**KEY INFORMATION AND CONSENT TO TAKE PART IN A RESEARCH STUDY**

**ADULT CONSENT FORM FOR SOCIAL AND BEHAVIORAL RESEARCH**

Logo

Description automatically generated

**TITLE OF STUDY:** Social Media to Provide Nutrition Education for Direct Support Professionals

**Principal Investigator:** Dara Lyn LoBuono, PhD, RD

You are being asked to take part in a research study. This consent form is part of an informed consent process for a research study and it will provide key information that will help you decide whether you wish to volunteer for this research study.

Please carefully read the key information provided in questions 1-9 and 14 below. The purpose behind those questions is to provide clear information about the purpose of the study, study specific information about what will happen in the course of the study, what are the anticipated risks and benefits, and what alternatives are available to you if you do not wish to participate in this research study.

The study team will explain the study to you and they will answer any question you might have before volunteering to take part in this study. It is important that you take your time to make your decision. You may take this consent form with you to ask a family member or anyone else before agreeing to participate in the study.

You are not giving up any of your legal rights by volunteering for this research study or by signing this consent form. If you have questions at any time during the research study, you should feel free to ask the study team and should expect to be given answers that you completely understand. After all of your questions have been answered, if you still wish to take part in the study, you will be asked to sign this informed consent form.

The Principal Investigator, Dara Lyn LoBuono, or another member of the study team will also be asked to sign this informed consent.

1. W**hat is the purpose of the study?**

The goal of this project is to develop and assess the acceptability and integration of online, multimedia nutrition education via social media and the Center on Nutrition and Disability’s website. Multimedia nutrition education content includes social media posts, cooking videos, blog posts, infographics, and Instagram/Facebook live events. Through participating in this study your feedback will be requested. The results of this study will help us improve our multimedia/digital content to better serve those who care for adults with an intellectual and developmental disability (IDD), along with individuals living with an IDD.

1. **Why have you been asked to take part in this study?**

You have been asked to participate in this study because you are a direct support professional serving adults with intellectual and developmental disability.

1. **What will you be asked to do if you take part in this research study?**

The duration of the project is 8-months (Approximately April-December).

Throughout the 8 months, Rowan dietetic students and the research team will post multi-media content on the Center on Nutrition and Disability’s social media pages (TikTok, Facebook, Instagram) and the CND’s Website. As a participant in this study you are asked to regularly view these posts as a way to inform you about nutrition and healthy eating for your residents’ living with an IDD. You are also invited to participate in bi-weekly (2x/month) Instagram/Facebook live events, where you can ask the dietetics team at Rowan questions. To ensure the nutrition education content is relevant and acceptable, we will be incorporating your feedback throughout the intervention. Throughout the 8-month period we will be checking the analytics on our social media accounts, such as the number of likes, comments, views.

Over the 8-months you will be assessed three different times: baseline (today’s visit), Month 4, and Month 8. These assessments are described below:

1. Assessment #1 – Information Session and Baseline Assessment (\*INSERT MONTH)) Description: This is today’s session. During this session you will partake in an information session/workshop known as “Eat and Engage” either individuals or with other direct support professionals. This lunch and learn style session will include information about the Center on Nutrition and Disability, their website and social media platforms, our social media team, and we will cook an easy and healthy recipe together.

Following the recipe, you will partake in a focus group or one-on-one interview to describe the nutrition information you are interested in receiving through our social media and website, and complete some surveys around your social media usage, nutrition self-efficacy and fruit and vegetable intake. This session should take about 2 hours to complete and will occur face-to-face at your workplace or over Zoom. A remote session will be offered for those who cannot attend but are interested in participating this study.

1. Assessment #2 – Month 4 Follow Up

After 4 months of engaging with multimedia nutrition content you will be asked to participate in an hour long zoom call where you will partake in a one-on-one semi-structured interview to provide feedback on your satisfaction with the program up to this point. You will also fill out an electronic survey during this time, which will ask about your satisfaction with the program, social media engagement, nutrition self-efficacy and fruit and vegetable intake. This session will occur virtually and take about 45 minutes to 1 hour to complete.

1. Assessment #3 – Month 8 Final Assessment

At the end of the 8-month study, will be asked to participate in a final hour long zoom call where you will partake in another one-on-one semi-structured interview to provide feedback on your satisfaction with the program up to this point. You will also fill out an electronic survey during this time, which will ask about your satisfaction with the program, social media engagement, nutrition self-efficacy and fruit and vegetable intake. This session will occur virtually and take about 45 minutes to 1 hour to complete.

1. **Who may take part in this research study? And who may not?**

Direct support managers and providers working in group homes or for day programs may take part in this study. These direct support providers must be 18 years or older, English speaking, and either currently using social media or willing to utilize social media. Carers who do not want to use social media will be excluded from this study.

1. **How long will the study take and where will the research study be conducted?**

The duration of the study is 8 months. Social media content will be posted 2-3 times a week. Data will be collected from participants at three different assessment sessions. Assessment #1 will collect baseline data and will take place at the group home. Those who can not attend assessment 1 in person will have a virtual option. It should take about 2 hours. Assessments 2 and 3 will occur virtually and should both take 45 minutes to 1 hour.

1. **How many visits may take to complete the study?**

Participants are encouraged to regularly check the social media content 3 times per week. Participants will partake in three assessment sessions.

1. **What are the risks and/or discomforts you might experience if you take part in this study?**

The risks or discomfort of participating in the interview or focus group are minimal.  Participants will be asked questions that are not likely to produce anxiety or negative feelings, although a question may cause a participant to discuss something related to their own health that is difficult to think about.  A participant may choose to not answer a question and may terminate participation at any point during the interview or focus group. All social media pages will be kept private during the 8-month intervention to protect participants’ identity.

