

Participant information sheet



Are you between 18 and 24 years old and willing to change a sleep or nutrition related lifestyle behaviour?

If yes, we would like to invite you to take part in a study exploring relationships between lifestyle, transport, activity and health behaviours in young adults. This document outlines the details of this study and is aimed to help you decide if you would like to participate. Please keep this information sheet as a record.

What is the purpose of this research?

Our lifestyle can have a large impact on our day-to-day health and well-being. We know that life can be stressful. As a young adult you may have a range of competing priorities that can limit your ability to engage in healthy lifestyle behaviours. We are interested in how lifestyle choices and daily behaviours (activity, transport, nutrition, and sleep) can impact wellbeing.

This study aims to determine whether engaging in a lifestyle behaviour change can improve emotional and cognitive functioning and overall wellbeing in young adults. The findings from this study will provide a better understanding of how young people's lifestyle might support or reduce overall wellbeing.

What is involved in participation?

1. Complete the eligibility survey [Click here](#)
2. Five face to face visits with the study team
3. Four study periods (each with a brief daily survey to be completed)
4. Commitment to a lifestyle behaviour change. You will be provided with educational materials to help you implement and understand these behaviour changes

(Please see over page for a detailed description).

Pre-Study: Eligibility survey	Own time	In-person Visit 1 Equipment Collection 30 minutes
Life as usual period	week 1	In-person visit 2 3 hours
	week 2	
	week 3	
Lifestyle change period	week 4	In-person visit 3 1.5 hours
	week 5	
	week 6	
Maintenance period	week 7	In-person visit 4 Equipment Collection 15 minutes
	week 8	
6-month equipment break (monthly phone check-ins)		
Follow-up period	week 34	In-person visit 5 1.5 hours
	week 35	



What will I need to do?

1. Eligibility survey:

To be completed online and used to confirm your eligibility
[Click here for survey](#)

2. Contact by study team:

If you are eligible, you will be sent a link to a website that contains information about the study, an initial consent form, and a preliminary survey with questions about your general health, lifestyle and risk behaviours, activity, sleep and nutrition.

Once this is complete you will be contacted to confirm your consent, screened for COVID-19 related symptoms and book a time to collect your study equipment.

3. Equipment collection:

Equipment is to be collected from ISSR, at the UQ Long Pocket campus.

You will be provided with devices that monitor your activity (a wrist-worn watch that measures movement) and transport (an in-vehicle monitoring device that measures when your car is moving). This equipment only measures movement.

It does not record any information about location, video or voice and will not damage or alter your vehicle.

During this visit you can discuss any further queries and we will gain your written consent.

4. 'Life-as-usual' period:

After collecting your study equipment, you will be asked to continue your "life as usual" while completing a brief daily survey for a period of two weeks while the activity monitors measure your daily physical and vehicle-related activity.

5. In person visit 2:

You will be required to visit the study site for approximately 2-3 hours.

During this time you will complete questionnaires and computer tasks (including a driving simulator activity), while we measure your drowsiness (eye goggles), heart rate (using an ECG) and brain activity (using an EEG). These devices help us to understand how you are responding to events that might occur in your daily life. At this visit we will discuss your 'life as usual' period results and you will be randomly allocated to one of 2 groups; either a sleep or nutrition lifestyle behaviour change group.

You will also be provided a coffee/food voucher for use during this visit. Once you have been allocated to your group, you will be asked to engage with some educational materials regarding healthy sleep or nutrition (depending on your group allocation). This should take approximately 10 minutes to complete in your own time. Using the techniques presented in the educational materials, you will be required to either gradually extend your usual sleep duration or to monitor some aspects of your diet (e.g. vegetable intake).

6. Lifestyle behaviour change period:

You will be required to commit to making this lifestyle behaviour change for a three-week period and maintain the change for a further two weeks. During this period you will complete a brief daily survey while the activity monitors measure your daily physical and vehicle related activities.

7. In-person visit 3 and 5:

You will re-visit the study site for approximately 1.5hrs to complete questionnaires and computer tasks including the driving simulator.

8. Follow up period:

Six months after visit 2, you will be asked to complete a brief daily survey for 2 weeks while the activity monitors measure your daily physical and vehicle related activities.

9. Check-in text messages:

We will send you text messages at intervals throughout the study to check-in and see how you are going. Some of these study components will be repeated as per the timeline provided on the previous page.



Eligibility

We are seeking young adults (18–24 years old) who drive regularly to take part in the study.

To participate you must meet the following criteria:

- Sleep for less than 7hrs per night on average, and less than 6hrs per night on at least 2 occasions per week;
- Be willing to make a change to a sleep or nutrition related lifestyle behaviour;
- Hold a valid driver's license (provisional or open);
- Drive regularly (3 days per week or more);
- Have access to a vehicle during the study;
- Have a mobile device (i.e. smartphone)

If you are accepted into the study, but experience any unanticipated changes in life or medical circumstances during the course of the study that may affect your ability to participate or engage in the behaviour change (e.g. you contract COVID-19 during the study) please notify the research team as soon as possible to discuss your continued participation.

Expected benefits

The findings from this study will provide a better understanding of how various lifestyle and transport behaviours relate to general cognitive health, mental health, and well-being in young adults. Depending on your group allocation, you might find some direct benefits to your health and lifestyle as a result of engaging with the educational materials, and monitoring or making changes to your health behaviours.



