Department of Nutrition & Dietetics
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PARENT/PRIMARY CAREGIVER INFORMATION SHEET: Investigating the relationship between fructose absorption and diet in school children

Name of Principle investigator: Dr Troy Merry
Name of Student Researcher: Harim Kim

Y8: Fructose test held on Tuesday 14th May 2019

Information Sheet for Parents/Primary Caregivers of Participants

Your child is invited to take part in a study aimed at understanding how different children absorb fructose (a type of sugar). The study is being conducted by a team of researchers affiliated with the University of Auckland. Your child is invited to take part in this study because of the potential for school community involvement in science programmes, improved health benefits, and long-term educational outcomes.

Your child's participation is entirely voluntary (your choice). If you agree for your child to take part in the study, your child's name and class will be matched against the school roll for verification purposes. Your child does not have to take part in the study. To help you make your decision, please read this information sheet carefully.

Researcher Introduction

Dr Troy Merry is a senior lecturer in The Department of Nutrition and Dietetics within The Faculty of Medical Health Sciences at The University of Auckland. Harim Kim is a Science teacher (at Elim Christian College) and Masters student in The Department of Nutrition and Dietetics within The Faculty of Medical Health Sciences and The University of Auckland.

What is the purpose of the study?

The purpose is to understand whether there are relationships between fructose absorption and dietary intake in school children.

What will it involve?

It will involve completing a questionnaire (that will take up to an hour) on exercise and dietary habits, anthropometric measurements of weight, height, bio-impedance (a method for estimating body composition), waist circumference, and a fructose absorption test which is a clinical breath test used to diagnose malabsorption of fructose and other sugars. Data collection is expected to be completed at school within two class periods or up to two hours on 4 separate occasions over 2 years. This is estimated to equate to a minimum of up to two hours or a maximum of eight hours of participants' time over a period of two years.

Participants will be asked to refrain from food consumption after dinner on the night (i.e. skip breakfast) before the test – taking place in the morning (food will be provided at school), although drinking water is allowed before and during the test. Water may be drunk after dinner on the night before the test as well as before and during the test. All tests will involve participants to drinking a 25 g fructose solution. After ingestion, participants will breathe into a portable hand-held breathalyser at 15 min intervals for up to 2 hours to determine how much hydrogen is present. A measurement greater than 20ppm will mean that the participant is a reduced absorber of fructose as the fructose is fermented in the colon by bacteria, while a reading less than 20ppm will mean that the participant is an increased fructose absorber. We expect about 50% of people not to

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completely absorb the fructose they drink. In a small number (less than 5%) of people this might cause a minor tummy upset that normally lasts for less than 30 min.

If you agree to give informed signed consent for your child to take part in the study, you are free to change your mind either before or during data collection. After data collection you will have six weeks to withdraw your permission to use the information contained in your child's questionnaire.

Will the survey be recorded?

No audio recordings will be conducted. Information (data) collected from your child will be recorded on a paper or online questionnaire. Questionnaires will be coded numerically by school and by participant with a list maintained by the research team to link participants with their respective questionnaire. Only members of the research team will have access to this information. The information will then be entered and stored on computer for six years at the University of Auckland under a protected password. No material that could personally identify your child will be used in any reports on this study. Following the completion of the data collection, all paper copies of questionnaires and other related information such as consent forms will be stored in a locked cabinet at the University of Auckland. After this time period, all electronic information will be deleted and paper information such as questionnaires and consent forms will be securely shredded.

What is the time-span for the study?

The time-span for the study is two years.

The risks and benefits of the study

Participants who cannot eat certain foods because it gives them stomach pains, serious allergies or major diseases that affect their gut like Coeliac or Crohn's disease, or medical history of type 2 diabetes or gout will be excluded.

There are no specific risks associated with taking part in this study. Less than 5% of people report mild stomach discomfort and that normally last for less than 30 min. Most people have no problem however, if your child has cause to complain or feel unwell, or in the event of an adverse effect that the research team is unable to deal with, he/she should let the school nurse (if available) or a member of the research team know so that the test may be discontinued and Emergency Services called immediately. The research team will also inform participants of possible adverse outcomes such as nausea or intestinal discomfort that they need to be aware of and that if these outcomes occur, participants are to let their teacher or research team members know or contact the named persons on their information sheet.

If you want to talk to someone who isn't involved with the study, you may contact an independent health and disability advocate: Health and Disability Consumer Advocates on 0800 377-766 or the Health Advocate's Trust: 0800 555-050.

Compensation

In the unlikely event of a physical injury as a result of participation in this study, your child may be covered by ACC under the Injury Prevention, Rehabilitation and Compensation Act. ACC cover is not automatic and your case will need to be assessed by ACC according to the provisions of the 2001 Injury Prevention, Rehabilitation and Compensation Act. If your claim is accepted by ACC, you

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still might not get any compensation. ACC usually only provides partial reimbursement of costs and expenses and there may be no lump sum compensation payable. There is no cover for mental injury unless it is a result of physical injury. If you have any questions about ACC please feel free to ask the researcher for more information before you agree for your child to take part in this study. If you have any questions about ACC you should contact your nearest branch office for further information.

What will happen to the results of the study?

Study results may be reported in a range of professional and academic journals including a report to the funder, student theses, community meetings, and scientific conferences. The results may be also used to inform grant applications for further research. We will ask you if you would like to receive a summary about the study and this will be noted on your consent form.

Who is organising the research

The Principal Investigator is organising the research.

Contact for further information

If you require any further information about the study, please contact: Mr Harim Kim:
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For any queries regarding ethical concerns you may contact:

The Chair, The University of Auckland Human Participants Ethics Committee,
The University of Auckland, Research Office,
Private Bag 92019, Auckland 1142.
Telephone 64 9 373-7599 ext 83711. Email: ro-ethics@auckland.ac.nz

APPROVED BY THE UNIVERSITY OF AUCKLAND HUMAN PARTICIPANTS ETHICS COMMITTEE ON 14th March 2019 FOR THREE (3) YEARS, REFERENCE NUMBER 022674