



**Your handbook
for the
SODIAT-2
study**

Contents

Contact Details	1
Have I Received Everything?	3
What Will I Need to Do and When?	5
Welcome Week and Pre-study Tasks	7
Week 1 Tasks	8
Week 3 Tasks	9
Week 5 Tasks	10
Urine Collection Guide	11
Blood Collection Guide	15
Camera Glasses	20
eNutri - Online Dietary Assessment Tool	26
Week 3 Test Diet	29
End of the Study	31

Thank you for taking part in our study. We hope you enjoy taking part!

This handbook contains all the information that you'll need at different points during the study. We'll go through this together during the Welcome Week video call.

We recommend you look at the handbook in advance and note down any questions you want to ask us (feel free to write in your handbook).

Your participant ID code: _____

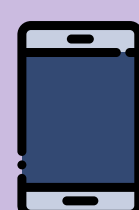
SODIAT research team contact details

The researchers who will be your main contacts during the study are Eka and Michelle.

You can reach us using the contact details below:



Email: sodiat@reading.ac.uk



Phone/Text: 07971 658745

Website with study videos and information:



www.sodiat.org



What should I do if I have any questions, concerns or difficulties?

Feel free to contact us at any time (details on page 1). We can also arrange a video call if you prefer. If you call and leave a voice message, remember to include your name.

We'll reply to your messages as soon as we can (calls/messages received outside of normal working hours may not be replied to until the next working day).



What should I do if I have changed my mind about taking part?

That's not a problem. You are free to stop participating at any time and you won't need to give us a reason.

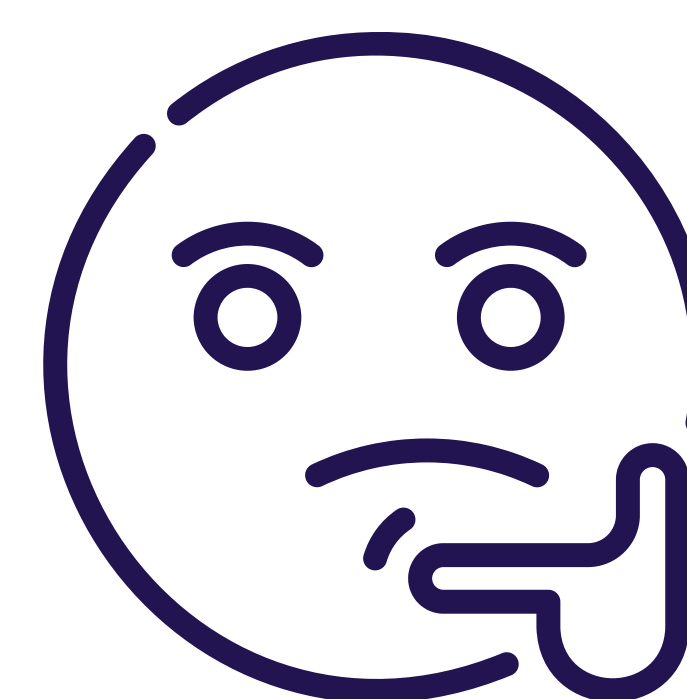
Even if you leave the study, you will be required to return the study equipment to us so please tell us if you have changed your mind/are unable to continue so we can arrange a courier collection. Please keep original packaging box to return the study equipment. For details, refer to the Return Checklist (in the Welcome Week box).


What should I do if I cannot do everything for the study?

The study relies on participants using all of the study tools as instructed. However, we understand that occasionally:

- Equipment might not work
- You might forget a task
- You could be asked to remove your camera in certain places

That's okay. Just **log any study deviations on your study logs** (included in your Welcome Week Box).



 If a participant **repeatedly does not** wear the camera, collect samples, or follow test diet then we may not be able to include their data when we analyse the results. In this instance, we will get in touch to discuss whether they'd like to continue. This may affect their final reimbursement.

