

Prof Tracy Burrows
School of Health Sciences,
College of Health, Medicine and Wellbeing
The University of Newcastle,
Callaghan, NSW, 2308
Ph: 49215514
tracy.burrows@newcastle.edu.au



Information Statement for the Research Project:

Enhancing nutrition for cancer survivors

Prof Tracy Burrows, Dr Janelle Skinner, Dr Megan Whatnall,
Dr Mark Leary, L/Prof Clare Collins, A/Prof Yolanda Surjan, Prof Doan Ngo
Document Version 1.0; dated 28/7/2026

You are invited to participate in the research project identified above which is being conducted by a team of researchers from the College of Health, Medicine and Wellbeing, University of Newcastle, led by Prof Tracy Burrows.

Why is the research being done?

Having access to safe, reliable and evidence-based nutritional information is incredibly important during the cancer journey. This cross-sectional study will explore what people living with and beyond cancer are currently eating so in future research projects we can tailor dietary advice and nutritional information to meet their needs.

Who can participate in the research?

People living with and beyond cancer OR caregivers of someone with cancer are invited to take part in the survey.

You are eligible to participate in this study if you:

- Have received a cancer diagnosis, no matter what stage of the journey you are at, OR are a caregiver for someone with cancer
- Are aged 18 years or older
- Living in Australia
- Have access to the internet

What would you be asked to do?

If you are eligible and agree to participate, you will be asked to complete a 10-minute online anonymous survey. The survey will ask questions about your (or of the person you care for) cancer diagnosis (e.g. type of cancer, date of diagnosis, treatment types undergone) and eating habits, as well as cancer-related side effects experienced that can impact eating habits.

You will be given the opportunity to enter a prize draw for one of ten shopping vouchers and/or consent to being re-contacted by the researchers to receive a brief summary of the survey results on conclusion of the study, and/or receive an invitation to partake in future research projects

related to the current study. To maintain your anonymity, at the end of the survey, you will be provided with a separate survey link where you can leave your contact details. Providing your contact details is optional.

What choice do you have?

Participation in this research is entirely by choice. Only those people who give their informed consent online will be included in the project. Whether or not you decide to participate, your decision will not disadvantage you. If you do decide to participate, you may withdraw from the project at any time without giving a reason, after providing consent but prior to submitting your online survey, by closing the survey.

How much time will it take? *

The survey will take approximately 10 minutes to complete. The survey does not need to be completed in one sitting. You can save your progress as you go, allowing you to leave the survey and come back to it later.

What are the risks and benefits of participating?

Some questions in the online survey are of a sensitive nature (e.g., questions about your cancer diagnosis). If you experience any feelings that are overwhelming or distressing while answering these questions, the last page of this information sheet provides links to reputable organisations if you would like further information about distress or any of the health habits in the survey. You may also contact a member of the research team who will help you obtain assistance.

This research is unlikely to be of direct benefit to you. By participating you will have provided valuable information to be used by the research team to help us better understand the nutritional needs of people living with and beyond cancer. This information will assist us when developing targeted evidence-based resources in future co-design projects. You will have the opportunity to enter a prize to win one of ten \$100 shopping vouchers. If you choose to enter the draw, your name and email address will be collected via a separate survey link for the purposes of placing you in the prize draw.

How will your privacy be protected?

All data will be managed in accordance with the National Statement on Ethical Conduct in Human Research. All the information collected from you for the study will be treated confidentially, and only the researchers named above will have access to it. The online surveys will be administered via REDCap online survey software and sent to the researcher's REDCap survey account via a secure encrypted connection, as outlined in their privacy policy. Please see REDCap [Privacy Policy](#) for further information. Your contact details, collected for the purpose of receiving a summary of the study results and/or participation in the prize draw or participation in future studies, will be stored in a password-protected file. If you decide to withdraw from the study the information you have contributed to the study will still be used. If you withdraw, we will not contact you for further information.

How will the information collected be used?

The information collected will contribute to our understanding of the nutritional needs of people living with and beyond cancer. The findings may be presented in written reports, scientific publications or presented at conferences. Individual participants will not be identifiable in any

reports or publications arising from the project. At the conclusion of the study, you may choose to receive a brief summary of the results from the Chief Investigator. Non-identifiable data may also be shared with other parties to encourage scientific scrutiny, and to contribute to further research and public knowledge, or as required by law.

What do you need to do to participate?

Please read this Information Statement and be sure you understand its contents before you consent to participate. If there is anything you do not understand, or you have questions, please contact Professor Tracy Burrows (Email tracy.burrows@newcastle.edu.au Ph: 49215514).

If you would like to participate, please complete the online eligibility screening questions. If you are eligible to participate and wish to continue to the online survey, please provide your consent and select the 'submit' button at the bottom of the screen. You will then be directed to the survey.

Further information

For further information please contact:

Professor Tracy Burrows (Email tracy.burrows@newcastle.edu.au) or the TRACE Dietetics research team (Email traceresearch@newcastle.edu.au).

For further information on health habits in this study

Should you feel concerned or would like to seek help about any of the health habits as part of this research, please visit the following links:

For Distress:

- Cancer Council Helpline: Ph. 13 11 20, Website www.cancer.org.au
- Lifeline: Ph. 13 11 14 (24 hour), Website www.lifeline.org.au
- Beyond Blue: www.beyondblue.com.au/get-support/get-immediate-support
- Mental Health Line (NSW): Ph. 1800 011 511

For Health Habits:

- Cancer Australia: www.canceraustralia.gov.au
- Dietitians Australia: <https://dietitiansaustralia.org.au/>

Thank you for considering this invitation.



Prof Tracy Burrows [Chief Investigator]

NHMRC Research Fellow, School of Health Sciences, College of Health, Medicine and Wellbeing, University of Newcastle.

On behalf of the research team:

Dr Janelle Skinner, School of Health Sciences, College of Health, Medicine and Wellbeing, University of Newcastle

Dr Megan Whatnall, School of Health Sciences, College of Health, Medicine and Wellbeing, University of Newcastle

Dr Mark Leary, School of Health Sciences, College of Health, Medicine and Wellbeing,
University of Newcastle

L/Prof Clare Collins, School of Health Sciences, College of Health, Medicine and Wellbeing,
University of Newcastle

A/Prof Yolanda Surjan, School of Health Sciences, College of Health, Medicine and Wellbeing,
University of Newcastle

Prof Doan Ngo, School of Biomedical Sciences and Pharmacy, College of Health, Medicine and
Wellbeing, University of Newcastle

Complaints about this research

This project has been approved by the University's Human Research Ethics Committee, Approval
No. H-2025-0081.

Should you have concerns about your rights as a participant in this research, or you have a
complaint about the manner in which the research is conducted, it may be given to the researcher,
or, if an independent person is preferred, to the Ethics Officer, Research and Innovation Services,
The University of Newcastle, University Drive, Callaghan NSW 2308, Australia, telephone (02)
4921 6333 or email Human-Ethics@newcastle.edu.au.