



## Understanding how people maintain their weight and bounce back from disruptions

### INFORMATION SHEET

LOW RISK REVIEW PANEL NUMBER: ID 2025\_064\_LR

#### INTRODUCTION

Each year CSIRO conducts research to better understand health and nutrition in Australia. Obesity is a significant public health challenge, but we know relatively little about how people who maintain a healthy weight do so successfully, particularly when life gets busy or routines are disrupted.

This study aims to learn from adults who have maintained a healthy weight throughout their lives, to understand the strategies and approaches they use. Your experiences could help us develop better support for people trying to maintain a healthy weight.

#### WHAT IS THE AIM OF THIS STUDY?

We want to understand how adults who have never been obese maintain their weight in everyday life, especially:

- How you respond when your usual eating or activity routines are disrupted (like during holidays, stressful periods, or busy times)
- What helps you notice when your patterns have changed
- What you do to get back to your usual routines
- Whether maintaining your weight feels automatic or requires conscious effort

#### HOW WILL THE STUDY BE CARRIED OUT?

This study involves completing a video interview hosted on the Microsoft Teams platform which will:

- Take about 45-60 minutes to complete
- Ask questions about your experience in weight management and other questions related to how you respond to and recover from disruptions to their usual eating and activity patterns, with focus on identifying strategies for obesity prevention.
- Be recorded and transcribed using Microsoft Teams' software, with your consent.

At the completion of the interview, we will contact you by email to send you a digital voucher to the value of \$50 to thank you for your time to take part in this research project.

**AM I ELIGIBLE TO PARTICIPATE IN THIS STUDY?**

You are eligible to participate if you meet the following criteria:

- Aged 25 and 65 years
- Currently BMI 18.5 - <30
- Weight has remained within  $\pm 3$ kg over the past 12 months
- Never had BMI  $\geq 30$  (i.e., been classified as 'obese')
- Not currently involved in competitive sports/athletics (which might involve performance-driven weight management)
- Not currently trying to lose or gain weight
- Access to a computer or a smartphone to access Microsoft Teams

You are not eligible to participate if any of the following apply to you:

- Current or past diagnosis/treatment for eating disorder (anorexia nervosa, bulimia nervosa, binge eating disorder).
- Current medical conditions or medications that significantly affect weight or appetite
- Currently pregnant or breastfeeding

**WHAT ARE THE BENEFITS OF PARTICIPATING IN THE STUDY?**

You may not benefit directly from participation in this study, but you will be providing a valuable contribution to the scientific knowledge in this field. The findings of this research will help us to design communication strategies and interventions that address obesity and support Australians to lead healthier lifestyles with reduced risk of chronic disease

**ARE THERE ANY RISKS INVOLVED?**

Some people may feel a bit uncomfortable talking about their weight, eating, or body during the interview. We'll ask about stressful times in your life when your routines changed, which might bring up memories of difficult periods. If you feel you may find this experience distressing, we suggest that you do not participate in the research at this time.

We're genuinely interested in your real experiences. The focus is on your successful experiences, not on any perceived failures; there are no "right" or "wrong" answers. To minimise discomfort, you may consider:

- turning off your camera and participate audio-only if preferred
- skipping any questions you don't want to answer
- taking breaks or stopping the interview at any time

If you feel distressed during or after the interview, we suggest that you contact one of the support resources listed on the Australian Government's Health Direct website at:

<https://www.healthdirect.gov.au/mental-health-helplines>.

All human research undertaken by the CSIRO must comply with the values, principles, governance and review process specified in the *NHMRC National Statement on Ethical Conduct in Human Research* (2023). A copy of the National Statement can be found at <https://www.nhmrc.gov.au/about-us/publications/national-statement-ethical-conduct-human-research-2023>.

## HOW WILL MY PRIVACY BE PROTECTED?

Your personal information is protected by the Privacy Act 1988 (Cth) (Privacy Act). CSIRO is collecting your personal information for the purposes of conducting this study and related scientific research. CSIRO will only use and disclose your personal information in accordance with the Privacy Act 1988 and the <https://www.nhmrc.gov.au/about-us/publications/national-statement-ethical-conduct-human-research-2023> as amended from time to time, and as otherwise required or authorised by law.

