You are invited to take part in a research study. Before you start, it is important you understand what it will involve. Please take time to read the following information carefully. Please ask if there is anything that is not clear or if you would like more information.

What is the purpose of this study? The aim of this experiment is to assess the acceptability of some new higher protein biscuit products.

Are there inclusion criteria? To take part in this project you must be aged 40 years or over.

Are there exclusion criteria? Vegans and vegetarians, because the biscuits contain milk and eggs, and those with a food allergy or intolerance.

Do I have to take part? No you do not have to take part. The project is entirely voluntary. If after reading this information sheet you are interested in volunteering, you will first be asked to sign a consent form to show that you agree to take part. You will be free to withdraw from the study at any time without giving a reason.

What will volunteering involve? The taste testing will take place at The Rowett Institute, Ashgrove Road West, Aberdeen. The tasting session will take about 20 minutes. First you will be asked to taste 5 different biscuits, sipping water between each sample and scoring them on a score card. You do not need to eat the entire biscuit.

What are the possible disadvantages of taking part? There are no known disadvantages. However, if you suffer from a known intolerance or allergy to any food, you will not be allowed to participate. The researchers have Level 2 Food Handler certificates and will take great care during sample preparation. The biscuits have been specially made for this project in a food manufacturing facility using ingredients you would usually find in supermarket products. In the unlikely event that you suffer an allergic reaction to the testing products you should seek medical advice immediately.
What are the possible benefits of taking part? The study will probably not provide any great benefit to you personally in the short term. However, the knowledge gained from this study will support the future production of higher protein products to help healthy ageing, so your volunteering is greatly appreciated! When you have finished, we will give you a £5 honorarium to mitigate any expenses you may have incurred in taking part.

What happens if I decide I want to quit during the study? If you wish to withdraw from the study then please inform research staff. You have the right to withdraw from the study without providing a reason. If you decide to leave before completing the taste testing, then your data will not be used.

What happens if something goes wrong? Any complaints you have about this study should be made to your study team Professor Alex Johnstone or the Human Nutrition Manager Mrs Sylvia Stephen. If they cannot help you, get in contact with:

Study Contact: Professor Baukje DeRoos
Telephone: 01224 438636
Email: b.deroos@abdn.ac.uk

Will my taking part in this study be kept confidential? Yes. If you agreed to be contacted for further research, we will keep the contact details, but any information you provided will still be kept strictly confidential.

What will happen to the study results? We intend to summarise the results in a report to our funders, publish the results in a scientific journal and a conference presentation. The information will also be used in future marketing materials for the new packaging system. You will not be personally identified in any publications. If you wish, we will let you know where you can obtain a copy of any published results once they are available, and we will be happy to discuss the results with you then.

General Data Protection (GDPR) The University of Aberdeen will collect information about you for this research study. This information will include your name/contact details, which is regarded as a special category of information. We will use this information to contact you about this and other future research. We will store the data for up to 10 years after publication and the research team and auditors will have access to this data.

Who is organising and funding the study? This study is being organised by Universities of Aberdeen, Newcastle, Sheffield and Bristol. The project is funded by Research Councils UK, which is a government funded research council. The study was reviewed by the Rowett Ethics Review Panel.

Contact for further information If you would like any further information about this study, please do not hesitate to contact your local investigator:

Study Contacts: Ms Madi Myers Prof. Alex Johnstone
Telephone: 01223 438752 01224 438614
Email: madeleine.myers@abdn.ac.uk alex.johnstone@abdn.ac.uk

Finally, thank you for having taken the time to read this information sheet and for your interest in the biscuit study.