Curtin University

FORM A Application for Ethical Approval of Research Involving Humans

Office use only APPLICATION NUMBER _____

SECTION 1	
Project title	Does self-control training buffer against the effects of depletion on eating behaviour in an overweight population?
Project summary *A plain English description of the project and its projected outcomes in no more than 100 words*	Overweight and obesity are major health problems in Australia. Individuals low in self-control consume greater amounts of unhealthy food and are more likely to be overweight. Interventions designed to increase self-control, and consequently decrease unhealthy food consumption, have demonstrated moderate success. However, these interventions have not targeted an overweight population. As such, the aim is to conduct a self-control training intervention to determine whether training buffers against low self-control and results in less unhealthy eating behaviour within overweight individuals. It is expected that participants who receive training will eat less unhealthy food even after their self-control has been compromised compared to those who did not receive training.

Principal investigator	
(Only current Curtin University staff can be named as the Principal Investigator. This is the person with whom the ultimate responsibility for the project lies. If it is a student project, provide the student's details under co-investigator)	
Title and Name	Dr Vanessa Allom
Staff ID	261983e
Department/School	School of Psychology and Speech Pathology
Email	vanessa.allom@curtin.edu.au
Phone	9266 1399
Describe what this researcher will do in the context of this project	Design the study, oversee recruitment and data collection. Conduct analyses and prepare manuscripts
Include a brief summary of relevant experience for this project	The PI completed her PhD in the area of self-control training and healthy eating, and as such has extensive experience with this topic. Further, she has conducted numerous research projects since 2010 as a PhD candidate, research assistant and in her current position as research associate. Additionally, she has numerous peer reviewed articles relating to this topic.

Co investigator	
Title and Name	A/Prof Barbara Mullan
Staff ID/ Student ID	
Department/School	School of Psychology and Speech Pathology
Email	barbara.mullan@curtin.edu.au
Phone	9266 2468
Describe what this researcher	The researcher will assist in the recruitment and data collection phases of the study and

will do in the context of this project	will also oversea the design, analyses and dissemination of the research
Include a brief summary of relevant experience for this project	The researcher has conducted psychological research for fifteen years resulting in over 75 publications in psychological journals. Has supervised and coordinated numerous research projects across this time.

Co investigator	
Title and Name	
Staff ID/ Student ID	
Department/School	
Email	
Phone	
Describe what this researcher will do in the context of this project	
Include a brief summary of relevant experience for this project	

Project Supervisor (if applicable)	
Title and Name	
Staff ID	
Department/School	
Email	
Phone	
Describe what this researcher will do in the context of this project	
Include a brief summary of relevant experience for this project	
Project or application type	☐ **STUDENT please specify** (i) Doctoral (eg, PhD) ☐ (iii) Master's by Coursework ☐ (ii) Master's by Research ☐ (v) Honours ☐ (iv) Undergraduate ☐ ☒ **STAFF** ☐ **EXTERNAL**

NB: If there is more than two co-investigators please use the 'Additional Co-Investigator' page and attach to your application http://research.curtin.edu.au/local/docs/ethics/HREC_FORM%20A%20extra%20co-investigators.docx

Research involving humans

Before conducting research that involves humans as participants, you must receive approval from the Human Research Ethics Committee. If you do not have an approval number, do not start your research. In conducting such research, all researchers must also read and abide by the Australian Code for the Responsible Conduct of Research.

Research involving humans should always comply with current ethical standards. In Australia, the ethical standards for such research are set by the National Health and Medical Research Council (*the NHMRC) National Statement on Ethical Conduct in Human Research* and those proposing to carry out research should be familiar with publications of the NHMRC. See http://www.nhmrc.gov.au/publications/synopses/e72syn.htm

The aim of ethical review of human research is to ensure that participants in research are not put at risk of harm, are not disadvantaged and are made aware that they may withdraw without prejudice.

