

# Human Research Ethics

## Teacher Participant Information Statement

### Longitudinal Food and Nutrition related Health and Wellbeing Investigation in Secondary Teachers



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Research Project: **Longitudinal Food and Nutrition-related Health and Wellbeing Investigation in Secondary Teachers**

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You are invited to participate in the research project noted above which is part of the PhD research for Ms. Tammie Jakstas at the University of Newcastle, supervised by Laureate Professor Clare Collins, Dr Vanessa Shrewsbury from the College of Health, Medicine, and Wellbeing, Dr Andrew Miller from the College of Human and Social Futures and Associate Professor Tamara Bucher from the College of Engineering, Science and Environment.

Funding support is currently being provided for the project by The Teachers' Health Foundation.

The information below provides more detail about the study and how you can participate if you choose to do so.

#### **1. What is the research study about?**

The purpose of the research is to test the stability of a newly developed questionnaire that measures data related to the food and nutrition-related health and wellbeing of teachers across a school year. Previous research in teacher health and wellbeing is limited in its consideration of food and nutrition-related factors and their potential contribution to an individual's overall health and wellbeing. The data from this study will create a baseline database to inform a pilot intervention to enhance the food and nutrition-related health and wellbeing practices of teachers.

#### **2. Who is conducting the research?**

This research project is being conducted by researchers from the University of Newcastle's College of Health, Medicine, and Wellbeing, College of Human and Social Futures and College of Engineering, Science and Environment who have the expertise to conduct this project, including in nutrition, health and wellbeing, education and questionnaire design and evaluation.

#### **3. Who can participate in the research?**

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Participants must be a current resident of Australia, 18 years of age or older, and have access to the internet. Participants must be currently employed as a classroom teacher in a secondary school in Australia, and willing to use their professional (school) email.

Participants whose responses to the recruitment questionnaire do not meet the eligibility requirements will not be admitted to the study.

#### **4. What does participation involve?**

If you would like to be a part of the longitudinal teacher food and nutrition study you are asked to complete the recruitment questionnaire that will ask you to provide your full name, professional (school) email address, and the current school you teach at.

All participants will be screened to ensure they meet the eligibility criteria. Those participants that match the criteria will be added to the study list.

There will be four-time collection points, with the Teacher Food and Nutrition Questionnaire sent out on each of the dates identified below, along with specific details of what you will be asked to do. All questionnaires sent to you will be from the email address [tammie.jakstas@uon.edu.au](mailto:tammie.jakstas@uon.edu.au)

#### *Participant requirements/tasks*

##### **Test time point 1**

*Approximate completion time 20 minutes, with an additional 5 minutes anticipated for the extra brief questions.*

**Part 1:** You are asked to follow the directions of the QuestionPro link to complete the teacher food and nutrition questionnaire which covers a series of questions related to your food and nutrition practices, and general health and psychological wellbeing (including measures of professional burnout and stress).

**Part 2:** You will be asked some brief questions on the barriers and facilitators to practicing healthy food and nutrition at school and home, what do teachers want in the way of support, education to achieve healthful food and nutrition practices.

**Part 3:** A final question will be included at the close of this round to ask those interested in participating in future research such as focus groups to indicate their interest with a Yes/No response.

##### **Test time point 2, and 3**

*Approximate completion time 20 minutes.*

**Part 1:** You are asked to follow the directions of the QuestionPro link to complete the teacher food and nutrition questionnaire.

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\*No additional questions required.

#### **Test time point 4**

*Approximate completion time 20 minutes.*

**Part 1:** You are asked to follow the directions of the QuestionPro link to complete the teacher food and nutrition questionnaire.

**Part 2:** A final question will be included at the close of this round to ask those interested in participating in future research such as focus groups to indicate their interest with a Yes/No response.

The questionnaires can be stopped or interrupted at any time by clicking close and complete later. The QuestionPro platform will request that the participant enter their email address and an email with a new link will be emailed to their inbox that has marked where they are at within their questionnaire response. This new link can be activated to complete the questionnaire later. However, it is recommended that questionnaires are completed in one sitting and have time set aside for its completion.

All participants will be sent each of the four-questionnaire links, approximately 3-4 months apart. Incomplete responses will be deleted from data analysis.

Beyond this, your email address will be used to link each questionnaire responses together for the purpose of longitudinal data analysis, however, contact information will be removed and codes created to indicate the linked responses for analysis. No personal details (i.e., participant name and email addresses) will remain within questionnaire data, with all results de-identified prior to analysis.

No participant names or emails will be used in the data analysis or seen beyond the research team.

#### **Do you have to take part in this research study?**

Participation in this research study is voluntary. If you do not want to take part, you do not have to. If you decide to participate and later change your mind, you are free to withdraw from the study at any time, however any data already submitted will remain for analysis.

#### **What is the benefit of participating in this research study?**

By participating in this questionnaire, you will have the opportunity to assist researchers in obtaining valuable insight into the capacity of the developed questionnaire to act as a screening tool to measure teachers' food and nutrition related health and wellbeing and its ability to detect seasonal variations across a single school year.

Participant insight and feedback will also help in obtaining insight into teacher barriers and facilitators to teacher personal and professional food and nutrition related health and wellbeing.