**Have I received
everything?**



Checklist of items in your Welcome Week parcel



- ☐ Week 1 logs (urine, blood and camera)
- ☐ Week 3 logs (urine, blood and camera)
- ☐ Week 5 logs (urine, blood and camera)
- ☐ 1x test diet meal plan and log
- ☐ 1x study equipment return checklist
- ☐ Volunteer payment form



- ☐ 1x camera
- ☐ 1x glasses frames
- ☐ 1x sports bands for glasses
- ☐ 3x rubber bands for securing camera
- ☐ 3x SD cards
- ☐ 3x cases for SD cards
- ☐ 2x sizing cards
- ☐ 8x camera notification leaflets
- ☐ 1x USB charging cable
- ☐ 1x charging plug



- ☐ 5x OneDraw blood collection kits
- ☐ 3x return envelopes addressed to University of Cambridge



- ☐ 9x boxes of urine kits, 4 kits in each
- ☐ 2x extra urine kits
- ☐ 18x urine collection cups + 2x extra
- ☐ 9x sealable outer bags

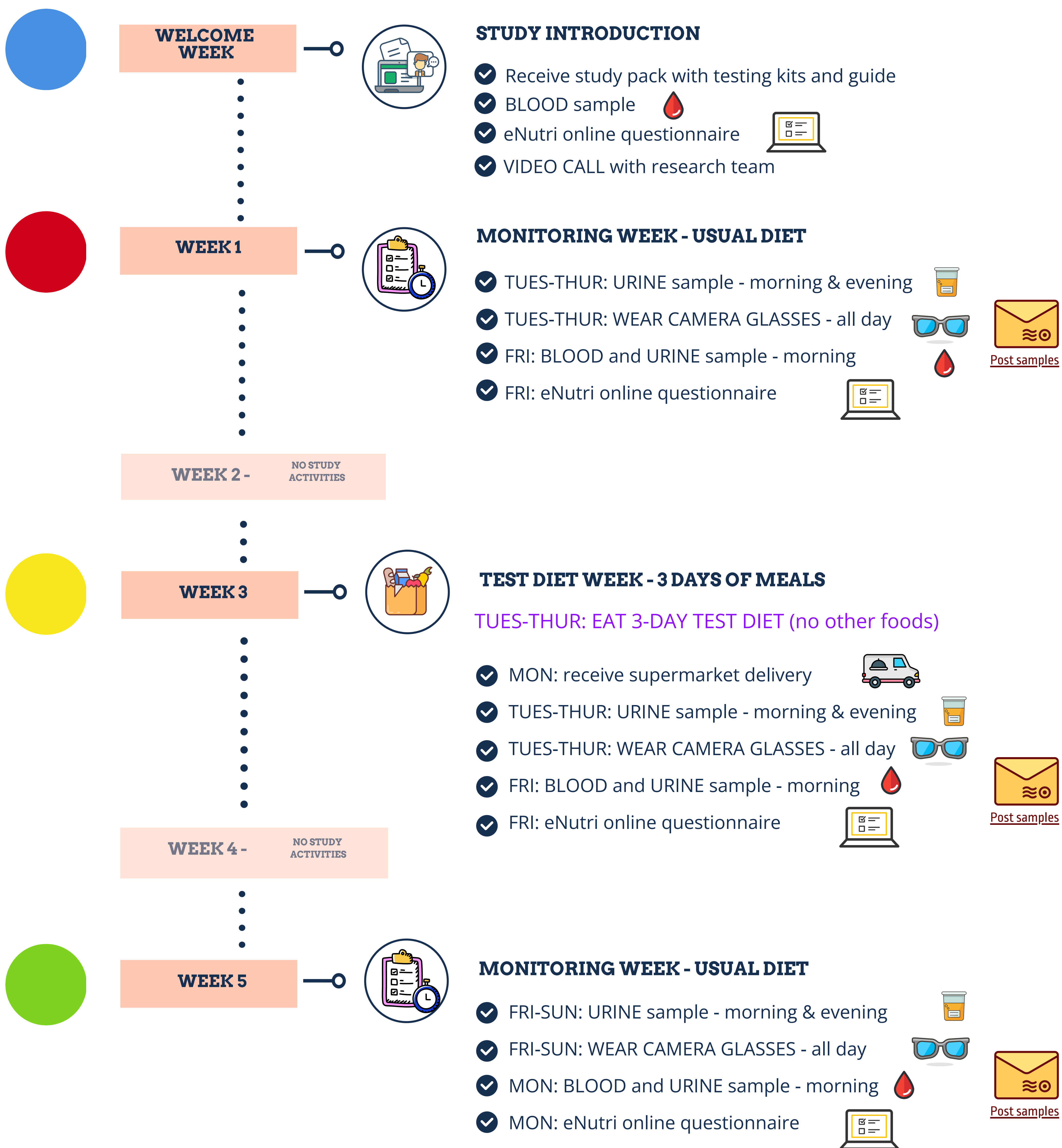


- ☐ Return box

If anything is missing, please contact us asap.

