



LIVERPOOL JOHN MOORES UNIVERSITY

Participant Information Sheet for Healthy Adult Individuals

LJMU's Research Ethics Committee Approval Reference: 18/NSP/056

YOU WILL BE GIVEN A COPY OF THIS INFORMATION SHEET

Title of Study: A psychophysics investigation on the effects of appetite on aesthetic appreciation of human bodies.

Name of Researcher: Dr Valentina Cazzato, Lecturer in Psychology, Liverpool John Moores University, School of Natural Science and Psychology

You are being invited to take part in a research study. Before you decide it is important that you understand why the research is being done and what it involves. Please take time to read the following information. Ask us if there is anything that is not clear or if you would like more information. Take time to decide if you want to take part or not.

1. What is the purpose of the study?

This study aims to investigate the effect that hunger has on the aesthetic appreciation of different body types – to investigate whether fasting for at least 12 hours can affect the appreciation of human female and male bodies. There is also a gap in the research in relation to this – a lot of research on body image and aesthetics focus on women rather than men, and there seems to be a lack of research on how hunger specifically can affect aesthetic appreciation. That's where you, the potential participant for this study, come in (see the following points below).

2. Why have I been invited to participate?

You have been invited because you are a female or male individual between the age of 18 years and above who:

- **does not suffer from any Eating Disorders (Anorexia, Bulimia and Binge Eating);**
- Has a body mass index equal or less than 29.9 (you can work out your BMI by using the NHS online calculator at: <http://www.nhs.uk/tools/pages/healthyweightcalculator.aspx>);
- does not suffer from any Psychiatric or Neurological Disorders;
- is not pregnant;
- is not diabetic;
- does not have any allergy to bananas (**plantain-based foods**);
- does not have any uncorrectable vision problems (people who wear glasses and contact lenses can participate).

We will aim to recruit a total of 36 participants, 18 women and 18 men.

3. Do I have to take part?

No. It is up to you to decide whether or not to take part. If you do decide to take part you will be given this information sheet to keep and be asked to sign a consent form. You can withdraw at any time by informing the investigators without giving a reason and without it affecting your rights/any future treatment/service you receive.

4. What will happen to me if I take part?

*You will need to complete a series of short on-line questionnaires on body image at least 48 hours prior to your arrival at the lab. If eligible, you will be then tested in two lab sessions. Both sessions require you to fast (i.e. to not consume any food) for at least 12 hours overnight prior to your scheduled sessions. **Scheduled sessions will take place during the morning between 8:00am and 11:30am as per your convenience.** One session will involve carrying out the subsequent tasks immediately after 12 hours of fasting, and one session will involve carrying out the task after having eaten a snack (a banana) following the 12-hour fasting period. All participants will receive this snack (fasting condition participants will receive it after completing tasks, snack condition will receive it before completing tasks). Upon arrival, your height and weight will also be measured to calculate your Body Mass Index (BMI).*

*This information will not be linked to your name or other personal identifiers to ensure you are kept anonymous. You'll be asked about your level of hunger before you start the task, and will then be required to make judgements on how much you like the images presented to you. Once these tasks are complete you'll be given a debrief sheet which you can take away with you. Including the on-line questionnaire, the study should last not more than 1 hour. You may decide to give us your contact details should you wish to participate to future research studies. **You will receive a £5 shopping voucher and if you are a LJMU BSc students you will also receive SONA points for participating.***

Note: You will still be able to consume water during the (overnight) fasting period, you must simply not consume any food (or liquids that may contain nutrients).

5. What are the possible disadvantages and risks of taking part?

As this investigation will require you to fast for at least 12 hours prior to arriving at the lab, you will experience hunger and may experience some discomfort, but this will be alleviated with the snack provided for you. You may feel pressured during the cognitive task at the PC to perform better or if you find the process difficult. To reduce this, breaks will be given after each test in order for you to feel relaxed again. At each break you will be asked how you feel and if you still feel comfortable to carry on. Furthermore, answering some of the on-line questions may raise the possibility that you think you have a problem with eating or body image perception. In the unlikely case of this happening, please feel free to contact the researcher (Dr Valentina Cazzato) or your medical GP or if you are a student contact the free counselling services available at the LJMU. You have the right not to answer questions you do not wish to and/or to withdraw at any stage of data collection (but before you are handed in the debriefing sheet). There are no implications of this choice. There are no perceived possible long term adverse risk effects.

6. What are the possible benefits of taking part?

Taking part is of no direct benefit to you. The information we get from this study may help us with filling a gap in research regarding hunger and its effects on aesthetic appreciation in women and men and its link to Eating Disorders.

