



Information Sheet (Dietitians)

Project: myPace for weight management: Proof of concept evaluation of myPace
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Thank you for your interest in taking part in this research. Your experiences are important to furthering the evidence behind weight loss. Before we start, it is important that you understand the purpose of this research and what your participation will involve. Please read this information carefully. If you have any questions please do not hesitate to contact us.

Who are you?

We are a team of researchers and health and nutrition professionals from across Europe. We are made up of representatives from the University of Bath (UK), The European Food Information Council (EUFIC, Belgium), The European Federation of the Association of Dietitians (EFAD, Germany) and White October (UK).

What is this research about?

We have developed a digital weight management tool to support dietitians in their practice. The tool, called myPace, is built on leading evidence around energy balance, behaviour change and digital health technology and combines these with what we know about actual dietetic practice. We would like to evaluate the effectiveness of the technology in routine dietetic contexts. The project is managed by EUFIC with the support of an unrestricted grant from The Coca Cola Foundation.

Why do you want this information?

The information you provide will help us to understand whether myPace has any effect on patient weight loss behaviours and their weight loss outcomes. It will also help us to better understand how myPace might be most meaningfully incorporated into practice to achieve optimum outcomes. This research will also help us understand how the components of the system work individually and as a whole to support individuals in their weight loss journey. This will go a long way in furthering the evidence for myPace and digital health technology more broadly.

Will the information I provide be used in any other way?

We hope to share our findings with others who may be interested in understanding and improving your clients' weight loss experiences. We also hope to share our findings with individuals interested in developing sound, research-based, medical technologies to support health practitioners. As a result, we will communicate our findings with academics and health workers through conference presentations, project reports and articles. Only your responses will be used when we share the results of the project. Any personal information that you provide to us will not be used in any way in these reports.

Who are you looking for?

We are looking for qualified freelance dietitians with good spoken and written English who are willing to commit to take part in the research. Dietitians must be working in an EFAD member country and should normally work with a personal computer that has reliable access to the internet. They should be capable, with their current client flow, to recruit 20 clients into the study within 3 months.

What will I have to do?

We will provide you with access to the application and all the training and support you will require to use the app in your practice and to perform the research responsibly. You will need to recruit 20 clients to take part in the research. Ten clients will be randomly assigned to receive routine care and 10 will receive routine care supported with myPace. You will be responsible for supporting clients in understanding the research and making a free, fair and independent decision on whether or not to take part. The researcher will support you with this at your training.

You will administer the relevant treatment to patients for the duration of the time that they visit you, or up to 6 months. If they leave your care, we will continue to monitor their progress for up to 12 months. You will submit clients' weight to us at months 0, 3, 6 and 12. At the beginning and middle of the trial we will interview you to understand the nature of your practice and how myPace is being integrated into it. These interviews will be audio recorded at your consent.

The researcher will support you throughout the trial with the technology and any administration support you might need. We will also collect data on your engagement with the myPace system. This will be collected by the application itself as you use it.

You will receive £100 for taking part in the research, as well as £10 per patient who weighs in at 6 months and £10 per patient who weighs in at 12 months. These will be distributed as Amazon vouchers.

Will I be protected?

The study has been approved by the University of Bath, Department of Psychology research ethics committee. All the data you provide in this research will be used in compliance with the British Data Protection Act and University of Bath policy. Your identity, personal information, audio recordings and the subsequent transcripts will all be kept strictly confidential. All participants' personal details (which include your email address) will be securely stored. Your identity will be replaced with a pseudonym for the research. This pseudonym will be used in all communication about the study so that you are not identified as a participant in the research. Information submitted on the app itself, for both dietitians and patients, as part of regular functioning are also managed in compliance with the British Data Protection Act and will only be used in the research after the data has been anonymised. This data will be managed and protected by White October which is a registered data controller, certified by the Information Commissioner's Office (ICO). The company appears on the ICO data protection register (UK).

Do I have to take part?

Participation is entirely voluntary. You are free to withdraw from the study at any time should you wish to do so. If you wish to withdraw your data, please contact Professor Julie Barnett at j.c.barnett@bath.ac.uk or 01225 38 3167 to request the removal of your data from the study and the software. You will not be asked to provide a reason for withdrawing.

Who should I contact if you wish to comment on my experience?

You can contact Professor Julie Barnett at j.c.barnett@bath.ac.uk or 01225 38 3167 if you wish to comment on your experience in this research.

Will you share the results of the research with me?

Certainly. We will debrief you on the study at the end of the study period. You can also contact Professor Julie Barnett at j.c.barnett@bath.ac.uk or 01225 38 3167 to request a summary of the research findings or to access any academic publications related to your data. EFAD and EUFIC will also keep the dietetic community up-to-date on the findings of the research using their regular communication media. Up-to-date information on the application can be found at <http://mypaceapp.com/>.

Thank you for taking part in this research and for sharing your experiences with us.