

Consent Form

Project Title

Evaluate the effectiveness of a chocolate intervention as a strategy for menstrual cycle symptoms management in sportswomen

Consent Statement

I have read and understood the information about the research. I am not aware of any condition that would prevent my participation, and I agree to participate in this project. I have had the opportunity to ask questions about my participation in the research. All the questions I have asked, have been answered to my satisfaction.

Please indicate whether you agree to participate in each of the following parts of the research (please indicate which parts you agree to by putting a cross in the relevant box):

- Complete a screening questionnaire
- Track your cycle for three months prior to commencement of the study
- Complete an online questionnaire on menstrual health
- Perform a set of home-based ovulation tests (provided) across two months
- Attend seven visits (total) at the University of Canberra, UNSW or a pathology clinic near you
- Partake in two DXA scans (body composition scans)
- Agree to have blood taken six times across the length of the study
- Self-monitor menstrual cycle and symptoms, physical activity and diet
- Consume 40g of chocolate (provided) across 8-days on two occasions
- Complete eight brain fog questionnaires across four months (each 2 weeks apart)
- Participate in a face-to-face or online interview (recorded) with the lead researcher

Name.....

Signature.....

Date

A summary of the research report can be forwarded to you when published. If you would like to receive a copy of the report, please include your mailing (or email) address below.

Name.....

Address.....

Email.....