

**AUSTRALIAN FOOD FREQUENCY SURVEY**  
**PARTICIPANT INFORMATION SHEET**  
**PANEL: LIFE IN AUSTRALIA™**  
**PARTICIPANT GROUP: ADULT SURVEY**

**Introduction**

The aim of the study is to find out more about what foods Australians eat on a regular basis to help with investigating foodborne disease outbreaks.

This Participant Information Sheet tells you about the research study. Knowing what is involved will help you decide if you want to take part in the research. Please read this sheet carefully and ask questions about anything that you don't understand or want to know more about.

**Why am I being asked to participate in this study?**

You have been invited to participate in this study because you have previously provided consent for the Social Research Centre to contact you in relation to future research studies as part of being a member of Life in Australia™.

**What is this study about?**

The study is being carried out by the Social Research Centre on behalf of, and funded by, the Australian Government Department of Health, Disability and Ageing.

The Australian Food Frequency Survey will ask you about consumption of various food products. The findings will help the Department understand what foods Australians eat on a regular basis to help with investigating foodborne disease outbreaks. The survey data will be used solely by OzFoodNet for foodborne disease outbreak investigations. OzFoodNet is Australia's enhanced foodborne disease surveillance system with epidemiologists located in each jurisdiction and the Department, who focus on investigating foodborne disease (<https://www.health.gov.au/our-work/ozfoodnet-network>).

Participation in this research study is voluntary. You can take a break from the survey if you want to – just close your browser. When you want to come back to the survey, click on your survey link and you will go back to where you left the survey. You are also free to stop at any time with no requirement to complete the remainder of the questions.

By giving your consent to take part in this study you are telling us that you:

- Understand what you have read.
- Agree to take part in the research study as outlined below.
- Agree to the use of your personal information as described.

## **What will the study involve for me?**

If you decide to take part in the research study, we will ask you to complete an online questionnaire. The questions being asked include consumption of poultry, eggs, salad/produce, vegetables, fruit, drinks, meats, seafood, milk/dairy, nuts, snack foods, sauces, and herbs/spices. The survey will take approximately 15-20 minutes to complete. If you have a child aged 0 to 14, you may be asked to complete a survey about your child's food consumption. If you have a child aged 15-17 you may be asked for permission for your child to take part.

## **Are there any benefits associated with being in the study?**

This research is important as the data will be used as a comparison in foodborne disease outbreaks to assist the identification of potential foods causing illness.

Each adult who completes the survey will be provided with a \$10 incentive. Each child aged 15-17 who completes the survey will be provided with a \$10 incentive, to be sent to the parent's registered email address that the original survey link was sent to. Similarly, each parent of children aged 0 to 14 years who completes the survey will be provided with a \$10 incentive.

## **Are there any risks or costs associated with being in the study?**

We don't expect this questionnaire to cause any harm or discomfort, however if you experience feelings of distress as a result of participation in this study you are free to stop at any time and come back to complete your answers later. You can also withdraw from the survey.

If you feel distressed or upset during or after the survey, you can seek support from the following organisations.

### **LIFELINE**

13 11 14  
[www.lifeline.com.au](http://www.lifeline.com.au)

### **13YARN**

13 92 76  
[www.13yarn.org.au](http://www.13yarn.org.au)

### **Butterfly Foundation**

1800 33 4673  
<https://butterfly.org.au/>

### **Beyond Blue**

1300 22 4636  
[www.beyondblue.org.au](http://www.beyondblue.org.au)

### **Headspace**

1800 650 890  
[headspace.org.au](http://headspace.org.au)

### **KIDS HELPLINE**

1800 551 800  
[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

Please note 13 YARN is for Indigenous Australians, Butterfly Foundation focuses on eating and body image, Lifeline and Beyond Blue are for mental health assistance, KIDS Helpline is for youth support, and Headspace is also for youth mental health.

There are no costs associated with participating in this research study.

