



Naiman Khan, PhD, RD
iPALS Wellness Program: Integrated Childhood Activity and Nutrition (ICAN) Study
[If applicable, add investigator version date]

ICAN Study

Assent to Participate in a Research

Who are we and what are we doing?

We are from the University of Illinois Urbana-Champaign. We would like to ask if you would be in a research study. A research study is a way to find out new information about something. This is the way we try to find out the ICAN program may be influencing your health behaviors.

Why are we asking you to be in this research study?

We are asking you to be in this research study because we want to learn more about your experiences participating in the ICAN study and how it affects your health and the way you think and move. We want you to be in this study because you are participating in iCAN program in the summer.

What happens in the research study?

If you decide to be in this research study and your parent or guardian agree, this is what will happen: We will ask you to complete some body measurements, like measuring how tall you are and how much of your body is made up of muscle, bone, and water. We will also ask for you to play some games using pencil and paper, which will measure your skills in math, reading, and writing. We will ask you to play other games on a computer that will measure your memory and learning skills. You may find it difficult and that is OK, just do the best you can. These games may make you tired so if you do get tired just let us know and we will take a short break. We will also ask you how you are doing many times, but you should know that you can tell us how you are doing at any time. We will also give you a small red box and a belt to wear around your waist. This is called an activity tracker, and it measures how much you move every day. We would like you to wear this during the entire time that you are in the ICAN summer program. You will also be asked to complete a running test. During this test you will start running slowly and every minute we will ask you to run a little bit faster until you are tired. You will also be asked to take a few eye tests that are regularly taken at the eye doctor to tell how well you can see. Finally, we will ask your parent or guardian to complete some surveys or answer questions about the typical foods you eat and your health history. All the tests described above will be conducted at the beginning of the program and towards the end to understand how participating in IPALS can improve your health.

Will any part of the research study hurt you?

We don't expect for anything in this research to hurt you. There is a chance that during this research study you could feel tired. We will try to help you feel better if this happens. You can stop or take a break at any time if you want to.

Will the research study help you or anyone else?

We do not know for sure if being in this research study will help you. It is possible that we could learn something related to health behaviors to maybe help other children someday.

Who will see the information about you?

Only the researchers or others who are doing their jobs will be able to see the information about you from this research study. We will not tell anyone else that you are in the study.



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What if you have any questions about the research study?

It is okay to ask questions. If you don't understand something, you can ask us. We want you to ask questions now and anytime you think of them. If you have a question later that you didn't think of now, you can call Naiman A. Khan (217)-300-1667 or ask us the next time we see you in person.

Do you have to be in the research study?

You do not have to be in this study if you don't want to. Being in this study is up to you. No one will be upset if you don't want to do it. Even if you say yes now, you can change your mind later and tell us you want to stop. We will also ask your parent or guardian to give their permission for you to be in this study. But even if your parent or guardian say "yes" you can still decide not to be in the ICAN program and take part in the research study.

Agreeing to be in the study

I was able to ask questions about this study. Signing my name at the bottom means that I agree to be in this study. My parent or guardian and I will be given a copy of this form after I have signed it.

Printed Name (Child)

Signature – sign name (Child)

Date

Printed Name of Person Obtaining Assent

Signature of Person Obtaining Assent

Date

The following should be completed by the study member conducting the assent process if the participant agrees to be in the study. Initial the appropriate selection:

_____ The participant is capable of reading the assent form and has signed above as documentation of assent to take part in this study.

_____ The participant is not capable of reading the assent form, but the information was verbally explained to him/her. The participant signed above as documentation of assent to take part in this study.