**What will I need to do
and when?**





Coloured stickers (alongside labels) have been added to your study equipment to help you identify when to use these.

● Welcome Week – Blue ● Week 1 – Red ● Week 3 – Yellow ● Week 5 – Green

For example, equipment with a blue sticker will be used in the Welcome Week and those with red stickers in Week 1.

WELCOME WEEK

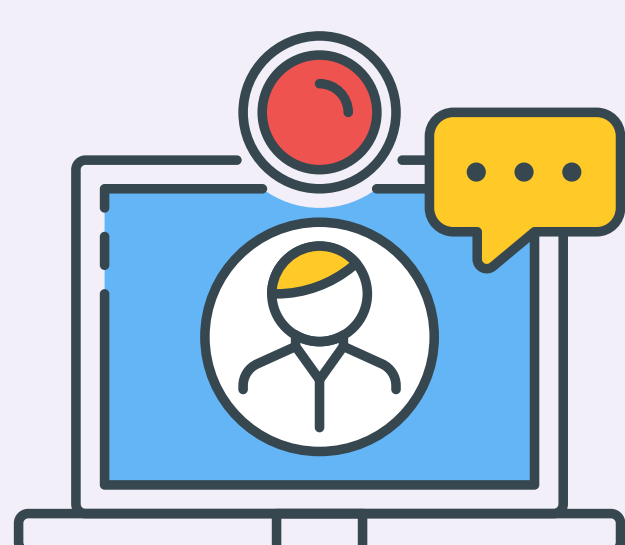


- ✓ Socio-demographic questionnaire (online)
- ✓ eNutri online questionnaire
- ✓ Arrange a study package delivery with the research team
- ✓ **Receive study pack with testing kits and guide**
- ✓ **Familiarise yourself with the study handbook and kits**
- ✓ **Watch the tutorial videos on SODIAT website**
- ✓ **Collect your first blood sample**
- ✓ **VIDEO CALL with research team**



By the time you receive this handbook and your study equipment, you **should already have completed the eNutri online questionnaire**.

If you haven't done so, **please complete the eNutri questionnaire. It is important to do this before proceeding with the study** (you will find the link and login details in your email).



In the next few days you'll join a **video call with the research team**. This may or may not include a few participants who are also starting the study soon (if you wish to have a one-to-one call, please let us know).

On the call, we'll run through the study protocol. This is a great opportunity to ask questions (tip: **prepare a list** of what you want to ask us in advance). To make the most of the session, we'd like you to **read this handbook, look at the equipment, watch the tutorial videos and collect your first blood sample beforehand**.

WEEK 1



MONITORING WEEK - USUAL DIET



☐ Charge the camera overnight



☐ AM - Insert SD card and WEAR CAMERA GLASSES - all day



☐ PM - If needed, charge the camera for an hour



☐ PM - Urine sample



☐ Charge the camera overnight



☐ AM - Urine sample



☐ AM - Insert SD card and WEAR CAMERA GLASSES - all day



☐ Post TUE PM and WED AM urine samples



☐ PM - If needed, charge the camera for an hour



☐ PM - Urine sample



☐ Charge the camera overnight



☐ AM - Urine sample



☐ AM - Insert SD card and WEAR CAMERA GLASSES - all day



☐ Post WED PM and THU AM urine samples



☐ PM - If needed, charge the camera for an hour



☐ PM - Urine sample



☐ AM - Urine sample



☐ AM - Blood sample



☐ AM - eNutri online questionnaire



☐ Post THU PM and FRI AM urine samples



☐ Post WELCOME WEEK and WEEK 1 blood samples

WEEK 2 -

NO STUDY
ACTIVITIES

WEEK 3



TEST DIET WEEK - 3 DAYS OF MEALS

TUE-THU: EAT 3-DAY TEST DIET (no other foods)

