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## INFORMATION SHEET

*for adolescents*

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Title: Testing a new online program to improve teenage eating and lifestyle behaviours

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**Description of the study:**

This study is part of the project titled HOT – Health Online for Teens: Testing a new and experimental online program to improve teenage health. This project will investigate your use of the HOT online program, and whether you found it helpful. This project is supported by Flinders University, College of Nursing and Health Sciences

**Purpose of the study:**

This project aims to find out if teenagers use an online program which delivers health information about eating and activity. The program supports you to set and review eating and activity goals and provides nutrition and physical activity information and tips. This project also aims to ask you how you found the HOT program and whether it was useful for you.

**What will I be asked to do?**

You are invited to register for HOT and access program materials. You will be asked to participate in the HOT program over 14-weeks. You will review your current diet and level of activity, and set your own weekly goals to improve. There are weekly tips and quizzes, and resources such as recipes for you to use. Each week, you will review your progress against the goals you set. We will support you with strategies to overcome things that are making your changes hard. There will also be the opportunity to access support via an automated chat-bot in Facebook Messenger, which provides motivation and checks in on you each week. You will be issued with a mini iPad to use during this period and in appreciation of its safe return in good working order, you will receive a \$50 gift card of your choice for Coles Myer or Apple iTunes/App Store.

For a period of 7 days both before and after the program, you will be asked to wear on your wrist an activity monitoring device (accelerometer). You will also be asked to complete two questionnaires, one before and one after the program which should take about 35 minutes each to finish.

You may also be invited to participate in an interview to discuss your thoughts about HOT and how you felt using the program. If you choose to participate, you will complete a one-on-one interview with a researcher and discuss your thoughts about HOT and how you felt using the program. The interview will be approximately 45 – 60 minutes long. The audio of interview will be recorded and later transcribed. You will have the opportunity to review the transcript and make changes to anything you've said.

Participation is entirely voluntary. You may use HOT without completing the survey at the end, and you can say no to participate in an interview when asked later.

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### **What benefit will I gain from being involved in this study?**

You will receive education and skills training to improve your diet and physical activity, as well as resources including goal setting tools.

If you choose to be interviewed, you may benefit by reflecting on your experience in HOT and your discussing any learnings from the HOT module with the researcher.

### **Will I be identifiable by being involved in this study?**

After you complete the screening questionnaire, we will set up a HOT account/provide you a link to register. We recommend that your account be your first name and the first letter of your last name (e.g. John S or Jane T) so we can identify and contact you if there are any problems, but your identity (full surname) will be confidential and at the end of the program, your data will be linked, and linked with your parent's, by an ID number only (your name will be deleted from all records). You may not be anonymous to other members of the program if you share personal information or other details during the program.

### **Are there any risks or discomforts if I am involved?**

The researcher anticipates few risks from your involvement in this study, however, given the nature of the project, some participants could experience emotional discomfort.

If participation in this study causes emotional discomfort (e.g., anxiety, distress, embarrassment), please call the Kids Helpline. Kids Helpline serves adolescents and young adults and is a free and confidential service which can be contacted any time by phone 1800 55 1800, email [counsellor@kidshelpline.com.au](mailto:counsellor@kidshelpline.com.au), or web-chat <https://kidshelpline.com.au/teens/get-help/webchat-counselling/>.

If you have any concerns regarding anticipated or actual risks or discomforts, please raise them with the researcher.

There is a risk to your safety during the program and at all times when you are online if you provide personal details and information to others. We will protect your personal information from other participants and it is strongly recommended that you share personal details with care. Discussion forums will be monitored and we will make an effort to remove any revealing personal information which is shared. While all information provided will be treated with the strictest confidence, if serious indictable offences are witnessed or disclosed (e.g. child abuse), research staff as mandated reporters will need to report these

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to the relevant authorities.

You will be loaned a new mini iPad for use during the program to ensure that you have access to a device on which to participate in the program. This is an expensive piece of equipment which will come with a protective case and it should be handled with care. You will not be financially responsible for replacing the device if it is damaged, but we do hope you take good care of it. If the device is returned in good working order, you will receive reimbursement for this care, and your time and participation in the study.

### **How do I agree to participate?**

Participation is voluntary. If you are eligible to participate, you will be sent a registration link to the HOT program. Your enrolment survey and completion of registration is taken as your consent to participate. You are free to withdraw from the program at any time without effect or consequences.

Following the program, you may be asked to participate in an interview, which is voluntary. You will be given the opportunity to give consent to this interview by signing a consent form. You are free to say no to the interview or stop the interview at any time without effect or consequence.

### **How will I receive feedback?**

On project completion outcomes of the project will be available to all participants via the Flinders University HOT website.

Thank you for taking the time to read this information sheet, and we hope that you will accept our invitation to be involved.

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*This research project has been approved by the Flinders University Social and Behavioural Research Ethics Committee (Project number 7896). For more information regarding ethical approval of the project the Executive Officer of the Committee can be contacted by telephone on 8201 3116, by fax on 8201 2035 or by email [human.researchethics@flinders.edu.au](mailto:human.researchethics@flinders.edu.au)*

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