



Online Survey Consent Form

Study Title: Implementing a Nutritional Intervention to Manage Overweight and Obesity in an Underserved Population

Principal Investigator: Dr. Loureen Downes Ph.D., APRN, FNP-BC, Diplomate- ACLM, FAANP

Faculty Sponsor: NA

You are invited to participate in a nutritional intervention project conducted through Florida Gulf Coast University. You must be age 18 or older to participate in this project. Your participation in this project is voluntary. This project is being conducted by student researcher Christine Lillard, a student in the Doctor of Nursing Practice Program at Florida Gulf Coast University with her faculty, Dr. Loureen Downes. The University requires that I obtain your consent to participate in this project. This project is a requirement for the successful completion of the Doctor of Nursing Practice (DNP) Program.

Refusal to join the project will not affect any future services you may be eligible to receive from the University or Premier Mobile Health Services.

Study Summary

This DNP Project aims to implement nutrition intervention and improve health behaviors and decrease weight. The information learned from this project may help in managing overweight and obesity in the community. The rates of overweight and obesity are increasing in the United States. The United States Health and Human Services prioritizes goals to reduce overweight and obesity by helping people eat healthier and increase physical activity. Applying resources like the Full Plate Diet plan allows for more achievable health outcomes by targeting the leading causes of overweight and obesity.

The Full Plate Diet program's goal is to increase fiber in the diet through fruits, vegetables, whole grains, beans, nuts, and seeds. This diet plan does not restrict you from eating foods that you like, but it encourages the addition of foods high in fiber, such as fruits and vegetables, first. Fiber helps control blood sugar levels, lowering your risk for heart attack and stroke, boosts energy levels, and aids in weight loss.

Individuals in this DNP Project will participate in a virtual nutritional intervention that contains eight weekly modules for 50-60 minutes in duration. Prior to beginning the online modules, individuals will complete a nine-question Mini-EAT survey which takes about 5 minutes to complete. Individuals will select how many servings of each described food group they eat per day or week by selecting one response for each question. At weeks four and eight, each person will complete a survey and receive a certificate of completion and recognition of achievement.

The time frame of this project is 8 weeks. Participants are expected to review the module material posted weekly and apply education to their lifestyle.

There are no identified risks for participation in this project.

If you are interested in learning more about this project, please continue to read below and contact Christine Lillard with any questions.

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Marieb College of Health & Human Services

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Purpose of the Study

The purpose of this study is to implement a nutritional intervention for those overweight and obese.

Invitation to Participate in Study

I am asking you to take part in the study because you have the ability today to take control of your health and live a life that leads to optimal health. In addition, there are many health benefits to adopting the full plate diet to your daily routine. In this project, you will gain valuable tips and guidance on losing weight and embracing healthy eating may reduce illness and improve health outcomes.

Description of your Involvement

If you agree to be part of the project, you will be asked to self-report your height and weight, which will be used to identify changes before and after the completion of the program. You then will complete a nine-question survey which will take about 5 minutes to assess nutritional choices. LIVE virtual sessions will be held weekly via Zoom. At the end of the 8 weeks, participants will then complete another nine-question mini-EAT assessment screen to identify nutritional choices since implementing the nutritional intervention and report weight and physical activity.

Benefits of Participation

The benefits of participation include reducing weight and adopting new health behaviors that lead to optimal health.

Risks and Discomforts of Participation

Your participation will be kept anonymous. However, working with email or the internet has the risk of compromising privacy, confidentiality, and/or anonymity. Despite this possibility, the risks to your physical, emotional, social, professional, or financial well-being are considered to be 'minimal' by completing the survey. There are no potential risks to the participants in this project. There are no more than minimal risk. This study will not adversely affect participant rights/ welfare and the study isn't practical without.

Compensation for Participation

Participants will not be compensated for their time in the project. However, all participants will have an opportunity to participate in a drawing to receive a gift card valued at \$50 at week 4 and week 8.

Confidentiality

If you join the study, I will make every effort to keep your information confidential and secure by taking the following step: all information from this project will be stored on a password-protected site. No names or personal identifying information will be collected. However, despite these safeguards, there is the possibility of hacking or other security breaches that could compromise the confidentiality of the information you provide. Thus, it is important to remember that you are free to decline to answer any question that makes you uncomfortable for any reason.

I will not release information about you unless you authorize us to do so or unless we are required to do so by law. If the results of this project are published or presented at a professional meeting, no information will be included that would make it possible to identify you as a project participant.

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It is possible that organizations responsible for making sure the project is done safely and properly, such as the university and government offices, may need to see the information you provide.

Voluntary Nature of Study

Participating in this project is completely voluntary. Refusal to join the project will not affect any future services you may be eligible to receive from the University or Premier Mobile Health Services. You can choose to not answer an individual question, or you may skip any section of the survey by clicking "Next" If you choose to join the study, you can leave it at any time with no penalty.

Contact Information for the Study Team

I do not foresee any medical problems from participating in this study. However, if you believe you experienced a project-related injury, please contact Dr. Loureen Downes, at 239-590-7449 or student researcher Christine Lillard at clillard9724@eagle.fgcu.edu or 239-849-8780. If you have any questions about this project, please contact Dr. Loureen Downes, at 239-590-7449 or student researcher Christine Lillard at clillard9724@eagle.fgcu.edu or 239-849-8780.

Contact Information for Questions about Your Rights as a Research Participant

If you have any questions about your rights as a subject/participant in this research, or if you feel you have been placed at risk, you can contact the Human Subjects' Institutional Review Board through research@fgcu.edu or Sherry Alexander, Office of Research & Sponsored Programs, at sralexander@fgcu.edu.

Statement:

I have read or had read to me the preceding information describing this study. All of my questions have been answered to my satisfaction. I am 18 years of age or older and freely consent to participate in the project. My decision to participate or to decline to participate in this project is completely voluntary. I understand that I am free to withdraw from the project at any time. I am aware of my option not to answer any questions I choose.

I understand that it is not possible to identify all potential risks I believe that reasonable steps have been taken to minimize both the known and potential but unknown risks. The submission of the completed survey is my informed consent to participate in the project.

If you would like a copy of the consent form, print a copy before continuing.

Instructions on how to signify project participation

Instruction examples:

I agree to participate in this survey [[link to survey](#)] **OR By clicking on the survey link below** you are consenting to participate in this project survey.

http://_____

I do not wish to participate in this survey If you do not wish to participate, click the "x" in the top corner of your browser to exit.

Thank you for your time.

Loureen Downes, PI and Christine Lillard, DNP Student

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