The Intersection Between Loss of Control Eating and Obesity: The Role of Restriction and Food Reinforcement

NCT05177705

May 27th, 2022

Assent to be in a Research Study

Study Name: Food-ittude Study

Who are we?
My name is Katie. I do studies at the University of Buffalo. I work in the Department of Exercise and Nutrition Sciences. I have some students who will help me with this study.

Why are we meeting with you?
We want to tell you about a study for children like you. We want to see if you would like to be in this study too.

Why are we doing this study?
We are doing this study to see how different things affect your growth.

What will happen to you if you are in the study?

Visit 1 (2 hours)-TODAY:

Your Parent or Guardian will:

- Sign a consent form
- Have their height and weight taken
- Help you remember what you had to eat and drink yesterday
- Fill out more questionnaires

You will:

- Not eat or drink anything besides water for 2 hours before the appointment
- Complete an assent form
- Have your height and weight taken
- Tell us what you had to eat and drink yesterday
- Fill out more questionnaires
- Play computer games
- Be taught how to write down everything you eat and drink for the next week

Visit 2 (1 hour):

You will:

- Not eat or drink anything besides water for 2 hours before the appointment
- Tell us what you had to eat and drink yesterday
- Fill out a survey before eating
- Eat a buffet meal
- Fill out a survey after eating

There is two weeks between Visit 2 and 3. You might not be allowed to eat your chosen food during this time. You might be given your chosen food to eat at home over the next week.

You will be observed during the buffet meal.

Visit 3 (1 hr):

You will:

- Not eat or drink anything besides water for 2 hours before the appointment
- Have your weight taken
- Tell us what you had to eat and drink yesterday
- Fill out a survey before eating
- Eat a buffet meal
- Fill out a survey after eating
- Be paid

There are two weeks between Visit 3 and 4. You might not be allowed to eat your chosen food during this time. You might be given your chosen food to eat at home over the next two weeks.

You will be observed during the buffet meal.

Visit 4 (1 hour):

Your Parent or Guardian will:

- Be paid

You will:

- Not eat or drink anything besides water for 2 hours before the appointment
- Tell us what you had to eat and drink yesterday
- Fill out a survey before eating
- Eat a buffet meal
- Fill out a survey after eating
- Be paid You will be observed during the buffet meal.

Visit 5 (1.5 hours) – 6 months from today:

Your Parent or Guardian will:

- Have their height and weight taken
- Help you remember what you had to eat and drink yesterday
- Fill out more questionnaires

You will:

- Not eat or drink anything besides water for 2 hours before the appointment
- Have your height and weight taken
- Tell us what you had to eat and drink yesterday
- Fill out more questionnaires
- Play computer games

Visit 6 (1 hour):

Your Parent or Guardian will:

- Get paid

You will:

- Not eat or drink anything besides water for 2 hours before the appointment
- Tell us what you had to eat and drink yesterday
- Fill out a survey before eating
- Eat a buffet meal
- Fill out a survey after eating
- Get paid

Visit 7 (1.5 hours) – One year from today:

Your Parent or Guardian will:

- Have their height and weight taken
- Help you remember what you had to eat and drink yesterday
- Fill out more questionnaires
- Get paid

You will:

- Not eat or drink anything besides water for 2 hours before the appointment
- Have your height and weight taken
- Tell us what you had to eat and drink yesterday
- Fill out more questionnaires
- Play computer games
- Get paid

What are the good things and bad things that may happen to you if you are in the study?
One good thing that can happen to you is you get to learn about research and science. One bad thing that could happen is you could feel embarrassed from answering some of the questions. You will be alone in a room for the buffet meal, but we will watch you to make sure that you stay safe.

Do you have to be in the study?
No you don't. No one will get angry or upset with you if you don't want to do this. Just tell us if you don't want to be in the study. And remember, you can change your mind later if you decide you don't want to be in the study anymore.

Do you have any questions?
You can ask questions at any time. You can ask now. You can ask later. You can talk to me or you can talk to someone else at any time during the study. You can call:

Name of contact person on the study: *Katie Balantekin*

Phone Number: *(716) 829-5820*
Email: foodittudeub@gmail.com

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Signature Block for Assent of Child

Your signature tells us that you want to be in the study.

Signature of subject	Date
Printed name of subject	

I certify that the nature and purpose, the potential benefits and possible risks associated with participation in this research study have been explained to the above individual and that any questions about this information have been answered. A copy of this document will be given to the subject.

Signature of person obtaining assent	Date
Printed name of person obtaining assent	