Broadly, the process of ethical review concentrates on three main areas:

A Gathering informed consent to participate in research projects

B Protection of privacy and confidentiality of records

C Risk of harm to subjects or to groups in the community

In the following section you are asked to answer a number of questions under each of these three headings in order to identify any ethical considerations that may arise from your proposed research. Following this set of questions there is a further check list relating to types of research that have previously been identified as likely to raise ethical questions. In the second check list each of the types of research is cross referenced to a chapter of the NHMRC guidelines for you to read.

The following checklist is designed to alert you to the major types of ethical issues in your research. If you answer Yes to any of these questions, be sure to explain and clarify the issue elsewhere in the document.

Ethical Issues Checklist

A: Informed consent.

Research subjects must be able to give consent to their participation in research in such a way that ensures that they are fully informed of relevant aspects of the research and that they are confident to give consent for the research to be undertaken. Researchers should ensure that individuals are not directly or indirectly pressured or coerced into participation through unequal power relationships or payments or inducements. The use of deception in any form in a research protocol has the potential to prevent the subject from giving consent that is truly well-informed.

Does your research involve: (please tick)

1. Processes that potentially exclude and/or disadvantage a person or group, such as the collection of information which may expose the person/group to discrimination or misrepresentation?	YES ☐ NO ☒
2. Collection or disclosure of personal information by a Commonwealth, State or Territory agency that might involve a breach of an Information Privacy Principle (as defined by the Commonwealth Privacy Act 1988 and the Australian Standard)?	YES ☐ NO ☒
3. Collection or disclosure of personal information by a private sector organisation [that might involve a breach of a National Privacy Principle (as defined by the Commonwealth Privacy Act 1988)]?	YES ☐ NO ☒
4. Payments or inducements, other than reasonable recompense, to participants for their participation?	YES ☐ NO ☒
5. Deception of the participants including concealment and covert observation?	YES ☒ NO ☐
6. Disclosure of the response outside the research which could place the participants at risk of criminal prosecution or civil liability or be damaging to their financial standing, employability, professional or personal relationships?	YES ☐ NO ☒
7. Any form of passive consent?	YES ☐ NO ☒

B: Risks to privacy and confidentiality.
The privacy of individuals and the confidentiality of data are both vital. The research must take special care to protect the privacy and confidentiality of subjects and the data obtained from them.

Does your research involve:

8. The participation of minors (under 18 years), other than in the observation of normal school activity?	YES ☐ NO ☒
9. Participants who are in a dependent situation, such as students or residents of an institution (such as a hospital, nursing home or prison or patients highly dependent on medical care), other than those who are being observed in their normal environment where such observation is considered innocuous?	YES ☐ NO ☒
10. Participants who may be unable to give or are incapable of giving informed consent?	YES ☐ NO ☒
11. The participation of Aboriginal or Torres Strait Islanders, or other peoples from identifiable cultural, ethnic or minority groups?	YES ☐ NO ☒
12. a) Acquisition of data about organisations or individuals through any form of database at any stage of the research? b) Organisations or individuals who are directly or indirectly identifiable by the researcher within the database?	YES ☐ NO ☒ YES ☐ NO ☒
13. Use of questionnaires or interviews, which may be, linked either directly (eg through recording of names) or indirectly (eg through a cross-linked code) to the individual/ participant/researcher at any stage of the research, including the obtaining of data?	YES ☒ NO ☐
14. Use of questionnaires, interviews, or procedures, irrespective of the recording of the individual's identity, which might reasonably be expected to cause discomfort, embarrassment, or psychological or spiritual harm to the participants?	YES ☐ NO ☒

C: Is there a risk of harm to subjects or groups in the community?
Individuals may be put at risk through the use of new and untried procedures, invasive procedures, the administration of drugs, or the use of procedures likely to cause pain or suffering. Individuals and groups in the community may be also be harmed through damage to their cultural security or through processes which might expose them to discrimination or misrepresentation.

