

Human Research Ethics

Teacher Participant Information Statement



Food and Nutrition Schoolteacher Wellbeing Study

Part 2: Pilot online education program to encourage healthy habits

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Project Chief Investigator

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You are invited to participate in a pilot program to encourage healthy food and nutrition habits in schoolteachers. The purpose of the research is to test the benefit and ability of the online education modules to support individual teacher food and nutrition practices as they relate to wellbeing.

1. Who is conducting the research?

This research project is part of the PhD research for Ms. Tammie Jakstas at the University of Newcastle, supervised by Laureate Professor Clare Collins, Dr Vanessa Shrewsbury from the College of Health, Medicine, and Wellbeing, Dr Andrew Miller from the College of Human and Social Futures and Professor Tamara Bucher from the Berner Fachhochschule in Switzerland. Funding support is currently being provided for the project by The Teachers' Health Foundation.

These researchers are experienced in nutrition, health and wellbeing, education implementation and evaluation.

2. Who can participate in the research?

The first 200 eligible participants who are over the age of 18, with access to a computer, currently working as classroom teachers/and or school executive from the primary or secondary school level anywhere across Australia, can participate in this study.

**All participants are asked to use their professional (school) email address to identify that they are currently practising as classroom teachers.*

3. What does participation involve?

All participants will be screened to ensure they meet the eligibility criteria. Those participants that match the criteria will be added to the study list. All modules and questionnaires throughout the study will be distributed from the email address of tammie.jakstas@uon.edu.au

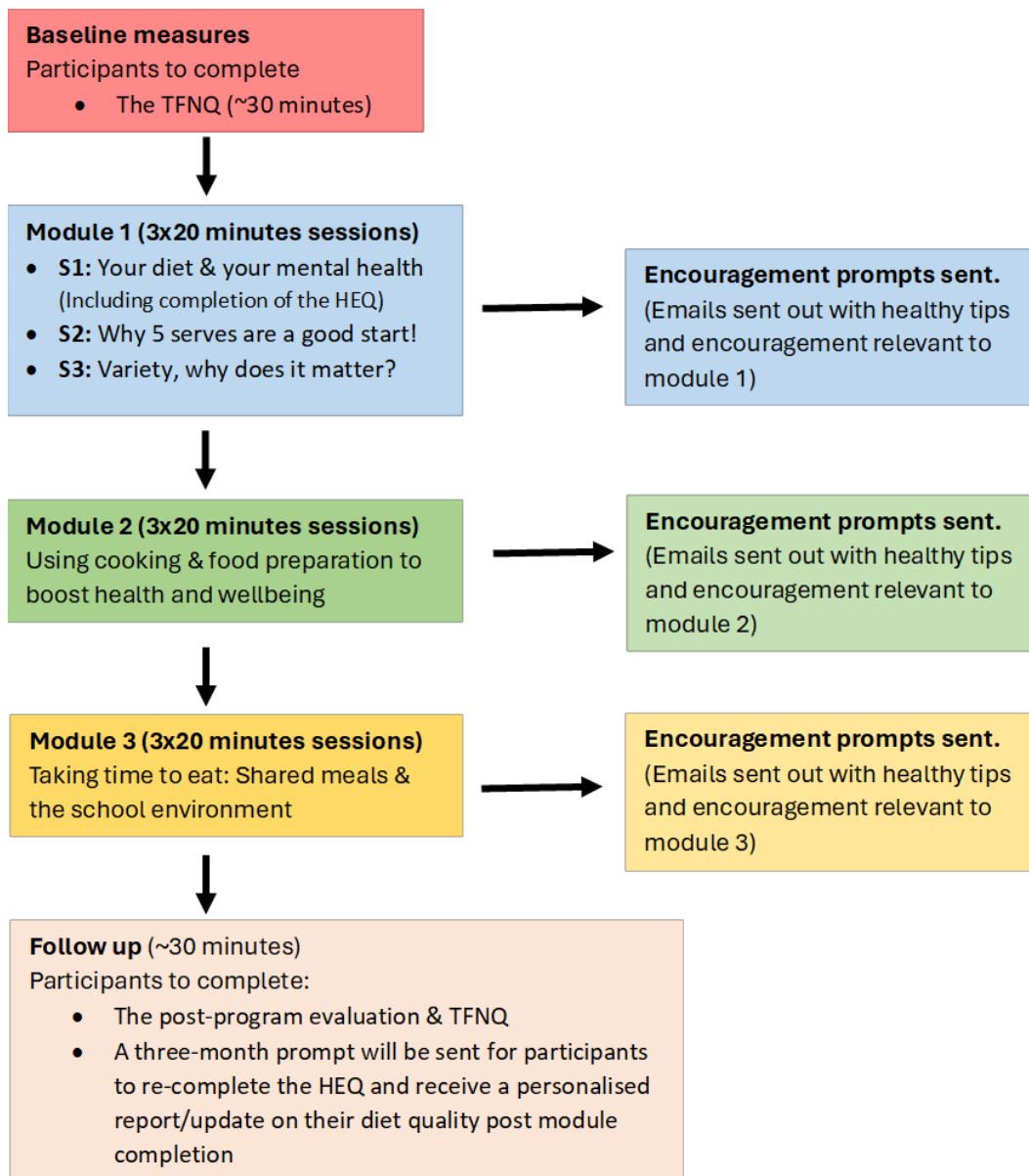
Each module and/or questionnaires will be distributed with a fortnight between each to allow time to complete the required tasks. Another fortnight is provided between the completion of the last module and start of the next module to allow time to practice new skills and/or complete set goals, with two encouragement reminders sent during this time.

