



PARTICIPANT INFORMATION SHEET

“The role of different breakfasts on appetite”

Who are we?

This study is funded by meat industry partners and is being conducted by academic staff members from the Smart Foods Centre at the University of Wollongong:

- Dr Karen Charlton (Tel: 4221 5125)
- Professor Linda Tapsell (Tel: 4221 3152)
- Dr Marijka Batterham (Tel: 4221 5303)
- Ms Anne McMahon (Tel: 4221 4829)

Why are we doing this?

Evidence supporting the health benefits of higher protein diets is increasingly being recognised by Australian agencies involved in the development of dietary guidelines and food guides for healthy eating. The study will investigate the effect of different protein (meat) sources on appetite control.

The study seeks to address unanswered scientific questions about diet which will contribute to the development of up-to-date dietary advice for weight loss. Please note that this is **NOT** a weight loss diet, but a short-term feeding study in which hormones associated with appetite will be measured.

The research team has experience in conducting studies of this nature and has been involved in many short and long-term human dietary intervention trials.

What will we ask you to do?

You will be asked to attend the research facility at the University of Wollongong on three separate mornings, after having fasted overnight for 12 hours and having avoided alcohol for 24 hours. After having a blood sample taken, you will be provided with a toasted sandwich breakfast meal containing either chicken, pork or beef. The meal should be consumed within a 20 minute period.

You will be asked to stay at the facility for four hours after breakfast, during which time the following measurements will be taken before breakfast and at six time intervals after breakfast (i.e. at 15, 30, 60, 90, 120 and 180 minutes):

- Blood samples for gut hormone and insulin and glucose analyses. A cannula (small flexible tube) will be inserted by a registered nurse, so you will only feel one needle prick per visit, despite repeated blood sample collections.
- Completion of a questionnaire to assess hunger and/or fullness (Visual Analogue Scales) at the same time points as blood is sampled.

You will be provided with a 500ml bottle of water after breakfast which can be freely consumed between breakfast and lunch. Four hours after the breakfast meal, you will be provided with a buffet style lunch meal, which should be consumed at the research facility. A selection of a pasta dish, fruit, yoghurt and muffins will be available.

After lunch, you can leave the research facility but will need to carefully record all of the food and beverages consumed for the remainder of the day, using a food diary. The diaries need to be returned to the research facility the next day.



At one of the three visits, a qualified dietitian (Anne McMahon) will assess your normal dietary intake. She will also ask if you would like to be involved in a short interview on your views on general health and wellbeing and the reasons you were attracted to take part in this study.

The interview will take about 10-20 minutes while you are waiting to have your blood samples taken. The interview will be recorded so that your thoughts are transcribed exactly. The information may be used in a scientific publication. Your personal thoughts will not be identifiable and the recordings and transcribed documents of the interview will be kept in a locked cabinet. You will be able to withdraw at any time from the interview without any impact on your participation in the appetite study.

Who can participate?

We are looking for 25 women aged 18–50 years who are overweight (BMI >25 kg/m²). Since food intake varies according to the phase of the menstrual cycle, all three test days will be conducted during the luteal phase of the menstrual cycle. The researchers will ask you about your menstrual cycle and will advise you when the best time to attend for the testing days will be.

You should not participate in this study if you:

- Are unwilling to consume a breakfast meal comprising a meat-filled toasted sandwich (pork or beef or chicken) on three occasions
- Smoke cigarettes
- Know or suspect that you are pregnant or are breast-feeding
- Have diabetes
- Have any major illnesses
- Have an allergy to pork, beef or chicken
- Have very irregular menstrual cycles
- Take certain types of oral contraceptives (eg. Biphasic or Triphasic agents, such as *Ortho Tri-Cyclen Lo*, *Cyclessa*, *Velivet*, *Eurostep Fe*, *Trinordiol*, *Logynon*, *Triphaisil*, *Trivora*, *Enpresse*, *Triadene*, *Tri-Minulet*, *Synphase*, *Tri-Norinyl*, *Leena*, *TriNovum*, *Ortho-Novum*, *Necon*, *Nortrel*, *Ortho Tri-Cyclen*, *TriNessa*, *Tri-Sprintec*, *Ortho-Novum*, *Necon*, *BiNovum* or Progestogen-only pills). You **can** participate if you take monophasic agents (the researchers will check your contraceptive type and brand).
- Cannot understand English.

What if I change my mind about participating?

Your involvement in the research is entirely voluntary. You are free to withdraw from the research at anytime without penalty. You may, if you wish also withdraw your consent for the use of your data in the study.

What are the possible disadvantages and risks of taking part?

You will be required to attend the university on three separate occasions, for a whole morning each visit. This may provide some inconvenience, however we will endeavour to find a day that best suits your home and work schedule. We suggest that you bring in something to occupy your time with during the visit. A laptop computer that has Internet connectivity will be available. You may want to bring in your own computer but please note that remote (wireless) Internet access will not be possible using the existing connection in the clinic area. Please also bring in something warm to wear as the air conditioning makes the room rather cool.

What will we do with the information and samples we obtain?

All information will be kept secure and identified by a code rather than by your actual name, ensuring confidentiality and privacy. The study results will be provided to the funding agency, and will be published in a scientific journal. All participants will receive individual feedback about the overall study findings. Standards of medical confidentiality will apply. As a result of the study you will be

able to gain some information about your weight and body fat percentage, and your dietary intake. You will also be screened for diabetes and find out what your blood pressure is.

All participants who complete all three visits of the study will receive **\$50.00** to cover any incidental costs associated with participating in the study. Parking vouchers for the University will be provided.

If at any time you have any questions, please do not hesitate to ask. If you have any enquiries regarding the conduct of the research please contact the Secretary, University of Wollongong Human Research Ethics Committee on (02) 42214457, quoting study HE08/005.