

Study Name: Individual differences in taste responses

Date: 07/01/2021

Version: 3

INFORMATION AND CONSENT SHEET

INVITATION TO TAKE PART

You are being invited to take part in a research study to further our understanding of individual differences in the relationship between sensory perceptions and personality. The study is open to anyone aged 18-34 years who meet the criteria listed below.

This study is being conducted by Miss Rhiannon Armitage (r.armitage@sussex.ac.uk), Dr Chi Vi (c.vi@sussex.ac.uk), Miss Giada Brianza (g.brianza@sussex.ac.uk) and Professor Martin Yeomans (martin@sussex.ac.uk) from the School of Psychology, University of Sussex, who are happy to be contacted if you have any questions. The research is funded by the Leverhulme Trust.

WHY HAVE I BEEN INVITED FOR TESTING AND WHAT WILL I DO?

We are testing up 1,500 young adults aged 18-34 in a single session lasting around 45 minutes. In the session, to understand different aspects of your sensory perception, you will be asked to taste and rate different solutions and sniff and rate a selection of smells. After you will be asked to complete a few questionnaires exploring dietary habits and a short task where you will interact with an online environment to earn virtual rewards.

At the end of the consent form we will also ask for your permission to store your contact details (e-mail) so we can let you know of related follow-up studies: you can fully participate in this study regardless of whether you are willing to join that database. This may include inviting you back in order to measure your body composition (the percentages of bone, fat, water and muscle in human bodies), an fMRI session, where you can get an image of your brain or an EEG session. You would be compensated separately for this time and any further studies.

If you are a student, choosing to either take part or not take part in this study or any further studies will have no impact on your marks or assessments.

COVID-19

Due to the effects of COVID 19 on the taste and smell systems you cannot take part in the study if you are currently displaying any of the symptoms, a list of which can be found below. At the end of the consent form you will be required to confirm that you have not displayed any COVID-19 related symptoms in the last 7 days. You will then need to reconfirm this on the day you take part in the at home taste test.

A list of COVID-19 related symptoms are listed below:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhoea

RESTRICTIONS THE SESSION

You are required to eat your normal breakfast/lunch at least 2 hours before the starting the session

For further information about this research please contact Chi Vi (C.Vi@sussex.ac.uk). This research has been approved (ER/RA294/7) by the Sciences & Technology Cross-Schools Research Ethics Committee (C-REC). If you have any ethical concerns, please contact the ethics chair (crecscitec@sussex.ac.uk). University of Sussex has insurance in place to cover its legal liabilities in respect of this study.

and then refrain from eating and drinking (water allowed), smoking, chewing gum, and brushing your teeth for the 2 hours prior to starting. If you wish to take part further guidance will be provided. In order to send the taste and smell package you must currently be living in the UK.

ARE THERE ANY RISKS TO TAKING PART?

As you will be tasting solutions, the study is not suitable for everyone and you **CANNOT** take part if any of the following apply:

- Have an allergy or aversion to any of the test stimuli (sugars, e.g. sucrose, glucose etc, artificial sweeteners, common food additives including quinine, natural food flavourings or salt)
- You are diabetic or have a personal history of diabetes
- Have been diagnosed with an eating disorder
- Use prescription medication (contraceptive pills excluded)
- Smoke 5 or more cigarettes per week
- Are on a weight loss regimen and/or on a special diet for medical reasons
- Are suffering from a current oral or nasal respiratory illness (note we can reschedule to test you once you have recovered)
- Are currently suffering from COVID 19 or have had a confirmed diagnosis in the last two weeks

ARE THERE ANY BENEFITS TO TAKING PART?

Your participation in this research will help us to further understand our everyday taste experience and how this impacts what we eat and drink, opening new insights into fundamental aspect of human behaviour. Participants will be compensated for the time the study takes by either a £6 Amazon voucher or 4 SONA credits for Psychology first and second year undergraduates.

WHAT SHOULD I DO IF I WANT TO TAKE PART?

Please read the Consent Form on the next page carefully and then, if you wish to take part, please electronically confirm to show you have fully understood this Information Sheet, and that you consent to take part in the study as it is described here. If you have any questions please contact the lead researcher Dr Chi Vi at C.Vi@sussex.ac.uk.

*Note: The study uses Inquisit Web to host the online forms and tasks (i.e., Information Sheet, Consent Forms, questionnaires) and requires the Inquisit Player installed on your machine to work. Inquisit Web is a web application that enables psychological and behavioral researchers to design and administer a wide variety of psychological measures over the web. The app enables stimuli presentations and response time measurement with high timing precision required by many commonly used psychological measures. The app is completely harmless and can be easily uninstalled after a session. More information can be found at <https://www.millisecond.com/web/participants.aspx>.

WHAT WILL HAPPEN TO THE RESULTS AND MY PERSONAL INFORMATION?

The results of this research may be written for publication. We anticipate being able to provide a summary of our findings on request from 01.08.2022 (martin@sussex.ac.uk). Full information about how your data will be handled and your rights to withdraw are provided on the consent form below. Please read this information carefully and then, if you wish to take part, please continue to the consent form.

Thank you