- MON

☐ Receive supermarket delivery

☐ Charge the camera overnight
- TUE

☐ AM - Insert SD card and WEAR CAMERA GLASSES - all day

☐ PM - If needed, charge the camera for an hour

☐ PM - Urine sample

☐ Charge the camera overnight
- WED

☐ AM - Urine sample

☐ AM - Insert SD card and WEAR CAMERA GLASSES - all day

☐ Post TUE PM and WED AM urine samples

☐ PM - If needed, charge the camera for an hour

☐ PM - Urine sample

☐ Charge the camera overnight
- THU

☐ AM - Urine sample

☐ AM - Insert SD card and WEAR CAMERA GLASSES - all day

☐ Post WED PM and THU AM urine samples

☐ PM - If needed, charge the camera for an hour

☐ PM - Urine sample
- FRI

☐ AM - Urine sample

☐ AM - Blood sample

☐ AM - 2X eNutri online questionnaires

☐ Post THU PM and FRI AM urine samples

☐ Post WEEK 3 blood sample

WEEK 4

NO STUDY
ACTIVITIES

WEEK 5



MONITORING WEEK - USUAL DIET

- THU

☐ Charge the camera overnight
- ☐ AM - Insert SD card and WEAR CAMERA GLASSES - all day
- FRI

☐ PM - If needed, charge the camera for an hour

☐ PM - Urine sample

☐ Charge the camera overnight
- ☐ AM - Urine sample

☐ AM - Insert SD card and WEAR CAMERA GLASSES - all day

SAT

☐ Post TUE PM and WED AM urine samples

☐ PM - If needed, charge the camera for an hour

☐ PM - Urine sample

☐ Charge the camera overnight

☐ AM - Urine sample

☐ AM - Insert SD card and WEAR CAMERA GLASSES - all day

☐ Post WED PM and THU AM urine samples

SUN

☐ PM - If needed, charge the camera for an hour

☐ PM - Urine sample

☐ AM - Urine sample

☐ AM - Blood sample

☐ AM - eNutri online questionnaire

MON

☐ Post THU PM and FRI AM urine samples

☐ Post WEEK 5 blood sample

☐ Complete and sign payment form

☐ Pack study equipment for courier collection

End of the study

10

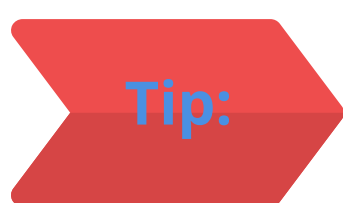
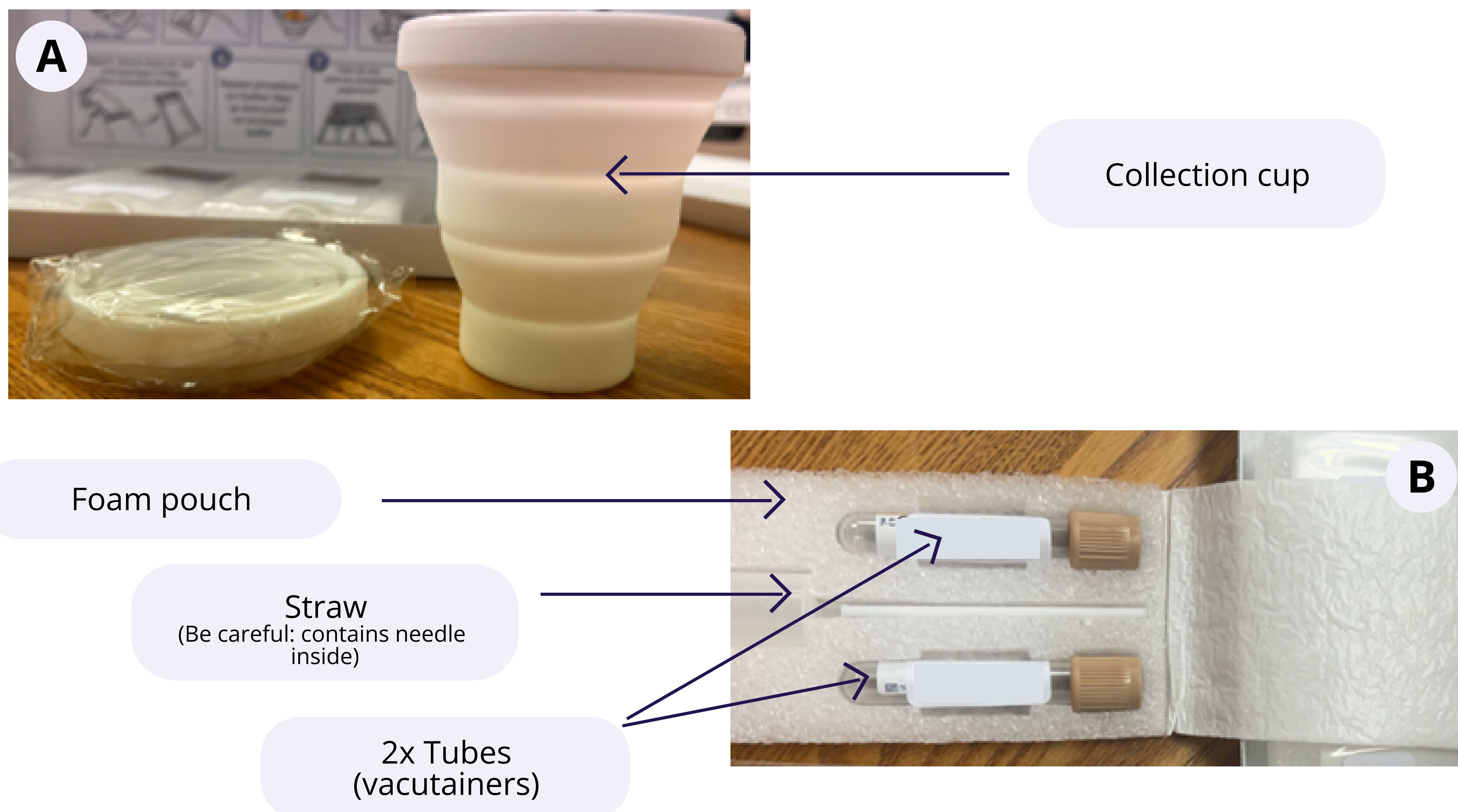
Urine collection guide



