PLS

PLAIN LANGUAGE STATEMENT AND CONSENT FORM

Plain Language Statement

Date: 6/18/2019

Full Project Title: Measurement of diet and lifestyle behaviours

Principal Researchers: Dr Mathew Ling, Dr Emily Kothe, Ms Madelon North

Student Researchers: Ms Abigail Elder

You are invited to participate in our study investigating how best to measure adoption of lifestyle behaviours.
Participation will involve answering some questions about your consumption habits, and then about your views about your values that will allow us to contextualise your responses on the behavioural items. This should on average take 20 minutes to complete.
No identifying information will be collected as part of our research data. So we will not be able to identify your particular responses in our data.
We do not anticipate any risks to you from participation, however, we anticipate the results of this study will help us understand consumption behaviours, with implications for policy, environmental conservation and public health.
Participation is voluntary and you have the right to withdraw from further participation at any stage up to the submission of your data. Submission of the final results will be taken as an indication of your consent. As your data will not be identified, it will be impossible to withdraw consent after results are submitted.

If you have questions relating to this research project, you can contact the lead researcher, Dr Mathew Ling via email (m.ling@deakin.edu.au) or telephone +61 3 9244 6475.

Declarations and Conflicts of interests

All funding for this research is provided by Deakin's School of Psychology.

Communication of results and data

Results of this study will be used as part of the thesis components of Abigail Elder's Graduate Diploma of Psychology. They will also be published in academic journals and via social media to maximize accessibility and benefit of your participation to the public; Results may also be presented at conferences. If you wish to view the results from this study, manuscripts will be released at this following address (https://osf.io/nbpqm/).

After removing any identifying features from the dataset, this de-identified data will be published in a public, online data-store at the Open Science Foundation (https://osf.io/x3ap6/). Your identity will never be exposed by this, but this will allow for verification of results and unanticipated research findings through secondary analysis.

Complaints

If you have any complaints about any aspect of the project, the way it is being conducted or any questions about your rights as a research participant, then you may contact:

The Human Research Ethics Office, Deakin University, 221 Burwood Highway, Burwood Victoria 3125, Telephone: +61 3 9251 7129, research-ethics@deakin.edu.au
Please quote project number **HEAG-H xxX_2019**

To download a copy of this Participant Information Statement, click here.

Before pressing the next button, please ensure you have read the information above, and understand that submitting the survey will indicate consent to participate, and have your non-identifiable data published for verification and secondary analysis.

Demographics

We'd like you to tell us a bit about yourself, so we can describe the total group of people who participated in our study. We won't be able to identify you from your responses here.

How old are you (in years)?

What Gender do you identify as?

- Male
- Female
- Not listed (Please specify)
- Prefer not to answer

Using the slider below, how would you describe where you live?

Within a major city — In a rural area

What is the highest level of education you have completed?

- Less than high school
- High school graduate
- Technical school diploma
- Associate degree
- Bachelors degree
- Professional degree
- Doctorate

Consumption of Animal Product Scale (CAPS)

We'd like to ask you some questions about your consumption behaviours.
In the last 2 weeks, which of the following have you used or consumed?

Yes No

	Yes	No
Beeswax (e.g. in candles, cosmetics, or skincare products)	○	○
Reptile or amphibian (e.g. frog) meat	○	○
Insect (e.g. crickets, grubs) or molluscs (e.g. snails)	○	○
Ambergris (e.g. in perfume)	○	○
Silk	○	○
Wool	○	○
Feathers (e.g. in down pillows)	○	○

	Yes	No
Butter	○	○
Lanolin (e.g. in Skincare products)	○	○
Beef	○	○
Leather	○	○
Skincare products / cosmetics tested on animals	○	○
Medicines tested on animals	○	○
Shellfish or other seafood	○	○

	Yes	No
Fish	○	○
Fruits, vegetables, or nuts fertilised by animals (e.g. Avocado, almonds)	○	○
Honey	○	○
Fur	○	○
Animal fats (e.g. in cooking, candles or soaps)	○	○
Vaccines cultured in eggs (e.g. fluvax)	○	○
Gelatine (e.g. in jelly, foods, or cosmetics)	○	○

	Yes	No
	Yes	No
Isinglass (e.g. in white wine)	○	○
Milk (Cow, Goat, or other)	○	○
Pork (incl. bacon)	○	○
Medication containing animal products (e.g. lactose, gelatine)	○	○
Game meat (e.g. venison, kangaroo)	○	○
Eggs	○	○
Mutton / Lamb / Goat	○	○
	Yes	No
Cheese	○	○
Poultry (Chicken / Duck / Turkey)	○	○
Cigarettes	○	○
Products coloured red with Carmine\Cochineal	○	○

Diet & Beliefs

To help us frame your responses to the last set of items please answer these two questions.

What term best describes your diet?

- ○ Omnivore
- ○ Flexitarian
- ○ Vegetarian
- ○ Vegan
- ○ Not listed (please specify) [ ]

What belief system do you subscribe to?

