Project Title: The WAVE~Ripples for Change: Obesity Prevention in Active Youth

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1. WHAT IS THE PURPOSE OF THIS FORM?
This form contains information you will need to help you decide whether to be in this research study or not. Please read the form carefully and ask the study team member(s) questions about anything that is not clear.

2. WHY IS THIS RESEARCH STUDY BEING DONE?
The purpose of this research study is to develop and test an obesity prevention and healthy lifestyle program for active teenagers. This study is also a part of a dissertation project. Up to 1,500 parents or caregivers, teenage soccer players and coaches will be invited to join this study.

3. WHY AM I BEING INVITED TO TAKE PART IN THIS STUDY?
You are a teenage soccer player between the ages of 14 and 19, living in Oregon with your parent or guardian, and you have access to the Internet. You are also proficient in English and your parent/guardian also speaks English. You do not have a medical condition that prevents you from eating a healthy diet. In addition, it is recommended that you not participate in any of the soccer research activities if you have a pre-existing condition that would put you at additional risk, such as pregnancy and injuries.

4. WHAT WILL HAPPEN IF I TAKE PART IN THIS RESEARCH STUDY?

Study duration: Each face-to-face lesson will last between 30 and 120 minutes. The study will be two years long.

If you agree to join this study, these things will take place:

You will:
• Receive printed and/or electronic education materials, such as newsletters about sports nutrition.
• Attend from 4 to 16 face-to-face group lessons on sports nutrition with your soccer team and coach. These will include hands-on learning experiences such as cooking, tasting, planning meals, gardening and grocery shopping. One of the lessons about hydration may include an optional and completely voluntary activity involving collecting and analyzing urine samples.
• Have access to an online, virtual world learning environment to explore in your own time. Only the teenage soccer players in the study and trained project personnel will have access to this virtual learning environment. Learning reinforcement will take place this online virtual world with restricted access that uses attractive 3-D visuals. An avatar is the graphic representation of you. You will create an avatar for yourself and interact with other avatars during the study. If you share information within the virtual world, it may be visible to other participants in addition to the researchers.
• Figure 1 is an example of an online virtual world where the player is gardening.

Figure 1. An avatar learning gardening skills in an online virtual world.

• Attend a 1-day Soccer Tournament Style Camp and award ceremony at Oregon State University the end of study each year (a total of 2 times during the 2-year study). Meals will be provided.
• We will measure your height, weight, and body fat composition 3 times (at the beginning of the project, after one year, and at the end of the project). We will share this information with you.
• We will measure your knowledge about sports nutrition and your confidence in achieving or maintaining healthy lifestyles.
• We will measure your physical activity level (including sleep) using a safe and tested wearable body sensor. This is a small device you would wear externally. It does not affect movement in anyway. We will monitor physical activity for a week several
times during the project. You will have access to your own physical activity data to relate to your soccer performance.

- We will ask you about what kinds of food you usually eat. We would likely ask you to take food surveys on paper or online, or to take part in an interview. We will likely do this multiple times throughout the study, including the beginning and the end of the study. You will have access to your food intake data to relate to your soccer performance.
- We will ask you to rate this program (for example, how much it motivates you and how much you enjoy the program). This may be done individually, or may be done in a discussion group format with other soccer players.

Your parent/caregiver and coaches may be asked to answer questions about changes in your soccer performance, eating and lifestyle habits.

You may do this if you and your parent/caregiver agrees

- Use your smart phone to track physical activity and food intake during the study.

Please write your initials in ONE of the boxes below:

I agree to use my smart phone for this purpose.  
I do NOT agree to use my smart phone for this purpose.

Communication: We may communicate with you about the study in the following ways if you and your parent/caregiver agree. Please circle each of the following methods of communication are okay for us to use with you.

- Emailing you
- Texting on your cell phone
- Calling you on your cell phone
- Calling you on your landline

Recordings and photographs: Tape recordings, video recordings and/or photographs may be made of you during the study. The types of activities that may be photographed and audio or video recorded include: face-to-face activities (including booster lessons), virtual world interactions, 1-Day Soccer Camp and award ceremony. You can decide not to be recorded or photographed and still join the study. Please let us know below.

Please write your initials in ONE of the boxes below:

I agree to be audio recorded,  
I do NOT agree to be audio recorded
Storage and Future use of data: We will keep all paper copies of study data in a locking file cabinet in at Oregon State University. All electronic data will be stored on study computers. All electronic data will be password-protected. Only the study team will have access to these items. In addition, once the study is over, any identifying information that links specific data to you will be deleted. As result, at that time there will be no way to know which data was yours nor a way to remove the now unidentifiable data from storage.