Does your research involve:

15. Any novel procedure in the therapy or management of patients in a clinical setting?	YES ☐ NO ☒
16. Any form of physically invasive procedure such as blood collection, exercise regimens or physical examination, and which is not part of clinical management?	YES ☐ NO ☒
17. Any form of physically invasive procedure on volunteer participants such as body fluid collection (eg blood, urine, semen), exercise regimens or physical examination?	YES ☐ NO ☒
18. The administration of any form of drug, medicine (other than in the course of standard medical procedure) or placebo?	YES ☐ NO ☒
19. Physical pain, beyond mild discomfort?	YES ☐ NO ☒
20. Obtaining and storage of blood, body fluid or tissue samples from the participants?	YES ☐ NO ☒

21. Any other ethical issue of the study which has not been addressed in this Checklist?	YES ☐ NO ☒

FINAL CHECKLIST

As a final check, please respond to the following list of research areas that commonly raise ethical concerns. Research involving any of the categories listed below is subject to compliance with the provisions of the NH&MRC *National Statement on Ethical Conduct in Human Research*. If you answer Yes, or Probably, please ensure that you have explained and clarified each item elsewhere in the document and that you have both read the relevant chapter of the National Statement (http://www.nhmrc.gov.au/publications/synopses/e72syn.htm) and addressed the specific considerations therein.

Does this proposal involve: -

Please tick answers to ALL questions

	YES	POSSIBLY	NO
1. minors i.e., under the age of 18 (chapter 4.2)?	☐	☐	☒
2. persons with an intellectual or mental impairment (chapter 4.5)?	☐	☐	☒
3. persons highly dependent on medical care (chapter 4.4)?	☐	☐	☒
4. persons in dependent or unequal relationships (chapter 4.3)?	☐	☐	☒
5. collectivities (such as other specified racial groups) (chapter 4.8)?*	☐	☐	☒
6. separate identification of, or focus on, Aboriginal and Torres Strait Islander peoples (chapter 4.7)?*	☐	☐	☒
7. ionising radiation (X-rays, fluoroscopy or radioisotopes) (chapter 3)?**	☐	☐	☒
8. assisted reproduction technology (chapter 3)?	☐	☐	☒
9. clinical trials (chapter 3)?	☐	☐	☒
10. innovative therapy or intervention (chapter 3)?	☐	☐	☒
11. epidemiological research (chapter 3)?	☐	☐	☒
12. use of human tissue samples (chapter 3.4)?	☐	☐	☒
13. human genetic research (chapter 3.5)?	☐	☐	☒
14. any perceived, possible or actual conflicts of interest#	☐	☐	☒
15. a researcher or organisation with which any of the research team has a commercial relationship#	☐	☐	☒
16. the use of Curtin University students as participants#	☐	☐	☒
17. the use of any participants with which the researcher has a relationship such as teacher-student; line manager-staff; employer-employee#	☐	☐	☒

**If you answered yes to questions 5 or 6, have you consulted the Guidelines for Ethical Conduct in Aboriginal and Torres Strait Islander Health Research. (http://www.nhmrc.gov.au/publications/synopses/e52syn.htm) This provides good guidance on dealing with cultural groups and their sensitivities* *# If you answered yes to any of questions 14,15,16 or 17 please provide a clear written explanation as an appendix to this application.* ***For research involving ionising radiation, microwaves, lasers or ultraviolet light, researchers must submit a separate application to the Radiation Safety Officer, for consideration of approval by the Radiation Safety Committee. research cannot commence without such approval*	YES ☐ NO ☐

Please indicate the National Statement chapters you have consulted (for Questions 1-13)	Chapters 3 and 4

For each item to which you have ticked **Yes** or **Possibly**, please state briefly how your research complies with the relevant section of the National Statement. (For Question 1-13)

n/a

(i) What is the estimated completion date of the project?

February 2015

(ii) Has an application been made for a research grant for this project? If YES, please state the name of the granting body and the status of the application. **YES** ☒ **NO** ☐

Curtin University: School of Psychology and Speech Pathology Research Award, $5000
Status: Approved

(iii) Please state the sources of all funds to be used for this project.

