**Consent Form**

THIS INFORMATION WILL BE HELD FOR A PERIOD OF TEN YEARS

**Project title:** EMPOWER Study: Employing Milk Phospholipids to Observe Wellbeing and Emotional Resilience

**Researchers:** Dr Rebecca Slykerman, Dr Naomi Davies

**Contact email:** [r.slykerman@auckland.ac.nz](mailto:r.slykerman@auckland.ac.nz)

**Declaration by the participant:**

I have read and understood the ***Participant information sheet*** about the EMPOWER study carried out by researchers from The University of Auckland. The research process has clearly been explained to me and I understand my involvement in the study. I know I can contact the researcher on [r.slykerman@auckland.ac.nz](mailto:r.slykerman@auckland.ac.nz) to discuss this study and ask any questions.

**During the study:**

I agree to take part in this research.

I know who I can contact if I have any concerns about this study.

I understand that I will be asked to answer questions at the beginning, mid-point and end of the study.

I understand that I will be asked to wear a Fitbit wristband for 14 weeks.

I understand that I will be asked to take a supplement containing either complex milk phospholipids or placebo, daily for 12 weeks.

I understand that I will be asked to self-collect saliva samples at the beginning, mid-point and end of the study.

I understand that I will be asked to complete cognitive (thinking) tests online using my own computer at

the beginning and end of the study.

I understand that I will be asked to participate in a short interview over zoom and that this interview will be recorded.

I understand that taking part in this study is voluntary and I can withdraw my consent at any time without giving a reason.

I understand that I can withdraw the information I have provided to researchers up until 31st July 2022 by emailing [r.slykerman@auckland.ac.nz](mailto:r.slykerman@auckland.ac.nz)

I understand that the researchers will not use any information I have given them in a way that could identify me when data is published.

I understand that I will receive either 600mg complex milk phospholipid, 1200mg complex milk phospholipid, or a placebo (maltodextrin) and that neither the researcher or I will know which group I am in.

I understand that findings of this research may be disseminated at seminars, guest lectures, and peer reviewed journal publications. I understand that my personal information will not be used in these presentations.

**I have read and agree to the above statements**

**I agree that Fonterra Cooperative Group can receive the anonymised Fitbit data at the end of the study and use this data in future research.**

**Yes**

**No**

**I would like to receive a summary copy of the results of the study by email**

**Yes**

**No**