

Research Project Information Sheet: Focus Groups

Athlete Food Choice Questionnaire: Ready for take off

Ethics Approval Number: A232003

Research Team Contact Details

<u>Chief Investigator</u>	<u>Co-Investigator</u>	<u>Co-Investigator</u>	<u>Co-Investigator</u>
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Project description

We are seeking Sports Dietitians to provide expert opinions for the development and evaluation of a directional layer to the Athlete Food Choice Questionnaire (AFCQ) and automated, evidence-informed feedback for athlete users. The extension on this tool will help assist nutrition professionals in acting as holistic agents of dietary change that cultivate self-efficacy and positive life-long eating behaviours in the athletes they support.

Participation

If you agree to participate in this research project, you will be asked to attend a focus group, with approximately 4-5 other sports dietitians, that will be facilitated by Dr James Clark.

The focus group will take place online. To view available sessions and enrol please use this link

<https://forms.office.com/r/XXAF6wmpyR>

The focus group discussion will take 60-90minutes and topics will centre on how you help athletes address barriers to dietary change. We are interested to hear about the education, strategies and resources you use in practice to assist athletes to overcome barriers to dietary change.

Your participation is voluntary. If you decide to take part and later change your mind, you are free to withdraw up to the point at which data is aggregated and analysed. Please contact the Chief Investigator (listed above) to discuss withdrawal.

Consent

You will be asked to provide written consent. Consent is for your data and information to be collected in an identifiable format, stored in a de-identifiable format, and used in analysis and publications in a non-identifiable format. Consent is sought for this project and for related, ethics approved, projects that may be undertaken by this research team and/or other research teams.

Risks and Benefits

There are minimal risks associated with your participation. The main risk is the impact on your time for participation and a potential for feelings of discomfort with sharing your opinions and practices with peers. However, this will be reduced with the facilitator commencing the session with guidance on respectful and confidential discussion.

A direct benefit from participation is the opportunity to hear from your peers' practices and experiences in working with athletes to barriers to their dietary change. In-directly you can also benefit from the outcomes of the study, one of which will be the contribution the findings make to inform automated feedback for the Athlete Food Choice Questionnaire (AFCQ). This will improve the utility of the AFCQ for identifying factors influencing food choice decisions and provide powerful information for researchers and sports dietitians trying to influence athlete food behaviours.

Privacy, Confidentiality and Results

Any data collected as a part of this research project will be stored securely as per UniSC's Research Data Management Procedures. It is not possible to participate in the project without being recorded. The recording will be destroyed at the end of the data analysis. All comments and responses will be treated confidentially unless required by law.

The research team will be able to identify if you choose to participate. Data and transcriptions will be stored in a de-identifiable format. The summarized non-identifiable results from this research project may be presented at conferences or meetings, or by publication. If you would like a summary of findings of this research project, please provide your email in the separate form provided at the end of the survey.

Concerns or Complaints

If you have any concerns or complaints about the way this research project is being conducted, you can raise them with the Chief Investigator. If you prefer an independent person, you may contact the Chair of the USC Human Research Ethics Committee: (c/- Office of Research, University of the Sunshine Coast, Maroochydore DC 4558; telephone (07) 5430 2823; email humanethics@usc.edu.au).

Please save the information above if you choose to participate.