Risks

There are a number of potential risks of inconvenience and discomfort associated with your participation in this study.

These include:

- Inconvenience of time taken to participate in the study including the time taken to complete questionnaires and daily diaries. The timeline above provides an indication of the time commitment required for the study. To recognise your contribution to this study, the research team is offering \$450 (\$200 upon completion of the first 3 months and an extra \$250 following completion of the entire study) to reimburse you for your time. In addition, free parking at the study site will be provided for your convenience.
- Mild discomfort wearing the activity monitor or eye goggles. The activity monitors used in this study are passive, non-invasive and widely used in research studies. They look similar to a wristwatch, and measure movement and light exposure. There is a small risk you may develop skin irritation from wearing the device, however this is very rare and no more likely than wearing a common wristwatch. The eye goggles are non-invasive and measure the movement of your eye during some laboratory tasks. Although rare, if you experience mild discomfort while wearing these you will be able to remove them. Prescription eye glasses are not able to be worn underneath the goggles, however you may choose to wear contact lenses.
- Discomfort with the devices used to measure brain activity (EEG) and heart rate (ECG). These techniques are non-invasive and widely used for measuring brain and nervous system responses during different psychological tasks. These devices are attached to your skin with adhesive tape to ensure contact, and will be fitted by the researchers. If you are uncomfortable with the researchers attaching these, you will be able to attach them yourself. Some individuals may experience a reaction to the adhesive tape used to attach the devices. The risk of this is minimal, as you will only have the devices connected for a short period of time (2 hours or less).
- There is a very small risk that you will experience motion sickness during the driving simulated tasks you complete during the In-person visits. This risk is minimal – the tasks are presented on a computer screen and you can look away from as needed. Breaks can be taken as required, and a comfortable rest space with snacks and refreshments will be available.
- If you are allocated to the sleep group, you may find adherence to a new sleep schedule (slightly earlier bed-times) inconvenient to your current lifestyle. You will be provided with regular feedback, information and assistance from the research team to ensure you are supported in this transition.
- There is a small psychological risk that answering questions about your mental health, physical wellbeing, or changing a health related behaviour may make you uncomfortable. If you experience difficult thoughts and emotions during your participation, please consider contacting one of the following services to obtain support: Lifeline Counselling 13 11 14; BeyondBlue 1300 22 4636 (24/7 Support and web counselling from 3pm – 12am).

Source of funding:

The National Health and Medical Research Council (NHMRC) has funded this project.

Consenting to participate in the project and withdrawing from the research:

If you are eligible for this study, you will be asked to provide your consent to participate via the online eligibility survey. You will also be asked to sign a form to provide written consent at your first study site visit. Participation in this study is voluntary and you are under no obligation to consent to participate. You may withdraw at any stage of the study. In case of withdrawal, you will be paid for your time in proportion to the extent of your participation (e.g. \$ 200 for completion of the first 3 months). All identifiable links between your data and name will be removed following your exit from the study, ensuring your data remains non-identifiable. Upon written request, you may also withdraw your data. Please be aware that this will only be possible while you are in the study. Withdrawing in any way from the study will have no adverse effects on your relationship with the researchers or the University of Queensland.

Confidentiality

All information and data collected as part of this study will be treated confidentially, unless required by law. Some questionnaire items may ask you about involvement in risky or illegal behaviours. Please note that we will not disclose this information to any third parties. During the course of the study, you will be provided with a participant code under which all your data will be collected and stored. The key to the code will be stored separately in a password protected computer file to which only the study team will have access. At the end of the study (once you have returned all study equipment) and completed all study requirements, the key linking your name and participant code will be deleted, ensuring your data remains anonymous and de-identified for analysis, and for future use of your data.

Storage of data

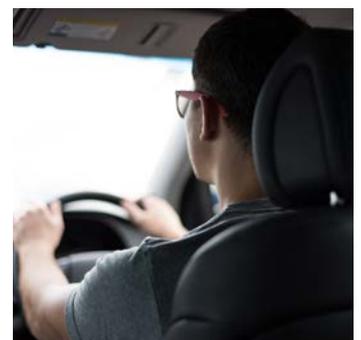
All research data will be stored securely. Digital research data will be stored on the UQ Research Data Management System. Hard copies of data will be stored securely in locked filing cabinets at UQ. Only researchers associated with this project will have access to the electronic and hard-copy data files. All hard copy and electronic data associated with this project will be stored in accordance with National Statement on Ethical Conduct in Human Research.

Use of data

Sometimes it may be helpful to use your data for research purposes other than those specified in this information sheet. For example, researchers may think of a new question that your data may help to address. By agreeing to participate in this study, you consent to the use of your data in this way. Please note that your data will only be used in a de-identified format, ensuring your anonymity. Findings from the study may be submitted for publication in peer-reviewed journals and/or presented at academic conferences. Please note that only aggregated and de-identified data will be presented, ensuring non-identification of individual participants.

Complaints

This study adheres to the Guidelines of the ethical review process of The University of Queensland and the National Statement on Ethical Conduct in Human Research. Should you have any concerns or complaints about the conduct of the project, you are welcome to contact the Ethics Coordinator on +617 3365 3924 or email humanethics@research.uq.edu.au



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Results and questions

Thank you for considering joining this study. For further information or to receive aggregate findings of the project upon its completion, please contact the YAHS team via email yahs@uq.edu.au or phone **0428 113 745**.

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