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This research aims to build on work previously completed in this field to create a tool in the form of an online questionnaire that can be used to monitor, screen, and assess the contribution of food and nutrition to teacher related health and wellbeing. To inform areas of further training and supports for teachers to be assessed in a pilot intervention and collate data to inform policy provision that is inclusive of teachers' food and nutrition related health and wellbeing needs and identifying them as the valuable members of our learning communities that they are.

#### **Acknowledgement of time contribution**

Your name and email address will be collected at each round for the purposes of GiftPay Voucher draw and distribution (there is to be a draw for each of the four rounds, with 10 vouchers available, worth \$150 available at each round, **with participants chosen at random**).

This is not an incentive to participate but the opportunity to be selected to receive a GiftPay voucher in acknowledgement of your time to participate, in each or the four rounds.

Across the full year there is to be 40 vouchers, valued at \$150 each available (10 available at each time point).

#### **Are there any risks involved in participating in this research?**

There are no anticipated risks associated with participating in this research.

However, some of the questions deal with potentially sensitive issues such as reporting on your dietary intake, levels of professional burnout and stress as well as personal wellbeing. In the unlikely event that you find any of the questions upsetting, you can discontinue at any time.

You may also wish to contact your local GP or your staff health or counselling services unit at your school or organisation. It is also possible to try the national counselling service helpline of Beyond Blue which is available 24/7 to offer advice and support via telephone (call [1300 22 4636](tel:1300224636)), [webchat](#) and [email](#) (email response provided within 24 hours).

#### **How will your privacy be protected?**

The online questionnaire is completely confidential. We will need to ask you to provide your name and email address so that we can match your responses over time. However, any identifiable information will only be known to the research team, and you will not be named or identified within any of the research outcomes. The online questionnaire will be hosted by QuestionPro, and protected in accordance with their security policy, available at <https://www.questionpro.com/help/privacy-policy.html>

Data will be retained securely for a minimum period of 5 years from completion of the research and managed/stored in accordance with the University's Research Data and Materials Management

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Guideline (see <https://policies.newcastle.edu.au/document/view-current.php?id=72>) or any successor Guideline, and applicable The University of Newcastle policy provisions (as amended from time to time). Access to any identifiable data will be limited to members of the research team, unless you consent otherwise, except if required by law.

#### **How will information collected by the research team be used?**

Immediate data will be used to improve the usability of the teacher food and nutrition questionnaire with the information collected contributing a pilot intervention to provide education and support to teachers to gain greater agency of their individual food and nutrition wellbeing. Data collected will also contribute to Tammie Jakstas PhD research and thesis may be presented in academic publications, at conferences or in articles.

Individual participants will not be identifiable in any of the outputs generated from the research project, but individual anonymous responses may be quoted.

Non-identifiable data may be shared with other parties (including in funding review reports to the Teachers' Health Foundation) and within peer-review for journal publications, or to contribute to further research and public knowledge.

A summary of this study will be made available in an open access journal article upon study completion.

#### **What you need to do to participate**

Please read this participant information statement in its entirety and be sure you understand all the information provided before you agree to participate.

If there is anything you do not understand, or if you have questions, contact chief investigator [clare.collins@newcastle.edu.au](mailto:clare.collins@newcastle.edu.au) or student researcher [tammie.jakstas@uon.edu.au](mailto:tammie.jakstas@uon.edu.au)

If you would like to participate, please click on the following link <https://uninewcastle.questionpro.com.au/t/ARnRcZR4K> to complete the recruitment survey.

An email with a link will be sent to your nominated email address for each of the four questionnaire time points, with a month at each time point to complete your responses. Please know that for each questionnaire time point, three reminder emails will be sent to those participants who are yet to complete, or those with incomplete responses only.

As this information sheet is provided in an electronic form, you are encouraged to retain a copy for your reference.

Completion and submission of the recruitment questionnaire, and each consecutive questionnaire will be taken as your implied and continued consent to participate.

#### **Do you need more information?**

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If you would like more information about this research project, please contact chief investigator [clare.collins@newcastle.edu.au](mailto:clare.collins@newcastle.edu.au) or student researcher [tammie.jakstas@uon.edu.au](mailto:tammie.jakstas@uon.edu.au)

Thank you for considering this invitation.

Thank you,

#### The research team

Laureate Professor Clare Collins, Dr Andrew Miller, Associate Professor Tamara Bucher, Dr Vanessa Shrewsbury, Ms Tammie Jakstas.

Handwritten signature of Tammie Jakstas.

Tammie Jakstas  
Student Researcher  
The University of Newcastle

Handwritten signature of Clare Collins.

Laureate Professor Clare Collins  
Laureate Professor  
The University of Newcastle

#### Concerns or complaints about this research

This project has been approved by the University of Newcastle College Human Ethics Advisory Panel, Approval No. H-2023-0120.

If you have concerns about your rights as a participant in this research, or if you have a complaint about the manner in which the research is conducted, you can contact the Chief Investigator Laureate Professor Clare Collins (02) 4921 5646 or send an email to [clare.collins@newcastle.edu.au](mailto:clare.collins@newcastle.edu.au)

If you would prefer to contact someone independent of the research project, you can forward your concerns to:

Human Research Ethics Officer  
Research and Innovation Services  
The University of Newcastle  
University Drive  
Callaghan NSW 2308, Australia  
Phone: (02) 4921 6333  
Email: [Human-Ethics@newcastle.edu.au](mailto:Human-Ethics@newcastle.edu.au)

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#### **Research Team Contact Details**

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