

Stanford Healthy Goals Study

You are invited to join a Stanford medical study to help children and teenagers control their weights. Your parent or guardian has been told about this study and has agreed for you to join. You only have to join this study if you want to.

1. What will happen to me in this study?

You will participate with a group of other children and their families in a program to help you learn more about healthy eating, staying active, and using screens, to help you keep a healthy weight. The group will meet 90 minutes, every week for six months. In addition to the group meetings, you will receive short online activities that include watching videos, reading and writing. The online activities will be randomly assigned to you (like flipping a coin).

You will also meet in person with your parent or guardian and research staff four times, at the beginning, after 3 months after 6 months, and after 12 months (when the study ends). These appointments will be to get measures of your height, weight, waist circumference and triceps skinfold and answer survey questions about how you spend your time, physical activity, screen use, eating, puberty, beliefs, moods and feelings. At the beginning, after 6-months, and after 12-months, you will also be asked to complete an online survey of everything you ate on three different days and to wear a physical activity monitor for 1 week.

2. Can anything bad happen to me?

This study is not dangerous. You will just answer questions and read or write. You should tell your parents or guardians if you feel bad at all from being in the study.

3. Can anything good happen to me?

You might learn more about your thoughts, feelings, and values, and about eating and physical activity that will help you improve your health. Joining this study may also help other children who are like you in the future.

4. Will anyone know I am in the study?

Only the scientists at Stanford will see the information we collect. If we share the results from this study with other people, your name will not be included. We will combine your answers with those of many other children and teens, so no one will be able to tell which answers were yours.

5. What happens if I get hurt?

If you get hurt in any way as a result of this study, please tell your parent or guardian. They have been given information about who to contact.

6. Who can I talk to about the study?

If you have any questions about the study or any problems to do with the study you can contact the Protocol Director Dr. Robinson at 650-723-5895. If you have questions about the study but want to talk to someone else who is not a part of the study, you can call the Stanford Institutional Review Board (IRB) at (650)-723-5244 or toll free at 1-866-680-2906.

7. What if I do not want to do this?

You may choose to join the study or not join the study. If you join the study, you may change your mind and stop later and you will not be treated any differently.

If you agree to be in this study, please sign here:

Signature of Child

Date

Printed name of Child