The project will be funded by the above grant

(iv) Will you or any of the researchers receive any sort of remuneration or reward from non-University Sources for work done in this research. YES ☐ NO ☒
If YES, please provide details.

(v) Has this project been approved by the Curtin Human Research Ethics Committee previously? If YES, please quote the approval number. **YES** ☐ **NO** ☒

HR_____

(vi) Is this project part of a larger study? If YES, please provide details. **YES** ☐ **NO** ☒

(vii) Is this project part of a multi-centre research project? If YES, please provide details of the other centres and the approval status of the study at each centre. **YES** ☐ **NO** ☒

(viii) Has this project been submitted or is it likely to be submitted to any other ethics committee? If YES, please supply details including approval dates and approval number. *Attach a copy of all relevant approvals.* **YES** ☐ **NO** ☒

(ix) Provide a brief description of the participants/collectivities involved.

Participants will be overweight individuals: those with a BMI over 25kg/m2. Twenty participants will be required for a pilot study in which the stimuli that are to be used in the training task are determined and piloted to ensure that participants consider these foods to be palatable and thereby ensuring that self-control is required to resist these foods. Following this, a 2 x 2 full factorial design will be used to assess the influence of training and self-control depletion on eating behaviour. An a-priori power analysis revealed that to detect an interaction effect of medium size, with four conditions, with .80 power, a total sample size of 128 is required. Therefore, a sample of 150 will be recruited.

(x) How will participants be recruited? *Researchers who would like permission to have access to the personal details of staff or students of Curtin for the purposes of directly inviting them to participate in a research study (e.g. contact details) will require written approval from the Human Research Ethics Committee.*

Participants will be recruited from the community using a variety of advertising methods:

- Curtin Bulletin Boards and community bulletin boards: Flyers, created to advertise the study, will be pinned up on Curtin bulletin boards, as well as boards in the community such as in supermarkets, and GP receptions, as well as in a Western Australian newspaper, and the Curtin FM radio station
- Facebook and other social media sites: The flyer created to advertise the study will be posted on the PI's personal Facebook page. In the post, Vanessa will also ask that the post is shared among her contacts in order to create a snowballing effect. Contacts interested in completing the study or would like further information will be asked to contact Vanessa through her Curtin email address- not through Facebook.
- University, health, and obesity related websites and e-newsletters: For example, the advertisement will be listed on Curtin's CareerHub webpage.

Using these methods in the past, we have successfully recruited participants with chronic diseases including type 1 diabetes and type 2 diabetes, cancer, stroke and obesity.

See Appendix D for sample recruitment flyers for the main study and the pilot study.

(xi) Will personal (identified) data be obtained from a Commonwealth Agency? If **YES, please specify**, e.g. Department of Foreign Affairs.
(see Section 1.1 of the *Guidelines under Section 95 of the Privacy Act 1988*, "The use of the Guidelines" http://www.nhmrc.gov.au/publications/synopses/e26syn.htm)

YES ☐ **NO** ☒

(xii) Will **health** information data be collected from an **organisation in the private sector** (i.e. not from a Commonwealth or State government agency)? e.g. use of patient information from a private hospital. If YES, please specify the organisation and type of data, and answer questions (a) – (d) below.
(see *Guidelines under Section 95A of the Privacy Act 1988*, page 5; pages 11-17 and pages 35 – 44 the 'National Privacy Principles (NPPs)') http://www.nhmrc.gov.au/publications/synopses/e26syn.htm

YES ☐ **NO** ☒
(if No, go to Section 2 "Protocol" below)

Organisation from which health information data will be collected:

The number or records involved:

Description of data to be collected:

xii(a) Does the data include information that identifies the individual(s) involved? **YES** ☐ **NO** ☐
if yes, go to (b)

xii(b) If you are using data that may identify individuals, could the research be conducted using de-identified information? **YES** ☐ **NO** ☐
if no, go to (c)

x(c) If you can identify an individual, is the use of the data or the disclosure of identity something that the individual could reasonably expect to happen? **YES** ☐ **NO** ☐
if no, go to (d)

x(d) Is it proposed to undertake the research, with the consent of the individual(s) involved? **YES** ☐ **NO** ☐
If no, then Section 95A Guidelines will be applied.

