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**BRISTOL**



Ethics approval code: 24091526481

## **PARTICIPANT INFORMATION SHEET**

### **Individual differences in attitudes to eating and drinking behaviour**

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You are being invited to take part in a research study. Before you decide, it is important for you to understand why the research is being done and what it would involve. Please take time to read the following information carefully and discuss it with others if you wish. Ask us if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part and remember that your participation is voluntary.

#### **What is the purpose of the study?**

The purpose of this study is to investigate the differences between people regarding the factors influencing attitudes to eating and drinking behaviour. This research will be important in developing effective health policies.

#### **Why have I been invited?**

You have been chosen because you have enquired about our studies and requested to receive this further information following reading the summary version described in the letter of invitation or in a study advertisement.

#### **Do I have to take part?**

It is up to you to decide whether or not to take part. If you do decide to take part you would be given this information sheet to keep and be asked to sign a consent form prior to any further procedures. If you decide to take part you are still free to withdraw at any time and without giving a reason. A decision to withdraw at any time, or a decision not to take part, would not affect your future participation in studies or be held against you in any way.

#### **Am I eligible to take part?**

**Please note you must be aged over 18 to volunteer and may be asked to provide identification as proof of age.**

In order to take part you should;

- Be at least 18 years of age;
- Drink at least 2 units\* of alcohol per week and drink a maximum of 35 units\*/week if female, or 50 units\*/week if male;
- Like beer;

- Be in good physical and psychiatric health;
- Have English as a first language or an equivalent level of fluency;

You would **not** be able to take part in the study if you;

- Have consumed alcohol within 24 hours of the test session – please note that this will be assessed using an alcohol monitor at arrival at the testing session.
- Are currently using psychiatric medication;
- Have used illicit drugs (except cannabis) in the past month;
- Have a family history of alcoholism. Defined as at least one first-degree relative (parent, sibling) or two or more second degree relatives (e.g., uncle, grandparent, niece);
- Are pregnant, think you might be pregnant, trying to conceive or breastfeeding.
- Have the potential, in the opinion of the investigator, to be non-compliant with the study or unable to give informed consent.

### **Expenses and reimbursement**

Participants who complete the study will be reimbursed with either £5 for their time and travel expenses or a course credit (Experimental Psychology undergraduate students only).

**Participants who are ineligible on the testing day based on the criteria described above, will not be reimbursed or given course credit. Please read these criteria carefully to ensure that you are eligible.**

### **What would I have to do?**

Participants would be required to attend a single testing session lasting approximately 45 minutes. Testing will take place in The School of Experimental Psychology, 12a Priory Road, BS8 1TU.

### **What does the study involve?**

Participants would complete a series of questionnaires regarding their eating and drinking behaviour, in addition to questions about their mood. Participants would be provided with two alcoholic beverages (up to one pint of beer) and would be given the opportunity to drink as much or as little of these beverages as they like whilst completing a taste test of these beverages.

### **What are the possible disadvantages and risks of taking part?**

We do not anticipate that there will be any risks associated with participating in this experiment. Insurance will be provided by the University of Bristol.

Your life insurance or private medical insurance could be affected by taking part and if you have private medical insurance you should check with the company before agreeing to participate.

### **What are the side effects of any treatment received when taking part?**

During the study, participants will consume a small amount of alcohol (up to a maximum of one pint of standard strength lager; 4.8% ABV). At the end of the study, participants will be verbally reminded that they have consumed alcohol and will be advised not to drive, operate heavy machinery or engage in any activity considered hazardous following alcohol consumption.

Participants will also be given the opportunity to remain behind until they feel that any effects of alcohol have worn off and will be offered a taxi home.

### **What are the possible benefits of taking part?**

You would not directly benefit from taking part in this research study and your participation is voluntary. However, the information we get from this study may help us to understand how individual differences influence attitudes to eating and drinking behaviour and this may be used to inform health policies.

### **What if there is a problem?**

Any complaint about the way you have been dealt with during the study or any possible harm you might suffer would be addressed.

If you are harmed by taking part in this research project, there are no special compensation arrangements. If you are harmed due to someone's negligence, then you may have grounds for legal action but you may have to pay for it. Regardless of this, if you wish to complain or have any concerns about any aspect of the way you've been approached or treated during the course of this study, please contact Dr Olivia Maynard (E: Olivia.Maynard@bristol.ac.uk, T: 01179289943).

### **Will my taking part in this study be kept confidential?**

Any personal information and research study documentation taken for this research study would remain confidential and would be available only to university research staff and government bodies which monitor whether research studies are performed properly.

### **What would happen to the results of the research study?**

When the study has been completed, we would analyse the data we have collected and report the findings. This would be reported in an appropriate scientific journal or presented at a scientific meeting. You would not be identified in any way and if you would like a copy of the final paper, you may request this.

Your study data would be anonymised. This means that it would be given an identification number and any identifying information about you would be removed. Therefore, it would not be possible to identify you by name from any aspect of documentation or reporting for this research study.

At the end of the study your data would become "open data". This means that it would be stored in an online database so that it is publicly available.

### **What is open data?**

Open data means that data are made available, free of charge, to anyone interested in the research, or who wishes to conduct their own analysis of the data. We would therefore have no control over how these data are used. However, all data would be anonymised before being made available and therefore there would be no way to identify you from the research data.

### Why open data?

Sharing research data and findings is considered best scientific practice and is a requirement of many funding bodies and scientific journals. As a large proportion of research is publicly funded, the outcomes of the research should be made publicly available. Sharing data helps to maximise the impact of investment through wider use, and encourages new avenues of research.

### Can I withdraw my study data after I have participated in the study?

Yes. If you decide that you do not want your data to be used you can contact the study team and request that your data are withdrawn. You can do this up to one year after the study ends or up until the point the data are shared as “open data” (whichever comes first). At this point links between your identify and your anonymised data set would be destroyed, and therefore we would no longer be able to withdraw your data as we would no longer be able to identify which data set is yours.

### Who is organising and funding the research?

This research is funded by The Medical Research Council Integrative Epidemiology Unit at the University of Bristol which is supported by the Medical Research Council and the University of Bristol (MC\_UU\_12013/6).

### Who has reviewed the study?

This study has received ethics approval from the Faculty of Science Research Ethics Committee at the University of Bristol (24091526481).

### Who can I contact for further information?

If you have any further questions or comments about this study, please contact Dr Olivia Maynard (E: Olivia.Maynard@bristol.ac.uk, T: 01179289943).

**If you participate in this study you would be given a copy of this information sheet and a signed consent form to keep.**