If it is okay to use your data to answer future questions, please let us know below. Future use of your information will be limited to studies about sports, health, and technology. The study director, Dr. Siew Sun Wong, will take your data out of our files if you change your mind. Her phone contact is (541) 737-5855 and her email address is Siewsun.wong@oregonstate.edu.

Please write your initials in ONE of the boxes below:

You may store my information to use in future studies.  
You may NOT store my information to use in future studies.

Future contact: We may contact you in the future for another similar study. You may ask us to stop contacting you at any time.

Study Results: We will share with you your height, weight, and body fat composition data, and your physical activity and eating patterns. We will share aggregated study results on our project website.

5. WHAT ARE THE RISKS AND POSSIBLE DISCOMFORTS OF THIS STUDY?

The only risk of being in this study is that we could accidentally disclose information that identifies you. However, we will take great care to make sure that does not occur. The research team will be trained to protect all participants’ confidentiality.

Parents or caregivers are responsible for providing transportation to the 4-H Youth Development Soccer Camp at OSU. Therefore no risk insurance will be provided for transportation.

The security and confidentiality of information collected from you online cannot be guaranteed. Confidentiality will be kept to the extent permitted by the technology being used. Information collected online can be intercepted, corrupted, lost, destroyed, arrive late or incomplete, or contain viruses.

6. WHAT HAPPENS IF I AM INJURED?
Oregon State University and The United State Department of Agriculture have no program to pay for research-related injuries. If you are injured as the direct result of this research study, if appropriate, we will refer you for treatment. You or your insurance company will be responsible for the cost of this treatment. Please contact Dr. Siew Sun Wong at 541-737-5855 if you believe you have been injured as a direct result of this study.

7. **WHAT ARE THE BENEFITS OF THIS STUDY?**

You may gain knowledge and skills about sports nutrition and ways to promote healthy lifestyles. The study may positively impact your sports performance.

8. **WILL I BE PAID FOR BEING IN THIS STUDY?**

You will not be paid for being in this research study. You will have the opportunity to receive gifts valued between $20 and $30 based upon the total points you accumulate for your soccer team. You will be able to earn points by completing program activities.

9. **WHO IS PAYING FOR THIS STUDY?**

The National Institute of Food and Agriculture is paying for this research project. The project is being done by Oregon State University.

10. **WHO WILL SEE THE INFORMATION I GIVE?**

Your information from this study will be kept private to the level allowed by law. Research records will be stored securely and only researchers will have access to the records. Federal regulatory agencies, the Oregon State University Institutional Review Board (a committee that reviews studies), and the National Institute of Food and Agriculture may inspect and copy records from this research. Some of these records could contain your information. Your identity as well as the name of your school and soccer team will not be made public if the results of this project are published.

To help ensure confidentiality, we will use a different ID code for each participant on all forms, manage digital files in password-protected computers, and store all hardcopy data in safely locked areas.

11. **WHAT OTHER CHOICES DO I HAVE IF I DO NOT TAKE PART IN THIS STUDY?**

Participation in this study is completely voluntary. Choosing not to participate will not affect your participation in your soccer team. If you take part in the study, you are free to withdraw at any time without penalty. If you choose to leave the project before it ends, the study team may keep information about you to include in study reports.

12. **WHO DO I CONTACT IF I HAVE QUESTIONS?**

If you have any questions about this research project, please contact: Dr. Siew Sun Wong at 541-737-5855 or Siewsun.wong@oregonstate.edu.

If you have questions about your rights or welfare as a participant, please contact the Oregon State University Institutional Review Board (IRB) Office, at (541) 737-8008 or by email at [IRB@oregonstate.edu](mailto:IRB@oregonstate.edu)
13. WHAT DOES MY SIGNATURE ON THIS CONSENT FORM MEAN?
Your signature indicates that this study has been explained to you, that your questions have been answered, and that you agree to join this study. You will receive a copy of this form.

You also need to indicate if you are 18 years or older.

Please write your initials in ONE of the boxes below:

☐ I am 14 to 17 years old.

☐ I am 18 to 19 years old.

Do not sign after the expiration date:

Participant’s Name (printed): ________________________________

(Signature of Participant) ________________________________ (Date) ________________________________

(Signature of Researcher Obtaining Consent) ________________________________ (Date) ________________________________

(Parent/Guardian/Legally Authorized Representative) ________________________________ (Date) ________________________________

(if under 18 years of age)