- ○ Athiest
- ○ Agnostic
- ○ Christianity
- ○ Islam
- ○ Judaism
- ○ Buddhism
- ○ Hinduism
- ○ Sikhism
- ○ Not listed (please specify) _____

health concerns & eco-/anthropo-centrism

Next, we'd like to ask you about your concerns regarding health.

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	St a
I am concerned about gaining weight	○	○	○	○	○	○	
I am concerned about getting a lot of fat in my food	○	○	○	○	○	○	
I am concerned about getting many calories	○	○	○	○	○	○	
I am concerned about the risk of high blood pressure	○	○	○	○	○	○	
I am concerned about risk of coronary heart disease	○	○	○	○	○	○	

| | Strongly disagree | Disagree | Somewhat disagree | Neither agree nor disagree | Somewhat agree | Agree | St a |

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	St a
I am not concerned about getting a lot of salt in my food	○	○	○	○	○	○	
I am concerned about getting a lot of cholesterol in my food	○	○	○	○	○	○	
I am concerned about getting a lot of sugar in my food	○	○	○	○	○	○	
I am concerned about getting sufficient energy in my food	○	○	○	○	○	○	
I am concerned about food additives in my food	○	○	○	○	○	○	

This next set of question relates to the relationship between humans and the environment

	Strongly agree	Agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Disagree	Str dis
One of the worst things about overpopulation is that natural areas are getting destroyed for development	○	○	○	○	○	○	
I can enjoy spending time in natural settings just for the sake of being out in nature	○	○	○	○	○	○	
Environmental threats such as deforestation and ozone depletion have been exaggerated	○	○	○	○	○	○	

	Strongly agree	Agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Disagree	Str dis
The worst thing about the loss of the rainforest is that it will restrict the development of new medicines.	○	○	○	○	○	○	
Sometimes it makes me sad to see forests cleared for agriculture	○	○	○	○	○	○	
It seems to me that conservationists are pessimistic and somewhat paranoid	○	○	○	○	○	○	
I prefer wildlife reserves to zoos.	○	○	○	○	○	○	

	Strongly agree	Agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Disagree	Str dis
The best about camping is that it is a cheap vacation.	○	○	○	○	○	○	
I do not think the problem of depletion of natural resources is as bad as many people make it out to be	○	○	○	○	○	○	
I find it hard to get too concerned about environmental issues	○	○	○	○	○	○	
It bothers me that humans are running out of their supply of oil	○	○	○	○	○	○	
I need time in nature to be happy	○	○	○	○	○	○	
Science and technology will eventually solve our problems with pollution, overpopulation, and diminishing resources	○	○	○	○	○	○	

	Strongly agree	Agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Disagree	Str dis
The thing that concerns me about deforestation is that there will not be enough lumber for future generations	○	○	○	○	○	○	

	Strongly agree	Agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Disagree	Str dis
I do not feel that humans are dependent on nature to survive	○	○	○	○	○	○	
Sometimes when I am unhappy I find comfort in nature	○	○	○	○	○	○	
Most environmental problems will solve themselves given enough time	○	○	○	○	○	○	
I don’t care about environmental problems	○	○	○	○	○	○	
One of the most important reasons to keep rivers and lakes clean is so that people can have a place to enjoy water sports	○	○	○	○	○	○	
I’m opposed to programs to preserve wilderness, reduce pollution and conserve resources	○	○	○	○	○	○	
It makes me sad to see natural environments destroyed	○	○	○	○	○	○	

	Strongly agree	Agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Disagree	Str dis

	Strongly agree	Agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Disagree	Str dis
The most important reason for conservation is human survival	○	○	○	○	○	○	
One of the best things about recycling is that it saves money	○	○	○	○	○	○	
Nature is important because of what it can contribute to the pleasure and welfare of humans	○	○	○	○	○	○	
Too much emphasis has been placed on conservation	○	○	○	○	○	○	
Nature is valuable for its own sake	○	○	○	○	○	○	
We need to preserve resources to maintain a high quality of life	○	○	○	○	○	○	
Being out in nature is a great stress reducer to me	○	○	○	○	○	○	

	Strongly agree	Agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Disagree	Str dis
One of the most important reasons to conserve is to ensure a continued high standard of living	○	○	○	○	○	○	
One of the most important reasons to conserve is to preserve wild areas	○	○	○	○	○	○	
Continued land development is a good idea as long as a high quality of life can be preserved	○	○	○	○	○	○	

	Strongly agree	Agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Disagree	Str dis
Sometimes animals seem almost human to me	○	○	○	○	○	○	
Human are as much a part of the ecosystem as other animals	○	○	○	○	○	○	

Moral foundations

When you decide whether something is right or wrong, to what extent are the following considerations relevant to your thinking? Please rate each statement using this scale:

[0] = not at all relevant (This consideration has nothing to do with my judgments of right and wrong)
[1] = not very relevant
[2] = slightly relevant
[3] = somewhat relevant
[4] = very relevant
[5] = extremely relevant (This is one of the most important factors when I judge right and wrong)

