**Experiment Protocol**

**Recruit participants:**

1. Participants recruited through SONA [**https://utscpsych.sona-systems.com/Default.aspx?ReturnUrl=%2f**](https://utscpsych.sona-systems.com/Default.aspx?ReturnUrl=%2f)

login: hutchersonlab password: \*\*\*\*\*\*\*\*

2. Use ‘Studying food preference and choice’ for the experiment, recruit up to 3 participants at a time. Recruit primarily during the hours of 11:30-2:30, and 5-8pm, because these are times when people normally eat and are the most hungry.

3. Make sure to book the timeslots on the google calendar as well, so people know that the lab rooms are not free during that time.

4. Use the following study description:

“We are studying how people make decisions about foods and money. The study takes between 75 and 90 minutes, for which you will receive 1.5 participation credits. You will be asked to make real choices about whether to eat some pleasant or unpleasant foods. Because of this, it is important that you arrive HUNGRY. Therefore, we ask that you refrain from eating for 3 hours before the start of the study, and that you eat at most a light meal before that.”

4. Make sure participants cannot sign up less than 4 hours in advance of the study!

**When the participant signs up:**

Email them with the following message:

Thank you for your interest in participating in our study! This experiment involves the possibility that you will be asked to make choices about and possibly consume some food. In order to ensure that it is safe for you to participate, please answer the following questions:

1. Do you have any known food allergies (e.g., wheat, dairy, citrus, etc.)? If so, please specify: \_\_\_\_\_\_\_\_\_\_\_\_
2. Are you lactose intolerant?
3. Are you gluten-intolerant?
4. Do you have any dietary restrictions (e.g. vegetarian, kosher, halal, gluten-free, etc.)? If so, please specify: \_\_\_\_\_\_\_\_\_\_\_

If you have any further questions about the study, or would like more information before you decide whether to participate, please contact [your name] at [your email] or call [contact phone].

**Day before the study:**

1. Email the participant with a reminder about the 3-hour fasting period.

Subject: Important details about psychology study tomorrow at {time} in SW631

Dear {name},

This is just a quick note that for the experiment you signed up for tomorrow at {time}, it is important that you arrive HUNGRY. Please refrain from eating between {time – 3 hours} and the start of the session. You will have a chance to eat a free snack at the end of the experiment.

Here are directions to the lab, which can be a little hard to find: Take the elevators or stairwells closest to the Meeting Place all the way up to the sixth floor. Go through the black double-doors, turn left, then turn right, walk to the end of the hallway, and turn right again. There will be a drinking fountain on your right, and the lab is directly across the hall from this fountain.

If for some reason you can no longer make it at the scheduled time, please let me know ASAP.

Thanks, and see you soon!

[Experimenter name]

**During session**

1. Make sure you have the following materials
   1. Consent form
   2. Debriefing form
2. Determine the participant’s ID number
   1. Open up FoodReg1\_ParticipationSheet.xlsx (password: \*\*\*\*\*\*) and check for the correct subject ID to use.
3. Set up the experiment computer before the participant arrives:
   1. Log in to the computer (user name: lab, password: \*\*\*\*\*\*\*\*\*)
   2. Open up Chrome or Firefox and navigate to the questionnaire web page: <https://docs.google.com/forms/d/1FYv2Rx7Xl3AaOCARmP3_gK4HLXMORM7iWLgpnypl2lY/viewform>
   3. Enter the subject number and then minimize the webpage.
   4. Open MATLAB R2015b.
   5. Type:

cd C:/Users/lab/Desktop/Dropbox/Experiments/FoodReg1/PTBscripts

runStudy

* 1. Enter subject number, and ‘main’ for session id.

1. When subject arrives
   1. Give them the consent form to look over and sign
   2. Tell them:

*Before we can get started, I need you to read over and sign this consent form. The consent describes a little bit about the purpose of this research, as well as some of the specific tasks you may be asked to do. However, this consent form covers a lot of different studies that we are doing as part of this research, so some of the things described in here apply specifically to this study, and some don’t. In particular, we won’t be doing any tasks involving money today. We’re just interested in understanding some basic things about how people decide to eat foods.*

*So go ahead and read through the consent form. If you have any questions as you’re reading, please don’t hesitate to ask. When you’ve finished reading, sign and date on the last page, and then raise your hand to let me know you are finished.*

* 1. Get participant set up to go through the study. Have them go through the instructions:

*All of the instructions for the task you will be doing are presented on the computer screen, so go ahead and read through them now. You can use the right arrow to move forward through the instructions, and the left arrow to go back. If you have any questions as you’re reading, or want clarification on anything, please don’t hesitate to ask me. When you reach the end of the study, the computer will let you know, and at that point you should come get me in the other room.*

1. Type ‘co’ for continue. This will get the study tasks started on the computer, and the participant should be able simply to go through the study at their own pace.
2. While subject is completing the study
   1. Enter participant number and name in the “FoodReg1\_ParticipationSheet.xls” file.
   2. Enter information about time and date in the “FoodReg1\_ParticipationInfo.xls” file. Use this file to make any notes about subjects as well (e.g. computer crashed, participant didn’t seem engaged, etc.)
   3. Fill out the participation info on the SONA website, making sure to mark the subject as having participated, and the experimental session as finished.
3. When subject has completed the Matlab tasks
   1. Make a note of the food outcome displayed on the screen. Tell the participant:

*Okay, I will go and get the food now. While I’m gone, I’d like you to fill out this short set of questionnaires. Once I get back, you can eat the food while you finish up the questionnaires.*

* 1. Open up the questionnaire web page and let them get started.
  2. Get food for the subject, and bring it back for them to eat while the finish filling out the personality questionnaires.

1. When the participant has finished with the questionnaire
   1. Given them the debriefing form. Tell them:

*Okay, you are now finished with the study tasks. Here is a short form that explains the purpose of the study. After reading this form, we would like you to indicate whether we have your permission to use the data we just collected from you. You can indicate your permission by signing the bottom of this form. If you would prefer that we not use your data after having read this form, please do not sign the form, and let us know. In this case, we will delete all data associated with your participation.*

1. Fill out the study information sheet with an pertinent information (e.g., didn’t complete all the tasks, seemed like they weren’t actually paying attention, was allergic to some food, refused to eat the food/withdrew, etc.)
2. After subject has left, wash any dishes that were used during the study. Make sure to wash them thoroughly with hot water and soap.

Additional useful information

How to cancel out of a session:

1. Press Ctrl-C, hold it down for a few seconds to make sure it registers
2. You may need to press a key that PsychToolBox is expecting (e.g. any key for instruction slides, 1-6 for rating slides)
3. Use Alt-tab to navigate to the main Matlab window
4. Press Ctrl-C and hold down for another second for good measure
5. Type ‘sca’ and press enter (sca stands for Screen Close All)
6. This should close the PsychToolBox window and give you full access to the Matlab command window

In case of a medical emergency (e.g. participant has an allergic response to a food), call the Emergency Medical Response Group at 416-287-7333, or 911.

In case of any other questions or issues, you can call or text Cendri Hutcherson at 647-774-5286 or email her at [c.hutcherson@utoronto.ca](mailto:c.hutcherson@utoronto.ca).