

Dear Participant,

Thank you for agreeing to be a participant of CATCH program. As mentioned on the phone, CATCH stands for Culturally Appropriate Transformation to Culture of Health. This research and service project is conducted by Drs. Hisako Matsuo and Lisa Willoughby at Saint Louis University. This letter describes our discussion, including a description of the study purpose, what you will be asked to do, risks associated with participation, and contact information if you have questions at any point during the study.

The purpose of this interview study is to provide you with some suggestions regarding healthy lifestyle during a 10-week program. We are focusing in the area of health information, emotional well-being, physical activities, and diet. Interview questions include your dietary habits, physical activity, preventive health knowledge, psychological well-being, and demographic information.

Your participation in this study will involve answering interview questions in the beginning of this study, mid-point – approximately in five weeks, and at the end of the study. Each interview will take about 45 minutes and we will make every effort for these interviews to occur in-person at a location of your choice. Based on your answers to some questions in the beginning, an expert in each area will provide you with suggestions to improve your lifestyle. Also, you will be contacted weekly either in-person, by phone, or through Skype, reminding you about the healthy lifestyle suggestions and making related suggestions during the weeks when interviews are not occurring.

The risks to you as a participant are minimal and include loss of confidentiality. This risk will be minimized by the research team by not using your identifiable information, such as your name, when we analyze and present the data. Please note that we may publish the results of this study in scientific research journals or presented at professional conferences, but identifying information about you will not be included in such presentations. Identifiers might be removed from your data collected in this research and used for future research studies or distributed to other researchers for future research studies without your additional permission.

Another risk is you may feel uncomfortable answering questions in this study. You are welcome to refuse to answer questions at any time because your participation in this study is strictly voluntary. Please note that you may choose not to participate in this study and you may withdraw participation, at any time, without penalty.

We anticipate that you may not receive any direct benefit from your participation. However, you may find value in the healthy lifestyle suggestions you receive. Also, what we learn from this study will benefit society by informing us as to what kinds of programs may help to enhance the wellbeing and health of adult immigrants in our communities.

If you have questions about this research study, you can call Dr. Hisako Matsuo at (314) 977-2536 or send a message to [hisako.matsuo@slu.edu](mailto:hisako.matsuo@slu.edu). If you have questions about your rights as a research participant, you can call the Saint Louis University Institutional Review Board at 314-977-7744 and reference IRB #30445.