**Seasonal Variation in Body Weight**

1. Sixty, Hispanic women (18 years or older) will be recruited from Total Wellness (a faculty and staff wellness program at Texas State), Head Start in San Marcos, the San Marcos Family Learning Center, and local churches.
2. Program staff will recruit via word-of-mouth. During the first meeting, the consent form will be given to the participants in their preferred language (English or Spanish). A bilingual test administrator will seek informed consent. She will be able to discuss the study and answer any questions that the participants may have. The consent form will be translated into Spanish and then translated back to English by two qualified individuals. Refer to the consent form for more information.
3. To describe seasonal variation in body weight and physical activity, we will measure body weight, waist circumference, and physical activity in a convenience sample of approximately 60 adult Hispanic women (ages 18 years or older). The subjects will be measured five times at intervals of 12 weeks, so that body size and composition change will be determined for four periods: Spring (from late March to late June), Summer (from late June to late September), Fall (from late September to late December), and Winter (from late December to late March).

We provided the following procedural information in the consent form:

“**PROCEDURES**. If you agree to participate in this study, you will be expected to meet with one or more of the researchers on 5 different occasions during the year.

1. During your first visit, you will meet with a researcher for about 15 to 20 minutes. At this time, you will:

* Fill out a form asking you some questions about your age, marital status, income, number of children, employment status, education, how you feel about exercise, and how much you exercise (*Note*. You do not have to answer any question that makes you uncomfortable.).
* Be measured for body weight, height, and waist circumference. You will be in a private room with a female researcher. You will not be required to remove any clothing except for your shoes. We ask, however, that you dress in lightweight clothing.

1. During each of the next four visits spaced about three months apart, you will meet with a researcher for no longer than 10 minutes. At this time, you will:

* Be asked if your marital status, income, children, employment status, or education have changed;
* Be measured for body weight, height, and waist circumference.”

4. There is a small psychological risk associated with being weighed. Thus, we have added the following information in the consent form:

“POTENTIAL RISKS OR DISCOMFORTS. The possible risk to your participation is extremely mild psychological discomfort from being weighed. You may feel distressed over how much you weigh. If you need to talk to someone about these feelings, some agencies that may be helpful are: the Assessment and Counseling Clinic at Texas State University-San Marcos (512-245-8349), Guadalupe Valley Christian Counseling Center (830-303-3161), and the Hays Caldwell Women’s Center (512-396-4357). You are, however, responsible for paying your own medical bills if you seek/receive mental health services due to a complication associated with your participation in this research study.”

“AVAILABLE TREATMENT ALTERNATIVES. There are other facilities in town where your body weight can be assessed. For instance, you**r** health care provider and local gyms can assess your body weight and waist circumference. “

5. A female test administrator will weigh women in a private room. We will provide participants a list of healthcare providers in the event that they become distressed by being weighed. We will may also end their participation in the study without their consent if we believe that you may be in danger (for example, if they seem obsessed with their body weight or adversely affected by knowing what your body weight is).

Regarding confidentiality, we added the following paragraph to the consent form: “CONFIDENTIALITY. Your personal information will be kept private. Your file will be kept in a locked cabinet for five years, after which, it will be destroyed. The professors and staff will use this information for research, but your name will not be given out in any reports. The information gathered will never be revealed to anyone other than the researchers and will only be reported in aggregate, that is, on average.”

**6.** Regarding benefits, we added the following paragraph to the consent form: “POSSIBLE BENEFITS. Your participation in the program may help you learn about your body size and composition and motivate you to make some lifestyle changes. Also, you can learn more about seasonal variations in body weight. If you are interested, contact Lisa Lloyd at 512-245-8358 upon the completion of the study and she will send you a summary of the findings.

The results of this study might benefit other Hispanic women. If we determine that body weight varies with each season. Then, we can develop intervention strategies specifically designed for Hispanic women that might prevent seasonal weight gain.”

7. The participants will receive $15 per visit for a total of $75.

8. The psychological risk is minimal and confirmed this with a certified counselor. Based upon my experience, the benefit to the participant outweighs the risk. It is likely that our feedback about body weight may motivate the participants to want to learn more about adopting healthier lifestyles.

9. Janie Castro from San Marcos Family Center and Audrey Abed from Head Start have both said that we may recruit women from there agencies. We are in the process of getting e-mails/letters from them.

10-12. N/A

13. Drs. Lisa Lloyd and Brian Miller (the researchers) and Ms. Carolyn Clay and Ms. Ysabel Ramirez (data collectors) will have access to the results. The results will hopefully be published.