End of Section 1

SECTION 2 – PROTOCOL

The main concern of the Human Research Ethics Committee in evaluating proposals is to establish conformity with the NHMRC *National Statement on Ethical Conduct in Human Research.* Researchers must comply with the provisions of the National Statement. Section 1 *Values and Principles of Ethical Conduct* and Section 5 *Processes of research governance and ethical review* are essential reading for all applicants prior to completion of the following questions. **All questions must be answered**. Applicants are required to provide a brief summary **in the spaces provided**. This will assist in expediting the review process. Non-compliance with this request will result in the application being returned to the applicant.

1. Briefly describe (in point form and in less than 100 words) your proposed procedure including: recruitment of subjects, experimental design and/or procedure and analysis of data. *An essential condition of the ethical acceptability of research is the determination that the scientific quality of a proposal is such that the objectives of the proposal can reasonably be expected to be achieved.*

- Participants will be recruited by advertising flyers, social media sites, or related webpages
- For pilot study: Participants will be directed to an online survey which will measure their eating behaviour over the previous day and their perceptions of the palatability of several food items displayed in images
- For main study: Participants will be invited to attend a laboratory session at Curtin where they will complete all measures (see Section 2.6 and Appendix A)
- The data will be analysed using SPSS (a mixed 2x2 ANOVA will be used to assess differences between conditions – see Appendix A)
- The results will be interpreted and prepared as a manuscript for publication

2. Provide sufficient procedural/experimental detail to enable the Committee to judge whether any risks to which the participants may be exposed are warranted by the possible benefits/outcomes of the study. How will the researcher deal with situations in which participants are identified to be at risk?
Your answer must demonstrate that the welfare, rights, beliefs, perceptions, customs and cultural heritage of the participants are honoured; the risks of harm or discomfort to participants is minimised; and that respect for the dignity and well being of the participants takes precedence over the expected benefits. Consult the Guidelines for Ethical Conduct in Aboriginal and Torres Strait Islander Health Research for guidance on how best to honour welfare, rights, beliefs, perceptions, customs and cultural heritage of the participants. http://www.nhmrc.gov.au/publications/synopses/e52syn.htm

Participants from all cultural backgrounds are welcome to complete the study. No cultural group is specifically targeted and all data will be valued equally. The only discriminatory requirements of the study are that participants are above 18, fluent in English, and have a BMI above 25kg/m2. Participants can respond to the questionnaire honestly, without concern of judgement, as the data will be treated with full confidentiality and no identifiable data will be used when reporting results.

For the main study: it is possible that BMI measurement could cause mild distress in some participants. This will be handled sensitively, and if appropriate, referrals will be made to the University Health Services or the University Psychology Clinical services. Participants will be informed that their participation in the study can be terminated without any costs or repercussions to the individual to avoid further distress. Further, prior to the study, participants will be informed that their height and weight will be measured by the researcher; as such participants will be fully aware that this is involved in the study before they begin participation.

3. Describe how participants will consent to participate in the study, and how they are informed of their rights.
Attach copies of the Participant Information Sheet and Consent Form intended for use. Approval cannot be granted until these documents have been submitted. *Your answer should demonstrate that the provisions of Section 1 of the National Statement have been satisfied.*

Participants will receive a participant information sheet and consent form (see Appendix B - Main study and Appendix C - Pilot study) prior to commencement of the research.

For both the pilot and main study, the participant information sheet will provide details of the following: what participation involves, the right to withdraw and voluntary participation, potential risks, confidentiality, ethics approval, and contact details for further questions or information.

For the pilot study: As the pilot study will be conducted entirely online, participants will be required to provide informed consent by checking a box which indicates that they know they have the right to withdraw at any point, that any personal information will be confidential and will not be published.

