begins.

Upon completion of the questionnaire, you will be given the chance to enter a prize draw to win one of five 100-AUD digital vouchers. We will contact the winners through emails after the data collection has concluded. To better safeguard your privacy, we plan to delete your email addresses from our dataset after the prize draw.

### **WHAT ARE THE BENEFITS OF PARTICIPATING IN THE STUDY?**

You may not benefit directly from this study. However, you will be providing a valuable contribution to the scientific knowledge in this field.

Also, our survey is a personality test. You could get the assessment results at the end of the survey.

### **ARE THERE ANY RISKS INVOLVED?**

This study contains a very low risk of mild discomfort. You will be asked about how you feel about yourself and how you manage setbacks as well as some demographic information. It is very unlikely, but should you feel any distress from participating in this study, here are some hotlines from which you could seek help:

Beyond Blue helpline: 1300 22 4636

Black Dog Institute helpline: 13 11 14

Mensline Australia: 1300 789 978

All human research undertaken by the CSIRO must comply with the values, principles, governance and review process specified in the *NH&MRC National Statement on Ethical Conduct in Human Research (2007)*. A copy of the National Statement can be found at [www.nhmrc.gov.au/guidelines/ethics/human\\_research/index.htm](http://www.nhmrc.gov.au/guidelines/ethics/human_research/index.htm)

### **HOW WILL MY PRIVACY BE PROTECTED?**

CSIRO is governed under the *Privacy Act 1988* (Cth). CSIRO is collecting your personal information for the purposes of conducting the study and related scientific research. CSIRO will only use and disclose your personal information in accordance with the Privacy Act 1988 and the *NH&MRC National Statement on Ethical Conduct in Human Research (2007)* as amended from time to time, and as otherwise required by law.

In relation to studies conducted by CSIRO, it is customary for all personal information to be identified by a code and stored at CSIRO under lock and key for a period of at least 15 years. Except where otherwise required by law or a government body, at the end of this period your records will be destroyed or permanently de-identified.

CSIRO may publish study results and data in research publications and press releases, however, CSIRO will de-identify any personal information contained in the data and results so that you cannot be identified.

### **WHAT IF I WISH TO WITHDRAW?**

You are free to withdraw at any time during the study. However, we request to maintain any data collected prior to your withdrawal from the study. Your data up until your withdrawal are an important part of the data set for analytical purposes. Your personal information will be kept with those of continuing participants until the end of the study.

It is also important to understand that we can choose to end your participation, too. That decision would be made if we decided that the study is not in your best interest, if you are unable to follow the protocol of the study, or if the study is discontinued. If we ever have to end your participation, we will make sure you understand the reasons why.

**YOUR OBLIGATIONS AS A PARTICIPANT.**

You will need to complete a short online questionnaire.

**IF YOU HAVE FURTHER QUESTIONS**

**Please call Dr. Man-Chung Fung via email: [fun024@csiro.au](mailto:fun024@csiro.au)**

This study has been approved by the CSIRO Low Risk Review Panel. If you would like to speak with someone with respect to ethical matters or wish to register a formal complaint about the conduct of this research, please contact the Secretary of the Committee via email at [chmhrec@csiro.au](mailto:chmhrec@csiro.au) .

Signature: ..... Date: / /