## **Can I withdraw from the study once I've started?**

Being in this study is completely voluntary and you do not have to take part. You are

free to stop the questionnaire at any time.

To withdraw from the study you can contact the Social Research Centre via phone on 1800 023 040 or email at [LifelnAus@srcentre.com.au](mailto:LifelnAus@srcentre.com.au) at any time during the study.

If you have already completed the survey and wish to withdraw from the study, your survey responses will be removed upon request. Participants can opt-out at any time until the end of the study in May 2027. You may contact the Social Research Centre by phone at 1800 023 040 or via email at [LifelnAus@srcentre.com.au](mailto:LifelnAus@srcentre.com.au).

### **What will happen to information about me that is collected during the study?**

By providing your consent, you are agreeing to us collecting personal information about you for the purposes of this research study. Your information will only be used for the purposes outlined in this Participant Information Sheet, unless you consent otherwise.

We will keep your information safe and private, except if the law says we have to share it. OzFoodNet might publish the aggregated survey results, but no one will be able to tell who you are from these results.

We will keep your information in a computer at the Social Research Centre and the Australian Government Department of Health, Disability and Ageing. OzFoodNet will use it as a comparison database to help investigate if there's a foodborne disease outbreak. We will store your information in line with the Archives Act 1983 and the Privacy Act 1988.

Keeping your information private is very important to us. We will make sure your personal information is made anonymous as soon as we can and when we no longer need it. OzFoodNet will only receive de-identified data. This way, no one will be able to figure out who you are from the data we keep. We delete any files related to our projects as required by the Australian Privacy Principles.

Our Privacy Policy is available here and has more details on how you can see or correct the information we have about you. It also explains how you can make a privacy complaint and what we will do about it. If you have any questions about our Privacy Policy or any of the things mentioned here, you can call our Privacy Officer at (03) 9236 8500 or email [privacy@srcentre.com.au](mailto:privacy@srcentre.com.au).

### **Will I be told the results of the study?**

The primary use of the data will be as a comparison data set to assist foodborne disease outbreak investigations, however the Australian Government Department of Health, Disability and Ageing may consider publishing a report summarising the aggregate results of this research study. Any information published (whether in a summarised aggregate report or an outbreak investigation summary) will be done in a way that will not identify you or any other individual.

## What if I have a complaint or any questions about the study?

This project has been reviewed and received ethics clearance through the Bellberry Limited Human Research Ethics Committee (2025-04-599).

**If you have a complaint concerning the manner in which this research is conducted, please contact:**

Director of Operations, Bellberry Human Research Ethics  
Bellberry Limited  
Phone: 08 8361 3222  
Email: [bellberry@bellberry.com.au](mailto:bellberry@bellberry.com.au)

**If you have questions regarding the study, please contact:**

Dr Wendy Heywood  
Director, Quantitative Research

The Social Research Centre  
Phone: 03 9236 8500  
Email: [wendy.heywood@srcentre.com.au](mailto:wendy.heywood@srcentre.com.au)

The Bellberry Human Research Ethics Committee has reviewed and approved this study in accordance with the National Statement on Ethical Conduct in Human Research (2023) – incorporating all updates. This Statement has been developed to protect the interests of people who agree to participate in human research studies. Should you wish to discuss the study or view a copy of the Complaint procedure with someone not directly involved, particularly in relation to matters concerning policies, information or complaints about the conduct of the study or your rights as a participant, you may contact the Operations Manager, Bellberry Limited on 08 8361 3222.

## Studies involving Children - Parent/Guardian Consent

When your child reaches 18 years of age, they may have their own rights in relation to making complaints or claims for compensation in relation to participation in this study. For participants aged 18 years and older participating in the survey, you may also have the right to make a complaint concerning the manner in which this research is conducted and the right to compensation in relation to participation in this study. It is the recommendation of the independent ethics committee responsible for the review of this study/investigation that if this occurs then independent legal advice is sought before taking any steps towards compensation for injury.

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