

FOOD SECURITY AMONGST UNIVERSITY OF AUCKLAND STUDENTS Participant Information Sheet

Lead investigators: Dr Berit Follong, University of Auckland
Professor Cliona Ni Mhurchu, University of Auckland
Professor Lisa Te Morenga, Massey University

The research team: Caitlin Haliburton, Research Assistant, University of Auckland

Lead institution: University of Auckland

Tēnei te mihi matakuikui kia koe, Greetings to you

We invite you to take part in a research study to help us better understand food (in)security among University students in Aotearoa – New Zealand. Before you decide if you participate in this research, it is important for you to understand why the research is being done and what it involves. This Participant Information Sheet will help you make a fully informed decision on whether you participate.

Please take time to read the following information carefully. Ask us if there is anything that is not clear or if you would like more information. Once you understand what the research will involve, and if you agree to take part, you can start the survey by following the steps in the link provided to you.

Why are we doing this study?

Food insecurity, the limited or uncertain access to nutritious and culturally appropriate food, is increasing among university students worldwide. Food insecurity can significantly impact a student's overall wellbeing, diet, and academic success. We therefore aim to investigate the prevalence, determinants, and consequences of food insecurity among students at the University of Auckland – Waipapa Taumata Rau. By better understanding this issue, we can inform the development of interventions and support systems for our student population. As such, this research project has the potential to have a meaningful impact on the lives of students by providing a stepping stone towards better food security, thereby also promoting academic success, healthy diets, and overall wellbeing.

Who can take part in the study?

You can take part in the study if you are enrolled as a student at the University of Auckland.

What does the study involve?

The study involves two parts:

- a) you will be asked to complete an anonymous survey including questions about sociodemographic characteristics, student/educational characteristics, food security, healthy eating, cooking, and university-based initiatives to support food insecure students.
- b) you will be asked to complete a dietary recall: a 24-hour recall is a dietary assessment method that asks an individual to record their food and drink intake during the previous day (midnight to midnight). Intake24 is an automated online tool that helps you to record your intake. You can search for foods from a pre-defined food list and select the amount consumed by using a range of portion size photos.

Once you have completed the survey, you will be provided with a separate link to Intake24. You can choose to complete the survey only or both survey and dietary recall. By submitting the survey or both parts, you indicate that you consent for your answers to be used in this research study. If you decide to also complete the dietary recall, you will be asked to enter the same unique ID as created at the start of the survey. This helps us link your answers but will keep them anonymous.

It is expected that the survey and dietary recall take about 20 minutes each to complete. We encourage you to complete the task(s) in one sitting as your answers cannot be saved and returned to due to the anonymity of the surveys.

Will I be paid for participating?

You can enter two lucky draws: 1) After completing the survey, you can enter the first prize draw to win one of ten \$15 grocery vouchers; 2) You can enter the second lucky draw of five times \$100 grocery vouchers when you complete the dietary recall. The entry forms will be available on the final page of each task. You will be prompted to leave your name and email address so we can contact you if you are successful in winning one of the vouchers. Your personal information will be separated from your answers so that the data remains anonymous. Contact details will be deleted once the prize winners have been contacted.

What are the benefits and risks of participating?

While the benefits of the study may not be immediate, by participating in the study, you will help provide evidence for the prevalence of student food insecurity, its related determinants, and potential diet/health impacts. The study findings will inform the development of university-based interventions and policies that could improve food security and healthy eating among students. Food insecurity has been frequently linked to poor mental health and lower academic performance. Enhancing food security could therefore also have wider implications for student wellbeing and success. You and your peer students may benefit from some of these policies and programmes in the future. Although dietary intake data will be collected, we are unable to provide dietary feedback.

We do not anticipate any risks to you by participating. However, if you do experience difficulties or stress at any point during the study, you are encouraged to talk to a family member/friend or contact the research team (details below). Support resources for University of Auckland students can be found on the Auckland University Students' Association website: <http://ausa.org.nz/support/>. If required, counselling is available by free call or text to 1737.

What are my rights as a participant?

Participation in the study is voluntary and your decision to not take part will not result in any disadvantage. Neither your grades nor your academic relationships with the department and members of the research team will be affected by either refusal or agreement to participate.

Withdraw from participation and withdrawal of data

If you choose to participate, you have the right to change your mind and withdraw from the study without giving a reason. However, we cannot remove your data once you have submitted one (survey) or both parts (survey and recall) of the study.

Anonymity and confidentiality

Your and all other students' responses will be anonymous (you will not be identified). All information provided to the research team will be treated with respect and will be kept strictly confidential. Only the researchers will have direct access to the information that you provide and will not know the identity of the students who have completed the survey.

How will my data be stored?

Several online platforms will be used to collect and store data including REDCap and Intake24. REDCap is a secure web application for building and managing online surveys and databases which will host the survey. It complies with all privacy and security regulations. Dietary data collected through Intake24 will be hosted by the University of Cambridge in the United Kingdom. Only the research team in New Zealand has access to your responses on these online platforms via a secure login.

Following completion of the survey and dietary recall, raw data will be extracted from these online platforms for analysis and storage. All study data will be kept securely on University of Auckland-owned servers using password-protected computers. Data will be stored for at least six years from study completion, after which time the data will be deleted.

What happens after the study?

After all data has been collected and analysed, the information will be summarised in a report. The results of the study may be disseminated through scientific journals and/or presented at conferences. No information that could identify you will be included in these results or publications.

Who do I contact for more information or if I have concerns?

We appreciate the time you have taken to read this information. If you have any questions, please contact:

Dr Berit Follong

Principal Investigator, University of Auckland

Tel: +64 2 128 341 23

Email: berit.follong@auckland.ac.nz

Professor Cliona Ni Mhurchu

Co-investigator, University of Auckland

Tel: +64 9 923 4494

Email: c.nimhurchu@auckland.ac.nz

For Māori health support, please contact **He Kamaka Waiora** (Māori health services). Telephone: 09 367 0000.

For any queries regarding ethical concerns you may contact the Chair, The University of Auckland Human Participants Ethics Committee, Office of Research Strategy and Integrity, The University of Auckland, Private Bag 92019, Auckland 1142. Telephone 09 373-7599 ext. 83711. Email:

humanethics@auckland.ac.nz

Approved by the University of Auckland Human Participant Ethics Committee on 24/05/2024 for three years. Reference number UAHPEC27163.