

## PARTICIPANT INFORMATION SHEET

**Project Title:** Home kitchen thermometry study

**Project aim:** The goal of this study is to help people ensure their home fridges are running at a safe temperature and that food is cooked to a safe temperature.

**Invitation to participate:** We are looking for volunteers to take part in our research study. Before you decide whether you want to take part or not, it is important for you to understand why the research is being done and what it will involve. Please therefore take time to read the following information carefully.

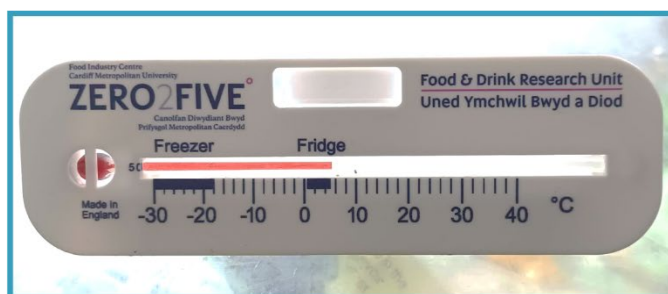
**What is the purpose of the study?** Our previous research found that many people over 65 in Scotland are concerned about fridge and cooking temperatures. This study aims to provide tools to check fridge and cooking temperatures, helping people ensure food safety at home.

### Who can take part?

- People over the age 65 years in Scotland
- Individuals who assist people over 65 with food-related activities

### What does the study involve?

- 1. Sign-up to participate:** Provide your postal address after agreeing to participate.
- 2. Receive the participant pack:** A participant pack containing a temperature probe, a fridge thermometer and instructions for use will be sent to you in the post in early August 2024.
- 3. Taking part in the study:** To participate in this study you will need access to a smart phone.
  - Take a picture of the temperature probe in your cooked food (e.g., meat or poultry) showing the temperature.
  - Take a picture of the fridge thermometer in your fridge door storage area showing the temperature.
  - Upload the pictures to an online portal (link will be provided in the participant pack). Portal closes on September 30, 2024. Submissions imply your consent to participate.
- 4. Incentives for taking part:** Four participants will be randomly selected to win £25 vouchers. You can keep the temperature probe and fridge thermometer after the study.



**How will my data and my privacy be protected?** Taking part is entirely voluntary. All information gathered from this study will remain confidential and any data reported will be anonymous. Submitting the image and answering the accompanying questions implies your consent to participate in the study. Any images that make you identifiable will be excluded from the study. The information you share will be given a participant ID number. All participant information will be securely disposed of following completion of the work; a copy of the research findings will be available by informing the researcher that you are interested in receiving the research findings. Participants have a right to withdraw from the project at any time, a Participant Withdrawal Form is available and includes more details of what actions the University will take following a request to withdraw. However, please be aware that once your data have been anonymised and analysed, it is often not possible to extract a specific participant's data.

**Are there any advantages to taking part?** You will receive a free temperature probe and a free fridge thermometer which you can keep after participating in the study. As a token of thanks for participating in the study all participants will be entered into a prize draw to win one of four £25 vouchers. Your participation will be informing future food safety education activities and research. Being able to check cooking adequacy of meat and poultry products and check fridge operating temperatures will help you to reduce the risk of foodborne illness.

**Are there any risks associated with taking part?** A risk assessment has been undertaken and the study has been reviewed and approved by the research and ethics committee. There are no physical risks anticipated from your participation in this study. We recommend that the temperature probe and fridge thermometer are kept out of the reach of children.

**Has the study been approved?** The project has been assessed and approved by the Research and Ethics Committee at Cardiff Metropolitan University. A copy of the approval is available from the research team.

**What will happen to the results of the research project?** The results of the research will be used to inform the development of a journal article and will inform the development of future research.

**How do I take part or get more information about the study?** If you want to take part or have any questions regarding the study, please contact the researchers, Dr Ellen Evans at [elevans@cardiffmet.ac.uk](mailto:elevans@cardiffmet.ac.uk)