**Consent Form**

Title of Study: **Factors Affecting the Initiation of Healthy Eating**

**Purpose of the Study:**

You are invited to participate in a research study examining the factors associated with successful healthy behavior initiation and failed healthy behavior initiation, specifically regarding healthy eating. The study is also examining students’ impressions of other individuals’ experiences with healthy eating and their level of adjustment to college life. Undergraduate students from Texas State University are being recruited because obesity is quickly becoming a problem among young adults, and college students in particular. This study is being conducted by health psychology graduate student Vanessa Errisuriz and Kelly Haskard-Zolnierek, Ph.D., Department of Psychology, Texas State University. If you have any questions, you may ask them at this time. If you have any questions in the future please contact Kelly Haskard-Zolnierek in the Department of Psychology at Texas State University at 512-245-8710 or by email at [kh36@txstate.edu](mailto:kh36@txstate.edu) or Vanessa Errisuriz at [ve1020@txstate.edu](mailto:ve1020@txstate.edu).

**Procedures:**

If you agree to participate in this study, the following will occur:

1. You will be asked to fill out an 18-item survey answering questions about some information about you personally (i.e. “I typically focus on the success I hope to achieve in the future”) and read nutritional information about eating habits.

2. You will then read a description about another student’s experiences with healthy eating.

3. You will fill out a 25-item questionnaire examining your perceptions towards healthy eating.

It should take approximately 30 minutes to complete all the surveys and read all the information provided.

**Risks of Participation in the Study:**

Potential psychological risks of this study may include the experience of some mild discomfort associated with answering questions regarding healthy eating. If this occurs, you do not have to continue completing the surveys. Also, you may feel free to skip any questions that you feel uncomfortable answering with no penalty and continue with the survey if you wish to do so. If you feel that you require further help or counseling on issues regarding your eating habits, you can find help by contacting the Texas State University Counseling Center at 24-hr Crisis Hotline 1-877-466-0660 (Toll Free) or for emergency after business hours contact 512-245-2890. Mental health services at the Counseling Center are free to registered students, though the number of sessions allowed may be limited. Also, the Hays County Crisis Hotline can be contacted at 512-396-3939.

**Benefits of Participation in the Study:**

There are benefits of participating in this study. Students will receive extra credit in their undergraduate class. In addition, students will gain important nutritional knowledge in regards to healthy eating. The findings of this study may also indirectly affect you by providing knowledge of factors that help to successfully initiate behavior change, specifically healthy eating, which in turn may be used to improve the eating habits of college students and lower the rate of obesity.

**Compensation:**

Participation in this study will result in receipt of extra credit in your undergraduate Psychology class. If, for any reason, you decide not to participate or to withdraw from the study, there will be no penalty and an alternative form of extra credit will be made available by the student’s instructor.

**Confidentiality:**

Your participation in this research study is confidential. Your name and other identifying information will not be attached to any of the surveys. Each participant will be assigned an ID number to remain anonymous; this ID number will be listed at the top of all of their surveys. All information about you will be categorized using an identification number and will not be viewed by anyone other than the researchers. All survey data will be stored in file cabinets in locked offices and on password protected computers at Texas State University in the Department of Psychology. No one will be able to identify you from the surveys or any other information obtained. Completed consent documents will be stored at Texas State University in a locked cabinet in the Psychology Department; Two months after completion of the study, they will be destroyed. No one other than the researchers will have access to the documents.

**Voluntary nature of the study**:

Your participation is completely voluntary. You do not have to participate and if you choose not to participate, it will not affect your class grade or standing with Texas State University. You may choose not to answer any questions for any reason and may stop participating at any time during the study.

**Questions/Contact Information:**

If you have questions about the study, research participants' rights, and/or research-related injuries to participants and would like to talk to someone other than the researchers, you are encouraged to contact the IRB chair, Dr. Jon Lasser (512-245-3413 – [lasser@txstate.edu](mailto:lasser@txstate.edu)), or Ms. Becky Northcut, Compliance Specialist (512-245-2102).

You will be given a copy of this consent form to keep. Findings will be provided to participants upon completion of the study if requested.

**Statement of Consent:** I have read the above information. I consent to participate in this study. I understand that strict confidentiality of my information will be maintained. I can terminate my participation at any time.

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

Signature of Investigator:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_