

Thank you for taking part in our research: Health in the New Zealand Population

Kia Ora, my name is Tracey and this study is being completed as part of health and wellness research with Massey University, Plant & Food Research and the Riddet Institute.

We are interested in understanding relationships between lifestyle factors and wellbeing in New Zealand Adults (Age 18-45).

For this study, you will be asked to answer questions about you (age, ethnicity etc.), your health, and then some questions on exercise, sleep, food, life experiences, and mood. Your responses are kept completely confidential and are anonymous to the research data team. You will be asked to give consent to participate in the study.

Although not intended, participation in this study and answering questions about how you are feeling and what life events you have experienced in the last six months could bring to your attention some unpleasant feelings. If you do experience unpleasant feelings from your participation in this project, we encourage you to contact: your local GP, Lifeline on 0800 543 354 or free text LIFELINE (80 543 354) or Healthline on 0800 611 116. A full list of helplines and support services can be found by visiting <https://mentalhealth.org.nz/help/support-for-myself>

Your participation in this research is voluntary. You have the right to withdraw at any point during the study.

The study is in two parts. You will receive a \$20 voucher for your participation (\$10 for each part of the study). After participating in the survey, there is a link to a separate form where you will enter your contact details. The completed findings will not include any identifiable information about individual participants. This contact information will be kept separate from any data you have submitted, and is only accessed by our communications team.

The study should take you around 30 minutes to complete. It is important that you put this time aside and complete the survey when you have privacy and will have no interruptions. The survey works best on a computer but is ok to use on a cellphone. There is an option to do both parts of the study at the same time, or to do the second part later by receiving an anonymous link.

If you have any questions about participation, please contact myself (Tracey) at tracey.bear@plantandfood.co.nz

This project has been evaluated by the Massey University Ethics committee (approval code tbc). If you have any concerns about the conduct of this research that you wish to raise with someone other than the researcher(s), you can contact the chairperson of the ethics committee Dr Gerald Harrison at humanethicsouthb@massey.ac.nz

Consent Form

By clicking the button below, you acknowledge:

- You live in New Zealand
- You have read and understood the description of the study and know who to contact if you have any questions about the study in general.
- Your participation in the study is voluntary.
- You are between 18-45 years of age.
- You are aware that you may choose to terminate your participation at any time for any reason.
- You understand that your participation in the study is confidential and that no material which could personally identify you will be used in any reports on this study.
- You consent to the research staff collecting and processing your information, including information about your health.

I consent, begin the study

I do not consent, I do not wish to participate