For the main study- While the tasks that participants must complete will be outlined in the participant information statement, the true aims of the study will not be disclosed. The study will be conceptualised as two unrelated studies: Study 1 will be conceptualised as a study into perceptions of task difficulty. Participants will be informed that they are to complete personality and mood measures, a reaction time task (self-control training) and a writing task (depletion). Study 2 will be conceptualised as an investigation into the factors which influence preferences for particular foods. Participants will be informed that they have to rate the palatability of particular foods. While the true aims of the study are not being disclosed, we believe that by including details of each element of the study in the participant information statement, potential participants will still be able to give informed consent. It will also be disclosed that the researcher will record height and weight measurements. Additionally, participants will be fully debreifed as to the aims of the study at the conclusion of the study, and given the opportunity to withdraw their responses at this time without penalty.

For participation in the main study, participants will be offered $20 reimbursement to cover travel expenses. As this study requires participants to travel to Curtin University, we believe that this is an appropriate amount and does not consititute an inducement or payment beyound reasonable recompense. This will be outlined in the recruitment flyer (see Appendix D) but will not be highlighted or emphasised in any way in order to avoid coercion.

The consent form is to be signed by the participant before they begin the study. Signing the consent form means the participant agrees to the following: that they have read the participant information sheet, agree to participate and know they have the right to withdraw at any time, that any personal information will be confidential and will not be published. If participants do not consent to partake in the study after reading the information sheet they will not partake in the study. If participants have any further questions or queries relating to the study they can speak to the researcher.

4. Describe the extent to which issues of privacy are to be addressed in relation to the collection of data from individuals or groups, and the extent to which the collection intrudes upon the personal affairs of the individual or group.
Refer to the National Privacy Principles (see the NHMRC *Guidelines under Section 95A of the Privacy Act 1988 http://www.nhmrc.gov.au/publications/synopses/e26syn.htm)*
Your response should specifically address:-

a. Justification if identified or potentially identifiable information is to be used rather than de-identified information
b. Justification if consent is not being sought to use personal information.
c. The specific uses to which the personal information used during the study will be applied.
d. The proposed method of publication of results of the research

a) Participants will be given a random ID number that will only be used to link their responses across the various tasks. This number does not relate to any personal identification information such as their name.
b) n/a
c) n/a
d) Results will be published in a peer-reviewed manuscript and at conference presentations. In no case will identifiable information be presented.

5. Provide details of the storage and security arrangements for personal information that will be collected within the study to ensure confidentiality.
Where personal information about research participants or a collectivity is collected, stored, accessed, used, or disposed of, a researcher must strive to ensure that the privacy, confidentiality and cultural sensitivities of the participants and/or the collectivity are to be fulfilled. Refer to the Joint NHMRC/AVCC Statement and Guidelines on Research Practice, Section 2 'Data Storage and Retention' (http://www.nhmrc.gov.au/funding/policy/code.htm).

Your response should address: -
a. The estimated time of retention of the personal information
b. The identity of the custodian(s) of the personal information used during the research
c. Security standards to be applied to the personal information
d. List of personnel with access to the personal information
e. Standards that will be applied to protect personal information disclosed by a Commonwealth agency or private sector organisation (if applicable)
f. The media or forms of the data that are to be stored. For example, electronic data on floppy disc, hard copies, cassette tapes, field samples, photographs, video tape, etc.

a) The estimated time of retention of the de-identified data is a minimum of seven years after date publication or project completion (whichever is later). This is in accordance with the Western Australian University Sector Disposal Authority (WAUSDA).
b) Participants will complete all measures at one time point and will immediately be reimbursed for their time, as such there is no need to link personal information with study responses.
c) Electronic data will remain on password protected computers.
d) Data will only be accessible by Dr Allom and A/Prof Mullan
e) N/A
f) Electronic data on password protected work stations and secure network drives

