

CONSENT FORM

Strength in the Community: A Community-Based Healthy Eating Program to Improve Weight Loss and Blood Pressure within an African American Faith-Based Organization

Leonna S. Ameduite
Liberty University
School of Nursing

You are invited to be in a research project that will evaluate the effectiveness of faith-based health promotion programs among African Americans. This project will be an 8-week program where you will learn about healthy eating to promote weight loss and/or manage blood pressure. You were selected as a possible participant because you are 18 years of age or older, are of African American ethnicity, and you are considered to be overweight or obese by the BMI standards. Please read this form and ask any questions before agreeing to be in the study.

Leonna Ameduite, a doctoral candidate in the School of Nursing at Liberty University, is conducting this project.

Background Information: The purpose of this project is to conduct a faith-based weight loss program within a predominately African American church. Previous studies regarding faith-based health programs in African American populations have proven to be beneficial and I would like to replicate those findings in this project.

Procedures: If you agree to be in this study, I would ask you to do the following things:

1. Register for the program. The registration form has some question regarding your demographic information and personal information. (5-10 minutes)
2. Complete a pre-survey during week 1 of the program which includes information regarding your current lifestyle habits. (10 minutes)
3. Complete all 8-weeks of the Faith-Based Weight Loss program (if you miss a session, we can arrange a time to meet to make up the session). There will be 8 weekly education sessions that will last approximately 1-2 hours each week.
4. Participants will be asked to complete weekly homework for 8 weeks. Homework will consist of calorie counting, portion control, eating 2-3 servings of fresh fruits and vegetables, meal prep, etc. It should take approximately 1-2 hours to complete this homework each week.
5. Have blood pressure checked every 4 weeks (3 times throughout the study) and weight checked weekly for 8 weeks. (10 minutes)
6. Complete a post-survey during week 8 of the program which includes information about your current lifestyle. (10 minutes)

Risks: The risk involved in this study are minimal, which mean are equal to the risk you would encounter in everyday life. This research study and wellness program is not intended to replace the role and guidance of your physician. Please consult with your physician regarding any concerns about participating.

Benefits: The direct benefits participants should expect to receive from taking part in this project are education and knowledge of how to make better health choices. Although, this project does

promote weight loss, this project cannot guarantee weight loss and a decrease in blood pressure. However, it is anticipated that this project will result in at least a mild to moderate change in weight and blood pressure throughout the 8-week period. Greater changes to weight and blood pressure may be witnessed with continued implementation of skills learned during this project.

Compensation: Participants will be compensated for participating in all 8 weeks of this study with a \$10 Visa gift card. Gifts cards will distributed during the last week of the program to those participants who attended all 8 weeks.

Confidentiality: The records of this project will be kept private. In any sort of report I might publish, I will not include any information that will make it possible to identify a participant. Research records will be stored securely, and only the project leader will have access to the records. Participants will be assigned a pseudonym. Data that will be collected will also be de-identified and coded for use with the Statistical Package for Social Science (SPSS) software. After statistical analysis of the data is completed the information will be stored in a password protected computer for 3 years and then discarded. I may share the data I collect from you for use in future research studies or with other researchers; if I share the data that I collect about you, I will remove any information that could identify you, if applicable, before I share the data.

Voluntary Nature of the Study: Participation in this study is voluntary. Your decision whether or not to participate will not affect your current or future relations with Liberty University. If you decide to participate, you are free to not answer any question or withdraw at any without affecting those relationships.

How to Withdraw from the Study: If you choose to withdraw from the study, please contact the researcher at the email address/phone number included in the next paragraph. Should you choose to withdraw, data collected from you will be destroyed immediately and will not be included in this study.

Contacts and Questions: The researcher conducting this study is Leonna S. Ameduite. You may ask any questions you have now. If you have questions later, **you are encouraged** to contact her at lsameduite@liberty.edu or 757-291-8224. You may also contact the researcher's faculty chair, Dr. Vickie Moore, at vbmoore@liberty.edu.

If you have any questions or concerns regarding this study and would like to talk to someone other than the researcher, **you are encouraged** to contact the Institutional Review Board, 1971 University Blvd., Green Hall Ste. 2845, Lynchburg, VA 24515 or email at irb@liberty.edu.

Please notify the researcher if you would like a copy of this information for your records.

Statement of Consent: I have read and understood the above information. I have asked questions and have received answers. I consent to participate in the study.

Signature of Participant

Date

Signature of Investigator

Date