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Participants are asked to complete each of the three online modules, the baseline and follow up questionnaires, with the course estimated to run over approximately four months with approximately 4 hours of total work time to complete the modules and survey content. See the below figure for a full breakdown.



Key: TFNQ = Teacher food and nutrition wellbeing questionnaire, HEQ = Healthy eating quiz (included as an activity to provide participants with a personalised diet quality report).

Note: Only the session names for Module one is given within the above figure to provide an example of the session and module format.

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The questionnaires and modules can be stopped or interrupted at any time by clicking save and complete later. However, it is recommended you complete a session or questionnaire in one sitting and have time set aside for their completion.

All participants will be sent each questionnaire or module as embedded links/or unique participant links within an email to their provided address.

Beyond this, your email address will be used to link baseline and follow up questionnaire responses together for the purpose of data analysis, however, it will then be removed from the dataset. No participant names or emails will be used in the data analysis or seen beyond the research team with all results de-identified prior to analysis.

Do you have to take part in this research study?

Participation in this research study is voluntary. If you do not want to take part, you do not have to. If you decide to participate and later change your mind, you are free to withdraw from the study at any time, however any data already submitted will remain for analysis.

What is the benefit of participating in this research study?

By participating in this study, individuals will have the opportunity to assist researchers in developing interventions to improve teachers' food and nutrition-related health and wellbeing.

Your feedback will help to improve usability of the education modules aimed at enhancing teacher food and nutrition practices at schools to facilitate positive teacher wellbeing outcomes. It will also inform areas of further training, and policy provision, that support the health and wellbeing of teachers.

Further: Within module one you will be provided with the opportunity to complete the Healthy Eating Quiz (HEQ) and receive a personalised diet quality report. An email prompt will also be sent to you three months later to re-do the HEQ if they wish to check-in with your progress and receive an additional personalised report.

Acknowledgement of time contribution

Your name and email address may also be used in the distribution of GiftPay Vouchers to those selected in each of the four random draws planned. A random draw is to be conducted at the close of each module (with one of four GiftPay vouchers available at each time, valued at \$50) and the follow up questionnaire where only individuals that have completed all three modules and the baseline and follow up questionnaire only eligible for this final random draw (with one of four GiftPay vouchers valued at \$150 available).

This is not an incentive to participate but the opportunity to be selected to receive a GiftPay voucher in acknowledgement of your time to participate.

Are there any risks involved in participating in this research?

Information will be provided in each module that focuses on current research findings connecting the benefits of healthy food and nutrition practices with positive mental health and wellbeing outcomes.

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With each module focused on practical everyday food and nutrition practices and how teachers can action small positive changes or work on developing skills that can help improve overall wellbeing outcomes with no anticipated risks associated in participating.

However, some of the questions within the teacher food and nutrition questionnaire used in baseline and follow up evaluation questionnaires, do address potentially sensitive issues such as reporting on your levels of professional burnout and stress as well as personal wellbeing. In the unlikely event that you find any of the questionnaire items to be upsetting or the activities too demanding, you can discontinue at any time.

