

*AGE AND SEX
DIFFERENCES IN
THE METABOLIC
RESPONSE TO
EXERCISE*

Date: 24th March 2023



CONSENT FORM FOR ADULT PARTICIPANTS IN RESEARCH STUDIES

Please complete this form after you have read the Information Sheet and/or listened to an explanation about the research.

Title of Study: Age and sex differences in the metabolic response to exercise

Department: UCL Great Ormond Street Institute of Child Health

Name and Contact Details of the Researcher(s): Evelyn Maniaki (Evelyn.Maniaki.20@ucl.ac.uk), Andy Galbraith (A.J.Galbraith@uel.ac.uk), and Jonathan Wells (Jonathan.Wells@ucl.ac.uk)

Name and Contact Details of the Principal Researcher: Jonathan Wells (Jonathan.Wells@ucl.ac.uk)

Name and Contact Details of the UCL Data Protection Officer: Alexandra Potts (data-protection@ucl.ac.uk)

This study has been approved by the UCL Research Ethics Committee (Project ID number 0326/020) and the UEL Research Ethics Committee (Project ID number 2223-0081).

Thank you for considering taking part in this research. The person organising the research must explain the project to you before you agree to take part. If you have any questions arising from the Information Sheet or explanation already given to you, please ask the researcher before you decide whether to join in. You will be given a copy of this Consent Form to keep and refer to at any time.

For your reference, the exclusion criteria are as follows:

1. Having a chronic illness.
2. Having a disease, disability or other condition that would impair participation in physical activity.
3. Having an implanted cardiac pacemaker, defibrillator, or other electronic medical devices.
4. Taking prescription medication one or more days every week over the past 3 months.
5. Related by blood to another participant.
6. Not willing at the time of recruitment to undergo blood sampling.
7. Pregnancy/breastfeeding.
8. Being a professional athlete.
9. Not being physically active.
10. Being a shift worker (night shift work for three or more days per week on more than two occasions in the six months before the visit day).
11. Recent weight loss of more than 5% of weight in the last 6 months.
12. Having a body mass index outside the range of 19 to 24.5.
13. Smoking/vaping.
14. Alcohol intake above an NHS questionnaire cut-off.
15. Regular use of recreational drugs.
16. Exhibiting any symptoms related to COVID-19 during a period.
17. Not having reached menopause (i.e., your period has not stopped for 12 months or more – for women aged 53-57 only).

I confirm that I understand that by ticking/initialling each box below I am consenting to this element of the study. I understand that it will be assumed that unticked/initialled boxes means that I DO NOT consent to that part of the study. I understand that by not giving consent for any one element that I may be deemed ineligible for the study.

		Tick Box
1.	I confirm that I have read and understood the Information Sheet for the above study. I have had an opportunity to consider the information and what will be expected of me, and I have also had the opportunity to ask questions which have been answered to my satisfaction.	<input type="checkbox"/>
2.	I confirm that I will have my saliva collected on three occasions.	<input type="checkbox"/>
3.	I confirm that I will have blood samples collected on three occasions via venepuncture.	<input type="checkbox"/>
4.	I confirm that I will have my weight, height, waist, and hip circumference measured.	<input type="checkbox"/>
5.	I confirm that I will have my body composition measured.	<input type="checkbox"/>
6.	I confirm that I will drink deuterium-labelled water.	<input type="checkbox"/>
7.	I confirm that I will have my heart rate measured.	<input type="checkbox"/>
8.	I confirm that I will have my blood pressure measured.	<input type="checkbox"/>
9.	I confirm that I will undertake a treadmill exercise challenge.	<input type="checkbox"/>
10.	I confirm that I will have my expired breath measured.	<input type="checkbox"/>
11.	I confirm that I will complete two questionnaires assessing my mood, appetite, feeling of tiredness as well as verbal learning on three occasions.	<input type="checkbox"/>
12.	I understand that I will be able to withdraw my data up to 4 weeks after the visit.	<input type="checkbox"/>
13.	I consent to participate in the study. I understand that my personal information (<i>first and last name, full postal address, email address, phone number, date of birth, sex, ethnic origin, and health</i>) will be used for the purposes explained to me. I understand that according to data protection legislation, 'public task' will be the lawful basis for processing my <i>personal</i> data and 'scientific and historical research or statistical purposes' for <i>special category personal</i> data.	<input type="checkbox"/>
14.	<p>Use of the information for this project only</p> <ul style="list-style-type: none"> I understand that all personal information will remain confidential and that all efforts will be made to ensure I cannot be identified. I understand that my data gathered in this study will be stored anonymously and securely. It will not be possible to identify me in any publications. I understand that confidentiality will be respected unless there are compelling and legitimate reasons for this to be breached. If this was the case, we would inform you of any decision that might limit your confidentiality. 	<input type="checkbox"/>
15.	I understand that my information may be subject to review by responsible individuals from the University for monitoring and audit purposes.	<input type="checkbox"/>
16.	<ul style="list-style-type: none"> I understand that my participation is voluntary and that I am free to withdraw at any time without giving a reason, without my legal rights being affected. I understand that if I decide to withdraw, any personal data I have provided up to that point will be deleted unless I agree otherwise. 	<input type="checkbox"/>
17.	I understand the potential risks of participating and the support that will be available to me should I become distressed during the course of the research.	<input type="checkbox"/>
18.	I understand the direct/indirect benefits of participating.	<input type="checkbox"/>
19.	I understand that the data will not be made available to any commercial organisations but is solely the responsibility of the researchers undertaking this study.	<input type="checkbox"/>
20.	I understand that I will not benefit financially from this study or from any possible outcome it may result in in the future.	<input type="checkbox"/>
21.	I agree that my anonymised research data may be used by others for future research. No one will be able to identify you when this data is shared.	<input type="checkbox"/>