In relation to studies conducted by CSIRO, it is customary for all personal information to be identified by a code and stored securely at CSIRO for a period of at least 15 years (in accordance with relevant records disposal authorities made under the Archives Act 1983 (Cth) (Archives Act)). Except where otherwise required by law, at the end of this period your records will be destroyed or permanently de-identified.

Where third parties are assisting CSIRO in relation to the conduct of this study (such as university staff, students and other health professionals), we may disclose deidentified data relating to your results to those third parties for this purpose on a confidential basis. CSIRO will require such third parties to keep this information confidential and to only use your personal information for the purposes of the study and otherwise in accordance with the Privacy Act.

As part of conducting the video interview, your system information, such as your Internet Protocol or MAC address, may also be incidentally collected by CSIRO for the purpose of conducting the video interview. This information will not be used for any purpose outside of conducting the video interview.

In the course of your participation in this study, CSIRO will collect some necessary sensitive information (e.g. health/medical information). CSIRO may also collect some incidental sensitive information, such as where an A/V recording of you might infer sensitive information about you (e.g. racial/ethnic information). We take your continued participation in this project as your consent to collect, use and disclose this information for the purposes of the study. If you have any concerns about this you should discuss them with us prior to your participation, or as soon as they arise at any point during the study.

CSIRO may publish study results and data in research publications and press releases, however, CSIRO will de-identify any personal information contained in the data and results so that you cannot be identified.

CSIRO has engaged certain collaborators, contracted service providers, third-party platforms to facilitate this study, including:

- **Microsoft**, whose platforms (e.g., Teams) will record and transcribe your video interviews and otherwise facilitate the study, whose servers are located in Australian data centres as part of the Azure cloud infrastructure, and whose privacy policy can be found at <https://www.microsoft.com/en-gb/privacy/privacystatement>;
- **Prolific** whose platform will be used to recruit research participants and facilitate data collection, whose servers are located on Google Cloud Platform in Belgium (European Union), and whose privacy policy can be found at <https://www.prolific.com/privacy-policy>;
- **NVivo** whose software will be used to code and analyse qualitative research data, which stores data locally on the researcher's computer/institutional network drives, and whose privacy policy can be found at <https://lumivero.com/privacy-policy/>;
- **Digital Wellness** whose platform manages the CSIRO Total Wellbeing Diet Online and will be used to recruit participants, whose servers are primarily located in Australia (with some overseas data transfers as outlined in their privacy policy), and whose privacy policy can be found at <https://www.digitalwellness.com/privacy-policy/>;
- **Professor Tim Gill**, a researcher at the University of Sydney, who will collaborate on this project as a subject matter expert and provide assistance with all aspects of the study.

As many of the above are located overseas, in the course of this study there is likely to be some incidental disclosure of your personal information overseas. By participating in this project, you acknowledge this and consent to the fact that where your personal information is disclosed overseas it will generally not be subject to the protections of the Privacy Act. If you have any concerns about this you should speak to our researchers before participating in the study, or at any time during the study as soon as they arise.

For further information on how CSIRO handles your personal information including CSIRO's access, correction and complaints process, please read CSIRO's privacy policy available on the CSIRO website or by contacting the Privacy Team at [privacy@csiro.au](mailto:privacy@csiro.au).

## WHAT IF I WISH TO WITHDRAW?

You are free to withdraw at any time during the study. If you choose to withdraw, your personal details will be retained along with those of the continuing participants. Your details up until your withdrawal are an important part of the data set for analytical purposes.

## IF YOU HAVE FURTHER QUESTIONS

Please call Dr Paige Brooker on 8303 8933 or via email: [Paige.Brooker@csiro.au](mailto:Paige.Brooker@csiro.au)

This study has been approved by the CSIRO Low Risk Review Panel. If you would like to speak with someone with respect to ethical matters or wish to register a formal complaint about the conduct of this research, please contact the Secretary of the Committee via email at [chmhrec@csiro.au](mailto:chmhrec@csiro.au).

By confirming you would like to participate in an interview and arranging a time/date for this to occur, you agree to the collection, use and disclosure of your personal information, including your sensitive information, in the ways described in this Participant Information Sheet. You also agree to the potential transfer of your personal information, including your sensitive information, to Microsoft Teams servers in the ways described in this Participant Information Sheet, and you acknowledge that this information may not be subject to the requirements of the Privacy Act 1988 (Cth).