6. Provide a description of any survey instruments/questionnaires intended for use in the study, including questions/material intended for interviews/workshops and semi-structured interviews. All such material must be submitted for approval. If the instrument has not been designed at the time of application, then a brief description of the anticipated nature of the questions must be provided. Instruments that are widely recognised as being standard in the field should be identified as such, or be available for viewing upon request.
Final approval will be dependent on the satisfactory submission of all instruments.

a) Pilot study:
The pilot study will consist of a brief online questionnaire in which participants will be asked to report what they consumed for each meal and snacks over the previous day. Further, participants will be presented with several images of food and asked to rate them on a scale from 1 (not at all palatable) - 7 (very palatable). They will also be required to indicate their age, and height and current weight.

b) Main study:
The main study will be conceptualised as two separate studies as it is believed that knowing the true aims of the study may influence the results.

- "Study 1" consists of three sections: 1) survey measuring demographics (including height and weight measured by the researcher), hunger, mood and trait self-control, 2) a computerised self-control training task, 2) a depletion task in the form of a difficult writing task.

1) The demographic section will collect general demographic information, including height and weight measured by the researcher. Additionally, participants will be asked to indicate their current hunger level by a single item 7-point scale (1 = not at all; 7 = very much), and their current mood by completing the Brief Mood Introspection Scale. Participants will also complete the 36 item Tangney self-control scale, in order to measure their general level of self-control.

2) Participants will be required to complete a computer task that is either designed to train self-control resources or have no effect on self-control (10 minutes). In the self-control training versions of the task participants will be required to categorise images of unhealthy food items (selected on the basis of the pilot study) or images of neutral stimuli (i.e. stationary). Participants will occasionally hear a tone that indicates they must stop responding, which will only be presented with images of unhealthy food. For the control condition, participants will complete the same task, however, instead of unhealthy food items, two categories of neutral stimuli will be included (i.e. stationary and furniture).

3) Participants will be required to complete a either a difficult writing task designed to compromise/'deplete' self-control resources, or a neutral writing task designed to have no influence of self-control. In both tasks participants will be required to write a paragraph about their activities over the previous day with as much detail as possible for 5 minutes. In the difficult version of the task, participants will be required to compose this paragraph without using the letters 'a' and 'n'. In the control version of the tasks, participants will have no restrictions on their writing style.

- "Study 2" consists of 1) a taste test

1) All participants will then complete a taste test, which is conceptualised as a separate study looking at the factors which influence food preference. Participants will be presented with three bowls of different snack foods (selected on the basis of the pilot study) and will be required to rate the palatability of these foods.

7. Attach a detailed description of the project using the headings below.

- Aims/objectives of the study
- Background
- Significance/Justification of the study
- Methods (including - data to be collected and source of data; target population; study period; participant recruitment procedures, instruments)
- References

Do not attach copies of grant applications
Recommended length = maximum 10 pages (one and a half line spacing), excluding references. Research students may alternatively attach a copy of their candidacy research proposal. Pages must be numbered. Applicants are reminded to use non-specialist language.

SIGNATURES (Required)

Principal Investigator		Date	30/07/2014
Co-investigator		Date	1/8/14
Co-investigator		Date	
Project Supervisor (if applicable)		Date	

In signing this as Head of School (or equivalent) I confirm that the researchers have the resources and the capacity to undertake the research outlined in this application.

Head of School (PRINT NAME)	ASSOC PROF CLARE REES		
Head of School		Date	30/7/14

RESEARCH METHOD (WHERE CO-INVESTIGATOR IS A HIGHER DEGREE BY RESEARCH STUDENT)

☐ Application for Candidacy was approved by the Faculty Graduate Studies Committee at the meeting held on _____ *(dd/mm/yy)*

or

☐ Application for Candidacy has been submitted to the Faculty Graduate Studies Committee for consideration at the meeting scheduled for _____ *(dd/mm/yy)*

or

☐ Application for Candidacy has not been submitted to the Faculty Graduate Studies Committee but will be submitted for consideration at the meeting scheduled for _____ *(dd/mm/yy)*