

PARTICIPANT INFORMATION SHEET

Understanding the Impact of Lifestyle on Food Choices Among People Over 65 in Scotland.

This research is being undertaken by Dr Ellen Evans, Reader in Food Behaviour at ZERO2FIVE Food & Drink Research Unit. Funded by the Scottish Environment, Food, and Agriculture Research Institutions (SEFARI) in collaboration with Food Standards Scotland.

Introduction:

You are invited to participate in our research study, which seeks to explore the factors that influence the food choices of people over 65 in Scotland. Before deciding, we want to ensure that you have a clear understanding of the study's purpose, what your participation will involve, and the safeguards in place to protect your privacy.

Purpose of the study:

Our research aims to gain insights into the experiences, perceptions, and practices of adults aged 65 and above in Scotland regarding their food habits and how these may evolve over time. We want to understand the factors that positively or negatively impact your relationship with food. This includes the influence of health conditions, such as diabetes or visual impairments, as well as changes in living situations, like living with adult children or coping with the loss of a partner/spouse. We will also discuss practical and financial aspects of food shopping. Your unique experiences are valuable to us.

Who can participate?

We are seeking two groups of participants:

1. **People aged 65 and above:** Individuals aged 65 and above living in Scotland, regardless of your level of involvement in food shopping and cooking.
2. **Supporting Individuals:** Those who provide support to people aged 65 and above in Scotland with their food shopping and cooking.

Study involvement:

We have recently undertaken a series of online discussion groups. We are now seeking people to participate in in-person discussion groups which are approximately 2-hour sessions.

- Tuesday 28th May 13:00 - 15:00. In-person discussion group. Central Stranraer, Dumfries (location to be confirmed)
- Wednesday 29th May 10:00 - 12:00. In-person discussion group. Govanhill Neighbourhood Centre, 6 Daisy St, Govanhill, Glasgow G42 8JL
- Thursday 30th May 10:00 - 12:00. In-person discussion group. Rowett Institute, University of Aberdeen Ashgrove Road West, Aberdeen, AB25 2ZD
- Friday 31st May 10:00 - 12:00. In-person discussion group. Central Inverness (location to be confirmed)

While we have prepared questions to guide our discussions, our primary goal is to have open and honest conversations about your experiences with shopping, cooking, and eating.

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Participant benefits:

As a token of our gratitude for your participation in an interview or group discussion, you will receive a £25 voucher that can be used at various shops or a charitable donation to a cause of your choice.

Data privacy and protection:

Participation in this study is entirely voluntary. We will request you to complete a Participant Consent Form before your involvement. All information collected during this study will be kept confidential, and any data reported will be anonymized. You will be assigned a unique participant ID number, ensuring that your name and personal information remain confidential. After the study's completion, all participant information will be securely disposed of. A copy of the research findings will be available upon request.

Withdrawal from the study:

If you participate in interviews, you can stop at any time. After the interview, you will receive a transcript for review. You can withdraw your data from the study within seven days of receiving the transcript, but please note that this will result in the forfeiture of the reward. For group discussions, withdrawal may not be possible once the discussion has started due to the group setting.

Risks and ethical approval:

A thorough risk assessment has been conducted, and the study has been reviewed and approved by the Research and Ethics Committee at Cardiff Metropolitan University (Reference number Sta-8405). The project has also been reviewed and received Scottish Government social research approval. We do not anticipate any physical risks. However, some topics may be emotionally sensitive for certain participants, so please consider your comfort level before participating.

Use of research results:

The findings of this research will be utilized by Food Standards Scotland to develop strategies for disseminating food safety information to relevant groups in Scotland. Additionally, the results will contribute to the development of journal articles, conference presentations, and future research initiatives.

How to participate or obtain more information:

If you would like to participate or have any questions about the study, please contact the principal investigator, Dr Ellen Evans, at elefans@cardiffmet.ac.uk or call 02920205836 or 07867176544. Your participation will help us gain valuable insights into the food choices and habits of people over 65 in Scotland. To select a time that is convenient for you to take part in the study, please visit:

<https://tinyurl.com/Over65Food>