

# Participant Information Sheet for study on food preferences and diet in adults with Autism Spectrum Disorder

**Name of department:** Department of Education

**Title of the study:** Individual accounts of food preferences and diet in individuals with Autistic Spectrum Disorder

## Introduction

My name is Debbie McCulloch and I am a postgraduate student at the University of Strathclyde. I am currently carrying out my Masters research paper which focuses on accounts of food selectivity in Autism. If you require any further information regarding this study you can email me at [ftb12150@uni.strath.ac.uk](mailto:ftb12150@uni.strath.ac.uk).

## What is the purpose of this investigation?

The following questionnaire is part of a research project into accounts of food selectivity experienced by adults on who have been diagnosed with an Autistic Spectrum Disorder. There has been limited research into this particular area despite numerous autobiographical accounts suggesting such selectivity is common in ASD. It is hoped this study will help develop our understanding of food preferences and diet in individuals with Autism and may also inform future support where applicable.

## Do you have to take part?

Participation in this study is completely voluntary and you are under no obligation to take part. If you decide to participate, you can still decide to stop at any point when completing the questionnaire prior to submitting the questionnaire. No information will be retained prior to you pressing the submit button, however, once submitted you will be unable to withdraw your questionnaire from the study.

## What will you do in the project?

The following investigation is in the form of a questionnaire and will ask questions about your experiences of eating different foods. It should take no longer than fifteen minutes to complete. It will ask for information about your food preferences and your sensory experiences during eating. Most questions will offer multiple choices requiring only a tick response. Each question will ask you to add a comment or give an example if you feel it is relevant to your answer. If there are any questions you prefer not to answer you may leave these blank.

## Why have you been invited to take part?

Participants are required to be aged eighteen years or older. You must also be on the Autism spectrum with high functioning autism (HFA) or Asperger's syndrome (AS).

## What are the potential risks to you in taking part?

There are no potential risks involved in participation as you will be answering questions based on your current experience of food and eating.

## What happens to the information in the project?

All information provided will be held securely on the University of Strathclyde server until analysis has taken place. After this all entries will be removed permanently from the system. No information provided will be retained after completion of this project.

## The place of useful learning

The University of Strathclyde is a charitable body, registered in Scotland, number SC015263

The University of Strathclyde is registered with the Information Commissioner's Office who implements the Data Protection Act 1998. All personal data on participants will be processed in accordance with the provisions of the Data Protection Act 1998.

Thank you for reading this information – please ask any questions if you are unsure about what is written here. You can do this by contacting me at [ftb12150@uni.strath.ac.uk](mailto:ftb12150@uni.strath.ac.uk).

### **What happens next?**

If you are happy to complete the following questionnaire please read the consent form information at the end of this document then follow the link provided to access the questionnaire. Submission of your completed questionnaire will be taken as your full consent to your participation in this study and for the information you provide to be used in the analysis.

If you have decided not to participate in this investigation I would like to thank you for taking the time to read this information sheet.

On completion of this study, results will form part of a research paper that will be accessible through the University of Strathclyde.

### **Researcher contact details:**

Name: Debbie McCulloch  
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### **Chief Investigator details:**

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This investigation was granted ethical approval by the University of Strathclyde School of Education Ethics Committee.

If you have any questions/concerns, during or after the investigation, or wish to contact an independent person to whom any questions may be directed or further information may be sought from, please contact:

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### **The place of useful learning**

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## Consent Information

**Title of the study:** Personal accounts of food preferences and diet in adults with Autism Spectrum Disorder.

*Your submission of the online questionnaire is taken as an indication that informed consent has been gained for your participation and for the submitted data to be used in the investigation.*

*By consenting to take part you are confirming that you have:*

- Read and understood the information sheet for the above project and the researcher has answered any queries to your satisfaction.
- Understood that your participation is voluntary and that you are free to withdraw from the project at any time, up to the point of submission, without having to give a reason and without any consequences.
- Understood that the anonymised data cannot be withdrawn once they have been included in the study.
- Understood that any information recorded in the investigation will remain confidential and no information that identifies you will be made publicly available.
- Consented to being a participant in the project

**Should you still wish to be involved in the project please click on the link below to access the questionnaire.**

[https://docs.google.com/forms/d/17s9nYv4HO14B5DdqGuAztAcwNSoM3U82TXgbebM\\_JXs/viewform#start=opinform](https://docs.google.com/forms/d/17s9nYv4HO14B5DdqGuAztAcwNSoM3U82TXgbebM_JXs/viewform#start=opinform)