	Not at all relevant	Not very relevant	Slightly relevant	Somewhat relevant	Very relevant	Extremely relevant
Whether or not someone suffered emotionally	○	○	○	○	○	○
Whether or not some people were treated differently than others	○	○	○	○	○	○
Whether or not someone's action showed love for his or her country	○	○	○	○	○	○
Whether or not						

	Not at all relevant	Not very relevant	Slightly relevant	Somewhat relevant	Very relevant	Extremely relevant
someone showed a lack of respect for authority	○	○	○	○	○	○
Whether or not someone violated standards of purity and decency	○	○	○	○	○	○
Whether or not someone was good at math	○	○	○	○	○	○

	Not at all relevant	Not very relevant	Slightly relevant	Somewhat relevant	Very relevant	Extremely relevant
Whether or not someone cared for someone weak or vulnerable	○	○	○	○	○	○
Whether or not someone acted unfairly	○	○	○	○	○	○
Whether or not someone did something to betray his or her group	○	○	○	○	○	○
Whether or not someone conformed to the traditions of society	○	○	○	○	○	○
Whether or not someone did something disgusting	○	○	○	○	○	○
Whether or not someone was cruel	○	○	○	○	○	○

	Not at all relevant	Not very relevant	Slightly relevant	Somewhat relevant	Very relevant	Extremely relevant
Whether or not someone was denied his or her rights	○	○	○	○	○	○

	Not at all relevant	Not very relevant	Slightly relevant	Somewhat relevant	Very relevant	Extremely relevant
Whether or not someone showed a lack of loyalty	○	○	○	○	○	○
Whether or not an action caused chaos or disorder	○	○	○	○	○	○
Whether or not someone acted in a way that God would approve of	○	○	○	○	○	○

Please read the following sentences and indicate your agreement or disagreement:

	Strongly disagree	Moderately disagree	Slightly disagree	Slightly agree	Moderately agree	Stror agr
Compassion for those who are suffering is the most crucial virtue.	○	○	○	○	○	○
When the government makes laws, the number one principle should be ensuring that everyone is treated fairly.	○	○	○	○	○	○
I am proud of my country's history.	○	○	○	○	○	○
Respect for authority is something all children need to learn.	○	○	○	○	○	○
People should not do things that are disgusting, even if no one is harmed.	○	○	○	○	○	○
It is better to do good than to do bad.	○	○	○	○	○	○

	Strongly disagree	Moderately disagree	Slightly disagree	Slightly agree	Moderately agree	Stror agr
One of the worst things a person could do is hurt a defenseless animal.	○	○	○	○	○	○
Justice is the most important requirement for a society.	○	○	○	○	○	○

	Strongly disagree	Moderately disagree	Slightly disagree	Slightly agree	Moderately agree	Stror agr
People should be loyal to their family members, even when they have done something wrong.	○	○	○	○	○	○
Men and women each have different roles to play in society.	○	○	○	○	○	○
I would call some acts wrong on the grounds that they are unnatural.	○	○	○	○	○	○
It can never be right to kill a human being.	○	○	○	○	○	○

	Strongly disagree	Moderately disagree	Slightly disagree	Slightly agree	Moderately agree	Stror agr
I think it's morally wrong that rich children inherit a lot of money while poor children inherit nothing.	○	○	○	○	○	○
It is more important to be a team player than to express oneself.	○	○	○	○	○	○
If I were a soldier and disagreed with my commanding officer's orders, I would obey anyway because that is my duty.	○	○	○	○	○	○
Chastity is an important and valuable virtue.	○	○	○	○	○	○

Animal attitudes scale

Listed below are a series of statements regarding the use of animals. Please use the buttons below that indicate the extent to which you agree or disagree with the statement:

	Strongly agree	Agree	Undecided	Disagree	Strongly disagree

	Strongly agree	Agree	Undecided	Disagree	Strongly disagree
It is morally wrong to hunt wild animals just for sport.	○	○	○	○	○
I do not think that there is anything wrong with using animals in medical research.	○	○	○	○	○
I think it is perfectly acceptable for cattle and hogs to be raised for human consumption.	○	○	○	○	○
Basically, humans have the right to use animals as we see fit.	○	○	○	○	○
The slaughter of whales and dolphins should be immediately stopped even if it means some people will be put out of work.	○	○	○	○	○

	Strongly agree	Agree	Undecided	Disagree	Strongly disagree
I sometimes get upset when I see wild animals in cages at zoos.	○	○	○	○	○
Breeding animals for their skins is a legitimate use of animals.	○	○	○	○	○
Some aspects of biology can only be learned through dissecting preserved animals such as cats.	○	○	○	○	○

	Strongly agree	Agree	Undecided	Disagree	Strongly disagree
It is unethical to breed purebred dogs for pets when millions of dogs are killed in animal shelters each year.	○	○	○	○	○
The use of animals such as rabbits for testing the safety of cosmetics and household products is unnecessary and should be stopped.	○	○	○	○	○

Conclusions

Thank you for completing the survey. We greatly value your participation within this study. If you wish to provide us some comments or feedback on the study, please use the textbox below.

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