

**Title of the proposal**

**The association of postprandial blood glucose levels with body weight in adults**

01/02/2022

Participant No.

**INFORMED CONSENT FORM  
UNDERGRADUATE AND TAUGHT POST GRADUATE STUDENT PROJECTS  
SCHOOL OF LIFE SCIENCES**

**PROJECT TITLE: The association of postprandial blood glucose levels with body weight in adults**

**NAME OF STUDENT(S): Abbie Colosimo**

You are invited to take part in this research study to investigate the effect of bread consumption on postprandial blood glucose levels on normal weight and overweight/obese young adults

Before you decide to take part, you must **read the accompanying Participant Information Sheet.**

Please do not hesitate to ask questions if anything is unclear or if you would like more information about any aspect of this research. It is important that you feel able to take the necessary time to decide whether or not you wish to take part.

If you are happy to participate, please confirm your consent by circling YES against each of the below statements and then signing and dating the form as a participant.

1	I confirm that I have read and understood the <u>Participant Information Sheet</u> for the above study and have had the opportunity to ask questions	YES	NO
2	I understand my participation is voluntary and that I am free to withdraw my data, without giving a reason, by contacting the researcher.	YES	NO
3	I understand that all the information I provide will be held securely and treated confidentially	YES	NO
4	I am happy for the information I provide to be used (anonymously) in academic papers and other formal research outputs	YES	NO
5	I agree to take part in the above study	YES	NO

**Thank you for your participation in this study. Your help is very much appreciated.**

<b>Participant's Name</b>	<b>Date</b>	<b>Signature</b>
<b>Researcher</b>	<b>Date</b>	<b>Signature</b>