1. **Are there any benefits for you if you choose to take part in this research study?**

There are both direct and indirect benefits for partaking in this research study. Through participating in this project you will have access to tools and education materials needed to support individuals with IDD to achieve their optimal nutrition and health goals. There is also potential that participants may acquire nutrition knowledge that can be applied to their own, personal everyday life. Your feedback throughout the project will help us to create engaging, user-friendly and relevant nutrition education content that can better serve those caring for individuals with IDD and the IDD community.

1. **What are the alternatives if you do not wish to participate in the study?**

Participating in this study is voluntary. Only those direct support professionals who enroll in the study will have access to the multimedia content via CND’s social media pages. However, those who chose not to participate still be able to view nutrition information on the CND’s website and participate in cooking class today.

1. **How many subjects will be enrolled in the study?**

This study will  recruit up to 40 direct support professionals working in group homes and day programs throughout South Jersey with the goal of consenting and enrolling 32 participants and 15 participants completing this 8-month pilot study.

1. **How will you know if new information is learned that may affect whether you are willing to stay in this research study?**

During the course of the study, you will be updated about any new information that may affect whether you are willing to continue taking part in the study. If new information is learned that may affect you, you will be contacted.

1. **Will there be any cost to you to take part in this study?**

There is no cost to participating in this study.

1. **Will you be paid to take part in this study?**

After completing each interview caregivers will receive $20, being awarded up to $60 for study participation. Participants will receive a $20 gift card for completing assessment 1 (baseline), another for completing assessment 2 (month 4) and a final $20 gift card for completing assessment 3 (month 8).

Please note, for gift cards: personal information, such as SSN, ITIN, name, and address, may be collected for tax reporting purposes related to compensation for participation in this study and will not be included as research data. Tax law requires collection of personal information for IRS reporting purposes. You may be required to pay any tax that is due. You may choose to participate in this study and not accept compensation if you do not wish to provide your personal information for tax reporting purposes.

1. **Are you providing any identifiable private information as part of this research study?**

We are collecting identifiable private information in this research study, such as email address, phone number and social media handles. However, all your identifiable information will not be used in any of the future research projects or disclosed to anyone outside of the research team.

1. **How will information about you be kept private or confidential?**

All efforts will be made to keep your personal information in your research record confidential, but total confidentiality cannot be guaranteed. Your personal information may be given out, if required by law. Presentations and publications to the public and at scientific conferences and meetings will not use your name and other personal information.

All data will be stored on password protected computer that belongs to the principal investigator. Interview responses will be deidentified.

1. **What will happen if you do not wish to take part in the study or if you later decide not to stay in the study?**

Participation in this study is voluntary. You may choose not to participate or you may change your mind at any time.

If you do not want to enter the study or decide to stop participating, your relationship with the study staff will not change, and you may do so without penalty and without loss of benefits to which you are otherwise entitled.

You may also withdraw your consent for the use of data already collected about you, but you must do this in writing to Dr. Dara Lyn LoBuono at [lobuono@rowan.edu](mailto:lobuono@rowan.edu) or Rowan University, Department of Health and Exercise Science, 201 Mullica Hill Rd, James Hall Room 1035, Glassboro NJ 08028

If you decide to withdraw from the study for any reason, you may be asked to participate in one meeting with the Principal Investigator.

1. **Who can you call if you have any questions?**

If you have any questions about taking part in this study or if you feel you may have suffered a research related injury, you can call the Principal Investigator:

Dr. Dara Lyn LoBuono

Department of Health and Exercise Science

856-256-4000 Ext 53752

If you have any questions about your rights as a research subject, you can call:

Office of Research Compliance

(856) 256-4058– Glassboro/CMSRU

1. **What are your rights if you decide to take part in this research study?**

You have the right to ask questions about any part of the study at any time. You should not sign this form unless you have had a chance to ask questions and have been given answers to all of your questions.

**AGREEMENT TO PARTICIPATE**

I have read the entire information about the research study, research risks, benefits and the alternatives, or it has been read to me, and I believe that I understand what has been discussed.

All of my questions about this form or this study have been answered and I agree to volunteer to participate in the study.

Subject Name:

Subject Signature: Date:

**Signature of Investigator/Individual Obtaining Consent:**

To the best of my ability, I have explained and discussed the full contents of the study including all of the information contained in this consent form. All questions of the research subject and those of his/her parent or legal guardian have been accurately answered.

Investigator/Person Obtaining Consent:

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**rowan university Institutional Review Board**

**Audio/Videotape Addendum to Consent form**

You have already agreed to participate in a research study conducted by Dr. Dara Lyn LoBuono, PhD, RD. We are asking for your permission to allow us to record the focus group/interview session and two semi-structured interviews as part of that research study. You do not have to agree to be recorded in order to participate in the main part of the study.

The recording(s) will be used for:

* analysis by the research team;
* possible use as a teaching tool to those who are   
  not members of the research staff (i.e. for educational purposes);

The recording(s) will not include any identifying information such as full names.

The recording(s) will be stored on a pass-word protected computer that only the research team will have access to. The recordings will be stored for up to 10 years. After 10 years the recordings will be destroyed.

Your signature on this form grants the investigator named above permission to record you as described above during participation in the above-referenced study. The investigator will not use the recording(s) for any other reason than that/those stated in the consent form without your written permission.

Subject Name:

Subject Signature: Date:

Investigator/Person Obtaining Consent:

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_