

Appendix A



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Appendix B. Electronic Consent Form (To be pasted into Survey Monkey)

Research Project Title: Survey on Knowledge and Perceptions of Carbohydrates (SNAPC 2022)

Researcher(s): Dr. Miyoung Suh

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Collaborators: This study is being conducted in collaboration with Dr. Nick Bellissimo, School of Nutrition, Ryerson University; National collaborator and Dr. Ye (Flora) Wang, Nutrition Information Service, Canada Sugar Institute: National collaborator

Canadian Sugar Institute is a non-profit organization and maintains a Nutrition Information Service to provide health professionals, educators, consumers and the media with current scientific information on sugars, carbohydrates and health. The Nutrition Information Service is managed by nutrition scientist and registered dietitians and is guided by a Scientific Advisory Council composed of university faculties around Canada.

You are being invited to participate in a research study. Please read this consent form so that you understand what your participation will involve.

This consent form, a copy of which can be downloaded your records and reference, is only part of the process of informed consent. It should give you the basic idea of what the research is about and what your participation will involve. If you would like more details about something mentioned here, or information not included here, feel free to contact Dr. Suh.

Purpose of the study:

This study is i) to assess the knowledge and perceptions related to carbohydrates (including sugars), metabolism and health, among undergraduate students specifically enrolled in a nutrition program (referred to as “nutrition-major students”), as compared to those taking a nutrition course as an elective but not enrolled in a nutrition program (referred to as “nutrition-elective students”); ii) to investigate the differences in nutrition students’ understanding of these topics during the progress of their nutrition education

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Study Procedures:

If you consent to participate in this study, you will be asked to complete a survey which will take approximately 30 minutes of your time. The survey will be available using Survey Monkey, (<https://www.surveymonkey.com>, will add the survey address) and requires internet connection. This survey is presented using the American website “Survey Monkey”. As such, responses are subject to American laws. Risks associated with participation are minimal and are similar to those associated with many email and social media websites such as Hotmail and Facebook.

Potential benefits:

You may not gain any direct benefit from participating in the study. Potentially you may benefit from this research study identifying potential gaps in knowledge, attitudes and perceptions on carbohydrates while learning the materials at the university.

There will be a class oral presentation on **June x, 2022 1-4pm, Room x in Building x (will be added once it is confirmed)**, and you are invited to this presentation. Please keep this date and time in your calendar for your information. Potentially you can use the outcome information for your future dietetics/nutrition career.

Potential risks as a participant:

This is a minimal risk study. You may feel some discomfort from some of the questions, but you do not have to respond to every question if you choose not to. Your identifiable information is not collected in the survey.

Confidentiality:

This is part of a national survey, so your data will be compiled with other institutions across Canada. However, there will be no institutional comparisons. There is no feedback about the research results will be given to any individual participant and no results will be posted through a website and other means.

Your participation in the study is confidential. Also, you will not provide any identifying or contact information (such as name, address, or telephone number) in the survey. All questionnaires will be kept in a secure computer folder for 5 years (May 2027) or until data are published, whichever comes first. Some data and information from this study may be sent outside of the University of Manitoba to other researchers, organizations, or made publicly available. This is for further analysis, testing, or as part of the research study. The data will not be kept indefinitely; they will be shredded / destroyed after the indicated period.

Renumeration:

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There will be no remuneration. There is no cost associated with participation.

Voluntary participation and withdrawal

Participation in this study is completely voluntary. You can choose whether to be in this study or not. If any question makes you uncomfortable, you can skip that question. Incomplete surveys not submitted by you will not be saved. Note, since the survey is anonymous, it is not possible for you to withdraw your data after submitting your answer. Your choice of whether or not to participate will not influence your future relations with the research team and the University of Manitoba.

Confirmation Agreement:

By choosing "Yes" to the below question, you are indicating that you have understood to your satisfaction the information regarding participation in the research project and agree to participate as a subject. In no way does this waive your legal rights nor release the researchers, sponsors, or involved institutions from their legal and professional responsibilities.

The University of Manitoba may look at your research records to see that the research is being done in a safe and proper way.

This research has been approved by the Research Ethics Board at the University of Manitoba, Fort Garry campus. If you have any concerns or complaints about this project you may contact Dr. Miyoung Suh at 204-235-3106 or the Human Ethics Officer at 204-474-7122 or HumanEthics@umanitoba.ca.

Do you consent to participating in the University of Manitoba research project entitled "Survey on Knowledge and Perceptions of Carbohydrates".

1. Yes
2. No