TABLE 3.3 ● Informed Consent Form

Introduction: State the purpose of requesting informed consent using this form.

Example for a hypothetical food intake study:

If you decide to participate, then as a study participant you will join a study examining food intake and perception involving at least 100 participants. You will be asked to taste foods located in cubicles and rate the foods you eat in this study. You will rate these foods by filling out questionnaires. Each cubicle will contain five plates of food, plastic eating utensils, napkins, a 16-ounce cup of water, and a rating packet. Please taste one food at a time and rate each food before going on to the next food and drink water between foods. If you do not feel comfortable eating a food in front of you, then you may skip it and move on to the next food. You will have 20 minutes to consume and rate these foods. Your participation in this study will take no more than half an hour.

Example for introduction:

The purpose of this form is to provide you as a potential participant with information to help you decide whether or not to participate in this research and to record the consent of those who agree to participate in the study.

Invitation/identification: Invite potential participants and identify the researchers who are involved in this study by name.

Example invitation line:

[Insert name of each researcher involved] at [insert university/institution name] invites you to participate in a research study.

Purpose: In two or three sentences, state what area of research you are investigating and why you are studying this area.

Example for a hypothetical food intake study:

The purpose of this study is to understand how perception influences how we learn about food. Your participation in this study can help us better understand the nature of this learning in humans.

Description of research study: Describe exactly what you will do and what you require of participants in terms of their time and effort. In this section you should also identify the approximate number of participants involved in the study.

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