UNIVERSITY OF BIRMINGHAM

**Title: A Randomised, Single-Blinded Behavioural Intervention Study Aimed at Increasing Flavonoid Consumption in Young Adults**

Protocol ID/ Ethics ID: ERN_5578

Date of Approval: 27/07/2026

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# Participant Consent Form

**Study Title:** The influence of healthy food choices in improving resilience to mental stress

**Investigators:** Dr Catarina Rendeiro, Professor Suzanne Higgs, Ms Rebecca Cupac

**Participant Name & ID:** _____

Participant Address: _____

Email: _____

Telephone Number: _____ Date of Birth: _____

Initial each box

1. I have read the study information sheet and have discussed the experiment with one of the above named investigators, who have explained the procedures to my satisfaction. ☐
2. I understand that I am volunteering to participate in the experiment by my choice and that I may stop and withdraw from during experiment at any time and up to 2 weeks after experimental visit 2. ☐
3. I confirm that I have not been treated for any cardiovascular, metabolic, neurological or respiratory conditions in the past. ☐
4. I understand that the data collected during the study may be looked at by responsible individuals from the University of Birmingham where it is relevant to my taking part in this research. I give permission for these individuals to have access to my data and understand that any information will be kept strictly confidential. ☐
5. I understand that my digital data will be stored for a minimum of 10 years in accordance with University of Birmingham policies on password protected systems accessible only to research personnel associated with this study. ☐
6. I understand that fully anonymised data (which will contain no information that would identify individuals) will be submitted to an online archive in line with the requirements of our funding body. Other researchers beyond the immediate research team will therefore have access to this data. This will be in accordance with the Data Protection Act and will remain confidential at all points in the process. ☐
7. I understand that data collected by hand will be stored for a minimum of 10 years in accordance with University of Birmingham policies in a locked cabinet only accessible to the research personnel associated with this study. I agree to this. ☐
8. I would like to receive a summary of the study findings YES / NO (circle your response)
9. I would like to participate in future research in The School of Sport, Exercise and Rehabilitation Sciences
   YES/ NO (circle your response)
10. I agree to the arrangements described in the Information Sheet as they relate to my participation. I agree to participate in this study. ☐

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| Name of Participant (PRINT) | Date | Signature |
| --- | --- | --- |
| Name of Researcher (PRINT) | Date | Signature |