

Exploring the impact of recipe-boxes on dietary quality and food agency: a pilot RCT in households with school-aged children

Privacy Statement

Version 1.0, 10/03/2025

What will happen to information about me collected during the study?

Your information will be kept strictly confidential. Any information about you will have your name removed, so that you cannot be recognised from it. This information will only be used or made available for research purposes.

Your data will be stored anonymously at the MRC Epidemiology Unit for analysis and future research. Your personal details and study records will be stored separately, linked only by secure code for added protection. The database containing personal information is on a secured network drive on computers in the MRC Epidemiology Unit, University of Cambridge. It can only be accessed by authorised members of the Recipe-box study team.

Your contact information (like email address, phone number and home address) will be used by the research team to keep you informed about your participation. If external companies are involved in communications, for example sending SMS, the company will comply with General Database Protection Regulation (GDPR).

Approval will be sought from you at the time of providing informed consent to also use your email address for the purpose of sending study related communications such as newsletters from MRC Epidemiology Unit, study specific updates and invites to study related events. A secure service will be used, provided by a GDPR compliant company. You will be able to change your mailing preferences at any time.

To verify that your details match the details of the person ordering through Gousto's website, we will share your name, email, phone number, and home address with Gousto via Secure File Transfer Protocol. With your consent, Gousto will share with us data on your orders with us via Secure File Transfer Protocol. This includes things like which recipes you order, what portions, and the price. This data will NOT include your personal financial details (e.g. bank or credit card information).

We will NOT share any other personal data with Gousto.

Occasionally, our studies may be monitored by the University of Cambridge, our study sponsor. This is to ensure our research is conducted soundly. This monitoring is routine. It would be carried out by qualified personnel and data confidentiality will be maintained. After the study, confidential records will be kept for up to 20 years and then destroyed.

The University of Cambridge, based in the UK, is the sponsor for this study. The University of Cambridge will be the data controller for any data the study team collects from you. Gousto will be the data controller for your ordering data, and The University of Cambridge will be the data processor.

Your rights to access, change or move your information are limited due to research requirements. If you withdraw from the study, we will keep the information about you that we have already obtained. To safeguard your rights, we will use the minimum personally identifiable information necessary.

You can find out more about how we use your information at:

<https://www.information-compliance.admin.cam.ac.uk/data-protection/medical-research-participant-data>

What will happen to the results of the study?

Once the study is completed, we will publish the results in research journals so that researchers, health professionals, and policymakers to read. Your identity and personal details will be kept confidential. No information that could identify you, like your name, will be published. A summary of our findings will be shared with you via email or text.

Who is organising and funding the study?

This trial is organised by the MRC Epidemiology Unit, at the University of Cambridge, and is part of the SALIENT research prog. (<https://www.salientfoodtrials.uk/>) The study is funded by an Economic and Social Research Council (ESRC) grant. The study is sponsored by the University of Cambridge. (<https://www.salientfoodtrials.uk/>) The study is funded by an Economic and Social Research Council (ESRC) grant. The study is sponsored by the University of Cambridge.

Who has reviewed the study?

This trial has been reviewed by an independent group of people, called the Research Ethics Committee, to protect your safety, rights, wellbeing and dignity. The study has been approved by the Cambridge School of Humanities and Social Sciences Research Ethics committee.

Who do I contact if I want to make a complaint?

If you are unhappy and wish to complain formally, the University of Cambridge complaints process is available to you through the University of Cambridge Clinical School Secretary:

Telephone: 01223 333543

Email: SchoolSec@medschl.cam.ac.uk

What should I do if I want to withdraw from the study?

You are free to withdraw at any time, without giving a reason. In this instance, please inform the study team at recipibox.study@mrc-epid.cam.ac.uk