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

Date: 24th March 2023

## LONDON'S GLOBAL UNIVERSITY

# 

## 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 (<u>Evelyn.Maniaki.20@ucl.ac.uk</u>), Andy Galbraith (<u>A.J.Galbraith@uel.ac.uk</u>), and Jonathan Wells (<u>Jonathan.Wells@ucl.ac.uk</u>)

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
	I confirm that I have read and understood the Information Sheet for the above study. I have had	
1.	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.	
2.	I confirm that I will have my saliva collected on three occasions.	
3.	I confirm that I will have blood samples collected on three occasions via venepuncture.	
4.	I confirm that I will have my weight, height, waist, and hip circumference measured.	
5.	I confirm that I will have my body composition measured.	
6.	I confirm that I will drink deuterium-labelled water.	
7.	I confirm that I will have my heart rate measured.	
8.	I confirm that I will have my blood pressure measured.	
9.	I confirm that I will undertake a treadmill exercise challenge.	
10.	I confirm that I will have my expired breath measured.	
	I confirm that I will complete two questionnaires assessing my mood, appetite, feeling of	
11.	tiredness as well as verbal learning on three occasions.	
12.		
	I consent to participate in the study. I understand that my personal information (first and last	
	name, full postal address, email address, phone number, date of birth, sex, ethnic origin, and	
13	<i>health</i> ) will be used for the purposes explained to me. I understand that according to data	
10.	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 special category personal data.	
	Use of the information for this project only	
	<ul> <li>I understand that all personal information will remain confidential and that all efforts will be</li> </ul>	
	made to ensure I cannot be identified.	
	<ul> <li>I understand that my data gathered in this study will be stored anonymously and securely. It</li> </ul>	
14.		
	<ul> <li>I understand that confidentiality will be respected unless there are compelling and legitimate</li> </ul>	
	reasons for this to be breached. If this was the case, we would inform you of any decision	
	that might limit your confidentiality.	
15.	I understand that my information may be subject to review by responsible individuals from the	
15.	University for monitoring and audit purposes.	
	• 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.	_
16.	• 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.	
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.	
19		
18.	I understand the direct/indirect benefits of participating. I understand that the data will not be made available to any commercial organisations but is	
19.	solely the responsibility of the researchers undertaking this study.	
	I understand that I will not benefit financially from this study or from any possible outcome it may	
20.	result in in the future.	
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.	

22.	I understand that the information I have submitted may be published as a report and I wish to receive a copy of it. <u>Yes/No</u>	
23.	I hereby confirm that I understand the inclusion criteria as detailed in the Information Sheet and explained to me by the researcher.	
24.	<ul> <li>I hereby confirm that:</li> <li>(a) I understand the exclusion criteria as detailed in the Information Sheet and explained to me by the researcher (Having a chronic illness; Having a disease, disability or other condition that would impair participation in physical activity; Having an implanted cardiac pacemaker, defibrillator, or other electronic medical device; Taking prescription medication one or more days every week over the past 3 months; Related by blood to another participant; Not willing at the time of recruitment to undergo blood sampling; Pregnancy / breastfeeding; Being a professional athlete; Not being physically active; 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); Recent weight loss of more than 5% of weight in the last 6 months; Having a body mass index outside the range of 19 to 24.5; Smoking vaping; Alcohol intake above NHS questionnaire cut-off; Regular use of recreational drugs; Exhibiting any symptoms related to COVID-19 during a period; Not having reached menopause [i.e., your period has not stopped for 12 months or more – for women aged 53-57 only])</li> <li>(b) I do not fall under the exclusion criteria.</li> </ul>	
25.	I have informed the researcher of any other research in which I am currently involved or have been involved in during the past 12 months.	
26.	I am aware of who I should contact if I wish to lodge a complaint.	
27.	I voluntarily agree to take part in this study.	
28.	<ul> <li>Use of information for this project and beyond:</li> <li>I would be happy for the data I provide to be archived at the UCL Research Data Repository.</li> <li>I understand that my personal contact details will not be retained once the data collection has finished, unless I agree to be contacted for potential future studies as outlined below.</li> <li>I understand that other authenticated researchers will have access to my anonymised data which will be available at the UCL Research Data Repository. These researchers may be graduate students or statisticians.</li> </ul>	

If you would like your contact details to be retained so that you can be contacted in the future by UCL researchers who would like to invite you to participate in follow up studies to this project, or in future studies of a similar nature, please tick the appropriate box below.

Yes, I confirm that I am willing to be contacted in this way	
No, I do not confirm that I am willing to be contacted	

Name of participant

Date

Signature

Researcher

Date

Signature