



MEDICAL AND HEALTH SCIENCES

CONSENT FORM THIS FORM WILL BE HELD FOR A PERIOD OF 10 YEARS

Project title: Sustained Wellbeing Benefits of Red Meat Consumption in a Modern Flexitarian Diet: A Study Protocol for a 10 Week Randomised Clinical Trial

Principal Investigator: Dr Andrea Braakhuis (The University of Auckland)

- I have read the Participant Information Sheet, have understood the nature of the research and why I have been selected. I have had the opportunity to ask questions and have them answered to my satisfaction.
- I agree to take part in this research.
- I have had the opportunity to use support from a family (whānau) member or a friend to help me ask questions and understand the research.
- I understand that I am free to withdraw participation at any time
- I understand that blood and saliva samples will be collected and used for research.
- I understand that samples will be sent around New Zealand and Australia for analysis and disposed of at the end of the study
 - I wish for a karakia said at the time of my tissue disposal (*please circle*). Yes No
- I understand that any blood results found to be outside the normal healthy range will be conveyed to me and that if I do not wish to be informed, I cannot participate in this study.
- I wish to receive the summary of findings. I understand that there may be a delay between data collection and the publication and availability of the research results (*please circle as appropriate*). Yes No
- I wish to receive a copy of my genetic test results Yes No
- I understand that the results from this study will be used for scientific publication and presentations.
- I agree not to restrict the use of any data or results that arise from this research provided such a use is only for scientific purposes.

Name _____

Signature _____ Date _____

Researcher's Signature _____ Date _____

APPROVED BY THE HEALTH AND DISABILITY ETHICS COMMITTEE ON
– 28th January 2021 Reference Number 20/STH/157