7. What will happen to the data provided and how will my taking part in this project be kept confidential?

The information you provide as part of the study is the **research study data**. Any research study data from which you can be identified (e.g. from identifiers such as your name, date of birth, etc.), is known as **personal data**. This includes more sensitive categories of personal data (**sensitive data**) such as your race; ethnic origin; gender, weight, height. Personal data does not include data that cannot be identified to an individual (e.g. data collected anonymously or where identifiers have been removed).

If necessary, personal data will be stored confidentially for 5 years after the study has finished [OR] as long as it is necessary to verify and defend, when required, the process and outcomes of research. The time period may be a number of years. Your data will only be viewed by the researcher/research team. Personal data collected from you will be recorded using a linked code – the link from the code to your identity will be stored securely and separately from the coded data. All electronic data will be stored on a password-protected computer file in room 3.06 (Tom Reilly Building, LJMU). All paper records will be stored in a locked filing cabinet in room 3.06 (Tom Reilly Building, LJMU). Your consent information will be kept separately from your responses in order to minimise risk in the event of a data breach. We will not name you in any of our reports or publications. You will not be identifiable in any ensuing reports or publications.

Anonymised data might be used for additional or subsequent research studies and we might share anonymised data with other investigators (e.g. in online databases). All personal information that could identify you will be removed or changed before information is shared with other researchers or results are made public.

8. Limits to confidentiality

Please note that confidentiality may not be guaranteed; for example, due to the limited size of the participant sample, the position of the participant or information included in reports, participants might be indirectly identifiable in transcripts and reports. The investigator will work with the participant in an attempt to minimise and manage the potential for indirect identification of participants.

The Investigator will keep confidential anything they learn or observe related to illegal activity unless related to the abuse of children or vulnerable adults, money laundering or acts of terrorism.

In certain exceptional circumstances where you or others may be at significant risk of harm, the investigator may need to report this to an appropriate authority. This would usually be discussed with you first. Examples of those exceptional circumstances when confidential information may have to be disclosed are:

- The investigator believes you are at serious risk of harm, either from yourself or others

- The investigator suspects a child may be at risk of harm
- You pose a serious risk of harm to, or threaten or abuse others
- As a statutory requirement e.g. reporting certain infectious diseases
- Under a court order requiring the University to divulge information
- We are passed information relating to an act of terrorism

9. What will happen to the results of the research project?

The results of this study may be summarised in published articles, reports and presentations. Quotes or key findings will always be made anonymous in any formal outputs unless we have your prior and explicit written permission to attribute them to you by name.

10. Who is organising the study?

This study is organised by Liverpool John Moores University.

11. Who has reviewed this study?

This study has been reviewed by, and received ethics clearance through, the Liverpool John Moores University Research Ethics Committee (Reference number: 18/NSP/056).

12. What if something goes wrong?

If you have a concern about any aspect of this study, please contact the relevant investigator who will do their best to answer your query. The researcher should acknowledge your concern within 10 working days and give you an indication of how they intend to deal with it. If you wish to make a complaint, please contact the chair of the Liverpool John Moores University Research Ethics Committee (researchethics@ljmu.ac.uk) and your communication will be re-directed to an independent person as appropriate.

13. Data Protection Notice

The data controller for this study will be Liverpool John Moores University (LJMU). The LJMU Data Protection Office provides oversight of LJMU activities involving the processing of personal data, and can be contacted at secretariat@ljmu.ac.uk. This means that we are responsible for looking after your information and using it properly. [LJMU's Data Protection Officer can also be contacted at secretariat@ljmu.ac.uk](#). The University will process your personal data for the purpose of research. Research is a task that we perform in the public interest.

Your rights to access, change or move your information are limited, as we need to manage your information in specific ways in order for the research to be reliable and accurate. If you withdraw from the study, we will keep the information about you that we have already obtained.

You can find out more about how we use your information by contacting secretariat@ljmu.ac.uk.

If you are concerned about how your personal data is being processed, please contact LJMU in the first instance at secretariat@ljmu.ac.uk. [If you remain unsatisfied](#), you may wish to contact

the Information Commissioner's Office (ICO). Contact details, and details of data subject rights, are available on the ICO website at: <https://ico.org.uk/for-organisations/data-protection-reform/overview-of-the-gdpr/individuals-rights/>

16. Contact for further information

*Dr Valentina Cazzato PhD, CPsychol
Lecturer in Psychology
Natural Sciences and Psychology
Room 3.06, Tom Reilly Building, Byrom Street, Liverpool, L3 3AF
t: 0151 904 6340 e: V.Cazzato@ljmu.ac.uk*

Thank you for reading this information sheet and for considering to take part in this study.

Note: A copy of the participant information sheet should be retained by the participant with a copy of the signed consent form.
