

INFORMATION SHEET 29.03.19

FOR the YOUNG PERSON

who has been part of the Generation 1 Study since birth

Generation 1 Study: growth, health and well-being of young adults (H-2015-252)

We have been following your growth and development since you were born in the period 1998-2000. We have seen you on up to 7 occasions: at 6, 9 and 12 months old, at 2, 3½, 9-10 and 12-13 years.

As you are now a young adult, you have finished growing. We would like to ask you to complete an online questionnaire, to give us an update on your health.

What is the Generation 1 Study about?

The overall aim of the Generation 1 study is to understand how nutrition and growth in early life might influence a person's health profile in the longer term.

This is why we have collected repeated information about your nutrition and growth, especially when you were very young. At age 3½ we started monitoring your blood pressure. At age 9-10 years some children had a blood test to assess insulin or 'blood sugar'. We have also collected information on your shape and where you tend to store fat, for example, whether that is on your thighs or around your stomach. All of these things tell us about your metabolism.

We have investigated whether your metabolic profile is related to your birth weight. We have also put together measurements to see whether growth across infancy was fast or slow and whether the shifts to new stages of growth happened early or late. This has provided evidence that growth paths are indeed related to metabolism.

We think people have different growth paths partly due to the way they developed in the womb. We think the key to this development is the neuroendocrine system, which involves several areas of the brain that govern metabolism as well as how a person responds to stress. So we are also interested in symptoms of anxiety or low mood, to see if early growth can tell us which individuals might be more susceptible to being stressed or feeling down.

Who is undertaking the project?

The Generation 1 Study is undertaken by a team led by Professor Vivienne Moore at the University of Adelaide. Kendall Smith was the study co-ordinator, but has now retired and Stephanie Champion has taken over this role. Between ages 10 and 13, you might have seen Kendall or one of the other research staff.

What will I be asked to do?

You are being invited to complete an online questionnaire. (If you would prefer to complete a paper questionnaire, you can contact Stephanie and she will send you one.) The questions cover ...

- Your situation: - whether you are working and/or studying now
- Your health: - how you rate your health
- Well-being: - your feelings about yourself, including being stressed or feeling down
- connections with family and friends
- your views about life

The information provided will be put together with the information we have collected over your life to investigate the research questions outlined above. It may also be used in future research.

After participation, if you wish, you may enter a draw to win a gift card (choice of department store or technology purchase/access etc.) with value \$100. The chances of winning are around 1 in 40.

How much time will the online questionnaire take? It will take 8 to 10 minutes, best done in one session, but you may do it in stages if you wish.

Are there any risks associated with being part of this project? It is possible that thinking about well-being or stress or other matters could make you feel uncomfortable or upset. If this happens, we encourage you to talk to someone you trust.

There are some websites that can help. Look for special sections for teens and young adults.

Youth beyondblue <https://www.youthbeyondblue.com/>

Reach Out <http://www.reachout.com>

Kids Help Line <http://www.kidshelpline.com.au>

Or you could call the Kids Helpline 24 hour telephone counselling line which is 1800 55 1800. This is for teens and young adults (not just younger children). We're putting this information here, because we think all young people should know about these options, not just for this project.

What are the benefits of the research project?

There are no benefits to you of participating in this project. We hope that the results might be useful for children and young people in the future.

Do I have to participate? Your participation in this study is voluntary.

You can choose not to complete the questionnaire. If you decide to do the questionnaire, you may skip any question you do not wish to answer.

Will I be identified? What will happen to my information?

All participants' details will remain strictly confidential except as required by law.

You will need to tell us your name and date of birth. After the questionnaire is completed, we will remove this information and replace it with a code, so you cannot be identified.

We will use the code to link your answers to these questions with information about you that we collected on previous occasions. Data files used in analysis will only contain your code.

The information you provide will be strictly confidential. Only the research team and statisticians will have access to it. We will keep the information on a password protected computer for as long as the Generation 1 Study continues.

Who do I contact?

If you have any questions about this study, please contact

Dr Stephanie Champion Study mobile: 0466 864 687 Email: Generation1@adelaide.edu.au

Professor Vivienne Moore Ph: 8313 0116 Email: vivienne.moore@adelaide.edu.au

Other researchers involved in this study:

Dr Melissa Whitrow Email: melissa.whitrow@adelaide.edu.au

Dr Lynne Giles Ph: 8313 0234 Email: lynne.giles@adelaide.edu.au

Professor Michael Davies Ph: 8313 4099 Email: michael.davies@adelaide.edu.au

What if I have a complaint or any concerns?

If you have a complaint or concern you can raise it with Professor Vivienne Moore (details above).

If you wish to speak to an independent person, you can contact the Human Research Ethics Committee's Secretariat at the University of Adelaide. For detailed information about this, please see the next page.

If I decide to participate, what do I do?

The link to the questionnaire can be accessed by https://www.surveymonkey.com/r/generation1_2019

The online questionnaire will start with an information page.

By answering and submitting the questionnaire you are providing your consent to participate in this study.

UNIVERSITY OF ADELAIDE

ETHICS COMMITTEE - INDEPENDENT COMPLAINTS PROCEDURE

The University of Adelaide Human Research Ethics Committee reviewed this project.

Project Title: Generation 1 study: growth, health and well-being

Approval number: H-2015-252

The Human Research Ethics Committee monitors all the research projects which it has approved. The committee considers it important that people participating in approved projects have an independent and confidential reporting mechanism which they can use if they have any worries or complaints about that research.

This research project will be conducted according to the NHMRC National Statement on Ethical Conduct in Human Research (see <http://www.nhmrc.gov.au/publications/synopses/e72syn.htm>)

1. *If you have questions or problems associated with the practical aspects of your participation in the project, or wish to raise a concern or complaint about the project, then you should consult: Professor Vivienne Moore (contact details above).*

2. *If you wish to discuss with an independent person matters related to:*

- making a complaint, or*
- raising concerns on the conduct of the project, or*
- the University policy on research involving human participants, or*
- your rights as a participant*

please contact the Human Research Ethics Committee's Secretariat on phone (08) 8313 6028 or by email to hrec@adelaide.edu.au