You are also encouraged to make note of any of the following options if you feel the need to seek help and/or advice: to contact your local GP or your staff health or counselling services unit at your school or organisation. It is also possible to try the national counselling service helpline of Beyond Blue which is available 24/7 to offer advice and support via telephone (call [1300 22 4636](tel:1300224636)), [webchat](#) and [email](#) (email response provided within 24 hours).

How will your privacy be protected?

The online questionnaires and learning modules are completely confidential. We will need to ask you to provide your name and email address so that we can match your responses over time and run the random draws. However, any identifiable information will only be known to the research team, and you will not be named or identified within any of the research outcomes, with only participant demographic characteristics such as age bracket, teaching role, school level and/or sector taught within, potentially be used to describe the participant sample. The online questionnaire will be hosted by QuestionPro, and collected data is protected in accordance with their [security policy](#).

The HEQ database resides in Sydney, Australia (AWS Datacentre). If you wish to know more about the privacy policy and further information on data storing within the HEQ database, you can see the links below:

- [Information security policy](#):
- [Data classification and handling policy and standard](#):
- [Cyber security incident management procedure](#):

Some interactive activities are provided within the online modules to allow you to share ideas and participate in polls using the online platform Padlet where settings have been selected to show post content only with no names features enabled to allow all posts to be anonymous. All Padlet boards are specific for this study with a password provided within the module for each new Padlet board.

Data (with the exception of data provided by you to the HEQ which is managed by the HEQ team) will be retained securely for a minimum period of 5 years from completion of the research and managed/stored in accordance with the [University's Research Data and Materials Management Guideline](#) or any successor Guideline, and applicable The University of Newcastle policy provisions (as amended from time to time). Access to any identifiable data will be limited to members of the research team, unless you consent otherwise, except if required by law.

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How will information collected by the research team be used?

Immediate data will be used to improve the content, and usability of the teacher food and nutrition education program. The information will be collated, analysed, and will be presented in academic publications, at conferences or in articles.

All information will be deidentified prior to analysis with participation in the research remaining anonymous with specific participant responses unable to be identified beyond the research team. Individual participants will not be identifiable in any of the outputs generated from the research project, but individual anonymous responses may be quoted.

Non-identifiable data may be shared with other parties (including in funding review reports to the Teachers' Health Foundation) and within peer-review for journal publications, or to contribute to further research and public knowledge.

A summary of this study will be made available in an open access journal article upon study completion.

What you need to do to participate

Please read this participant information statement in its entirety and be sure you understand all the information provided before you agree to participate.

If there is anything you do not understand, or if you have questions, contact chief investigator clare.collins@newcastle.edu.au or student researcher tammie.jakstas@uon.edu.au

If you would like to participate, please click on the following link <https://tinyurl.com/TeacherModules> to complete the recruitment survey.

An email with a link will be sent to your nominated email address for the baseline and follow up questionnaires and each of the consecutive modules. Please know that for each questionnaire and module, three reminder emails will be sent to those participants who are yet to complete, or those with incomplete responses only. With further encouragement prompts sent to all participants during the fortnight between modules to help encourage healthy habits and prompts to encourage goal completion.

As this information sheet is provided in an electronic form, you are encouraged to retain a copy for your reference.

Completion and submission of the recruitment survey, and each consecutive questionnaire/module will be taken as your consent to participate.

Do you need more information?

If you would like more information about this research project, please contact chief investigator clare.collins@newcastle.edu.au or student researcher tammie.jakstas@uon.edu.au

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Thank you for considering this invitation.

Thank you,

The research team

Laureate Professor Clare Collins, Dr Andrew Miller, Professor Tamara Bucher, Dr Vanessa Shrewsbury, Ms Tammie Jakstas.

Handwritten signature of Tammie Jakstas in black ink.

Tammie Jakstas
Student Researcher

Handwritten signature of Clare Collins in black ink.

Clare Collins
Laureate Professor

Concerns or complaints about this research

Project approved by the University of Newcastle College Human Ethics Advisory Panel, Approval No. H-2024-0072.

If you have concerns about your rights as a participant in this research, or if you have a complaint about the manner in which the research is conducted, you can contact the Chief Investigator Laureate Professor Clare Collins (02) 4921 5646 or send an email to clare.collins@newcastle.edu.au

If you would prefer to contact someone independent of the research project, you can forward your concerns to:

Human Research Ethics Officer
Research and Innovation Services
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University Drive
Callaghan NSW 2308, Australia
Phone: (02) 4921 6333
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Additional Research Team Contact Details

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