

Letter of Information

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Funding Source: Social Science and Humanities Research Council

Why is this research being done?

This survey is part of a bigger research project that is trying to understand if our relationship with food changes with age and for those experiencing food insecurity if there are reasons beyond our ability to purchase food that contribute to malnutrition among older adults. We plan to use this information to work in partnership with first-line food supports, like foodbanks, to build or improve on existing programming. Because food is, for many of us, not just about our bodies need to meet specific nutritional requirements but also often part of our personal, social, environmental, cultural history, and current reality this survey will ask you questions about your relationship with food and how other factors in your life may affect it.

Who can take part?

The researchers who designed this survey understand that chronological age does not always have meaning for people, in that it does not determine your ability, personhood, or the age you feel. That said, as a society we put a lot of weight on objective values, like how many years you have been alive. A lot of programs, services, and guidelines force these numbers to hold value, as such this survey is only open to people 55 and up. Participation in this study is voluntary and is not linked to any of the services you may be receiving.

What will I be asked to do?

You will be asked to fill out a survey that has three main parts; some questions about your relationship with food and food choice, the next section asks you questions about your outlook and activity and the final section looks to gather some information about you (e.g. age, gender, etc.). The survey should take around 20 minutes to finish.

What will happen to the information that I share?

The survey you complete will only be reviewed by members of the research team and not shared with anyone except with your consent or as required by law. You will be completing this study on an online survey operated by Qualtrics. Qualtrics has implemented technical, administrative, and physical safeguards to protect the information provided via the Service from loss, misuse, and unauthorized access, disclosure, alteration, or destruction. However, no Internet transmission is every fully secure or error free. Qualtrics temporarily collects your computer IP address to avoid duplicate responses in the dataset but will not collect information that could identify you personally. As required by the college, study data will be retained for up to ten years on a password-protected computer and then destroyed after the time has elapsed. If the results of the study are presented or published, only group, not individual data will be shared.

Because this is an anonymous survey the researchers have no way of identifying you or getting in touch with you should you choose to tell us something about yourself or your life experiences.

Are there any risks?

Some people may find it stressful to answer questions that relate to their relationship with food, emotions, or details about themselves. It is important to know that you do not have to answer questions that you do not want to. You can also stop the survey at any time with no negative effect.

How will I benefit if I take part?

The research may not benefit you directly. We hope that the results of this study will help us develop a better understanding of the factors that affect food choices in older adults. This information may give us a better understanding of how and why malnutrition may be experienced. In partnership with local first-line food supports we hope to use this information to enhance services to older adults.

Will I be paid for my time?

In appreciation for the time you have given to this study, you can enter your name into a draw to win one of ten, \$20 Amazon gift cards. Your odds of winning one of the prizes is based of the number of individuals who participate in the study. We expect that approximately 70 individuals will take part in the study. Information collected to draw for the prizes will not be linked to the study data in any way, and this identifying information will be stored separately, then destroyed after the prizes have been provided.

Nature/Nurture: Exploring Factors that Shape Food Choice as We Mature

What if I decide not to take part?

Participation in the study is voluntary. You are under no pressure to participate in this project, and if you choose to participate you are free to stop at any time. You are under no obligation to answer all of the questions on the survey and are welcome to skip any you do not want to respond to. You can also stop answering the survey questions at any time. If you choose not to complete the survey, you can simply close your browser. If you exit the survey early, we will not use any of the data you have provided.

What if I change my mind about being in the study?

You may choose not to continue the survey at any time. If you decide to withdraw, there will be no consequences to you and any data you have provided will be destroyed. Once you have submitted your responses for this anonymous survey: your answers will be put into a database and will not be identifiable. This means that once you have submitted your survey, your responses cannot be withdrawn from the study because we will not be able to identify which responses are yours.

Questions about the Study

If you have any questions or concerns about the research, please feel free to contact: Dr. Karen Slonim, PhD, MPH, BEd Research Lead, Centre for Elder Research

Sheridan College 1430 Trafalgar Road, Oakville ON L6H 2L1

Email: karen.slonim@sheridancollege.ca

Rights of Research Participants

You may withdraw your consent at any time and discontinue participation without penalty. You are not waiving any legal claims, rights or remedies because you participated in this research study. This study has been reviewed and received ethics clearance through the Sheridan Research Ethics Board (SREB No. 2022-06-005-007). If you have questions regarding your rights as a research participant, contact: the Sheridan Research Ethics Board at sreb@sheridancollege.ca.

Consent

Having read this Letter of Information, you understand that by submitting your completed survey you agree to take part in this study.