

## Assent Form

### **Benefits of a Higher Protein, 'Egg-cellent' Breakfast in the Classroom**

*Investigators: Heather Leidy, PhD & Steve Douglas, Doctoral Student*

We are doing a research study. A research study is a special way to find out about something. Your school is starting a new breakfast program that is free for all students. We want to find out if that breakfast program helps you feel and think better.

This study is voluntary. It will not affect you classes, class work, class grades, or any other opportunities or things provided to you at school. All students in the school will receive the school's breakfast meals each day.

The study is 2 months long. If you decide that you want to be in this study, here are some of the things you will be doing. All study tasks are done at school. During the study, you will answer questions about your eating habits, appetite, and mood. Your body weight, height, and how much you eat at breakfast will be measured. Finally, you will play a computer 'game' that measures your attention, memory, decision-making ability, and your ability to multi-task.

We want to tell you about some things that might happen to you if you are in this study. You may feel uncomfortable or nervous about having your body weight and height measured or about answering questions about yourself. All information is kept secret and will not be shared with anyone other than study staff. The school does not see your information.

If you decide to be in this study, some good things might happen to you. You will help us determine if the school's breakfast program helps students think and feel better. You may also learn what makes you think and feel better. But we don't know for sure that these things will happen.

When we are done with the study, you will be given a \$25 gift card for participating in the study. We will also write a report about what we found out. We won't use your name in the report.

You don't have to be in this study. You can say "no" and nothing bad will happen. If you say "yes" now, but you want to stop later, that's okay too. No one will hurt you, or punish you if you want to stop. All you have to do is tell us you want to stop.

If you want to be in this study, please write your name below.

I, \_\_\_\_\_, want to be in this research study.  
(write your name here)

\_\_\_\_\_  
Investigator signature

\_\_\_\_\_  
(Date)