“Nutritional Biases in Ethnic Restaurants”

For this study, potential subjects will be 100 healthy college aged students 18-25 years of age of all sexes and ethnic backgrounds. All individuals who fit this criteria will be asked to participate at their by their voluntary consent. Recruitment of subjects will take place during school hours on campus in lunch room facilities, classrooms and quad by approaching individuals and asking for their time to forgo a survey for a class project. Upon their agreement to participate, individuals will be handed a consent form which they will sign and return. Participant name will not be recorded on the survey to assure anonymity of individual responses. On the consent form, the purpose, methodology and contact information will be provided. The signed portion of the consent form will be submitted to the interviewer and filed in a storage container. After signing and submitting the form participants will have an option on receiving a copy of the consent form for their use. Participants then will be given a of menu sample from different restaurants and will be asked to rate (1) likelihood of selecting each dish from the menu (2) estimation of caloric content of each selected Additional question will assess (1) familiarity with restaurants which menus were rated and (2) demographic information such as gender, ethnicity, age, academic standing, body height and weight.

There are very few if any potential risks foreseen for the study. Participants’ responses will be anonymous and no sensitive information will be collected nature.. There will be no direct benefits for those who chose to participate (i.e., no compensation or other forms of incentives will be offered). However, the information collected in this study will indirectly benefit participants and society by providing insight to the types of unhealthy food choices and biases in caloric content estimation. Thus, having implications for further research on decreasing the rising obesity and unhealthy food choices in college student population.

This study is being conducted for credit in the independent study class PSY 4395, under the supervision of Dr. Maria Czyzewska in the Psychology department. The access to the dataset of this study will be limited to Dr.Czyzewska (supervising faculty) and myself(principle investigator).