

## Assent Form to Take Part in a Research Study

(Assent form for younger youth)

**TITLE:** "Immersion in Wellness at State 4-H Center"

**PRINCIPAL INVESTIGATOR:** Dr. Ruth Litchfield

### ASSENT FORM

You are being asked to be in a research study. This research study lasts shortly before you start camp, while you are in camp, and then continues until 6 months after camp. You are being asked to take part in this research study because we want to understand how 4-H camp will teach you about healthy eating, food, and exercise.

Before you start the study, we will have you with help from your parents fill out paperwork that will tell us about you, where you live, how you eat, and how much you exercise.

While you are at camp, we will measure how much you move by putting a small step counter on your ankle. You can remove this monitor when you take a shower or go swimming. We will assign you to one of two groups. One of the groups will attend the regular 4-H camp. The other group will attend the same camp but will teach you a lot of information on growing food, how to eat healthy, how to cook, and will also give you lots of time to be physically active.

At the end of camp and six months after you went to camp we will ask you with help from your parents to fill out the same paperwork you filled out at the beginning of the study.

We will keep the information private that you give to us as part of being in the study. The study information is kept in the study office and is entered into a computer by the researcher. The electronic records on the computer are locked under security pass words. Any written records are stored under lock and key. Study records will not identify you by name, but using a number.

If you have any questions about this project you may call the researcher, Dr. Ruth Litchfield, at 515-294-9484. If you have questions about your rights as a research participant or think you have been treated unfairly, you can call the Institutional Review Board at Iowa State University at 515-294-4566. The Institutional Review Board is an office that helps protect people who join research projects.

If you do not want to be in this research project, you do not have to say yes or sign your name on this form. No one will be mad at you if you say no. You will still be able to go to camp if you do not want to be in this research project.

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Assent by Child

Date

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(Printed name of parent/guardian)