Urine collection equipment

Urine kits are placed in boxes (4X in each). Please **keep the boxes as you will return the samples in these** (refer to "posting samples" on page 14).

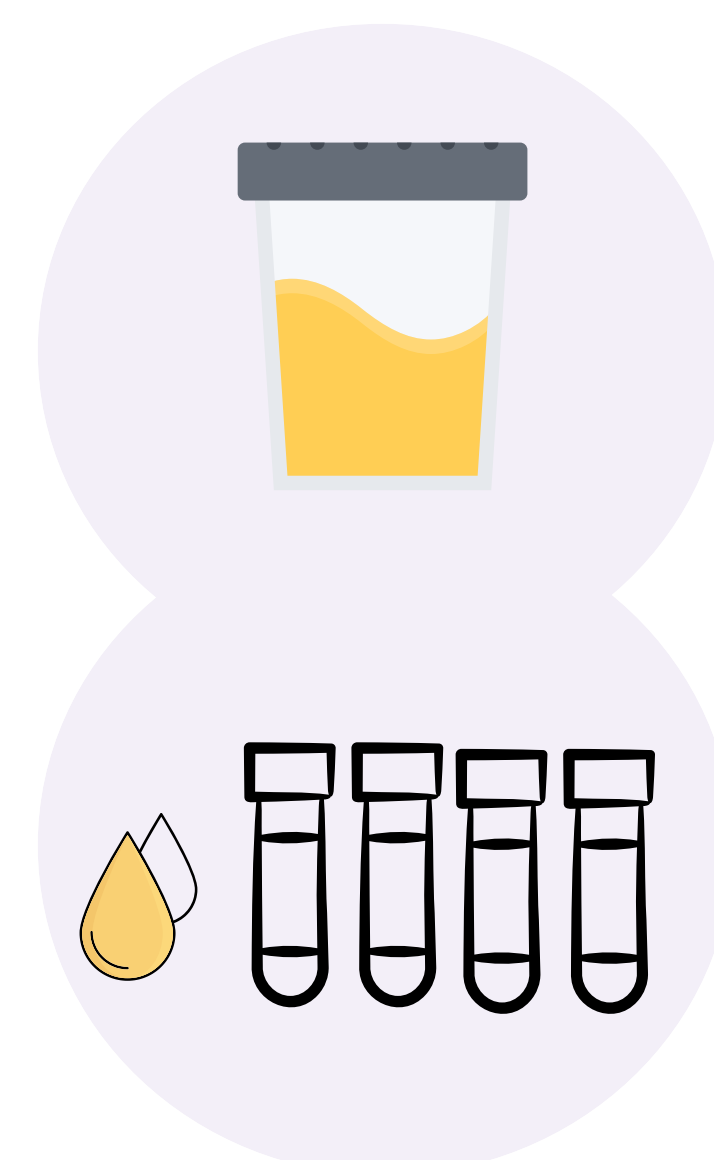
Each kit consist of collapsable **collection cups (A)** and urine collection **kits (B)**:



It is important to collect samples at the right times. To help you remember, we suggest you **leave the collection cup and kits by your toilet.**

Urine collection Steps

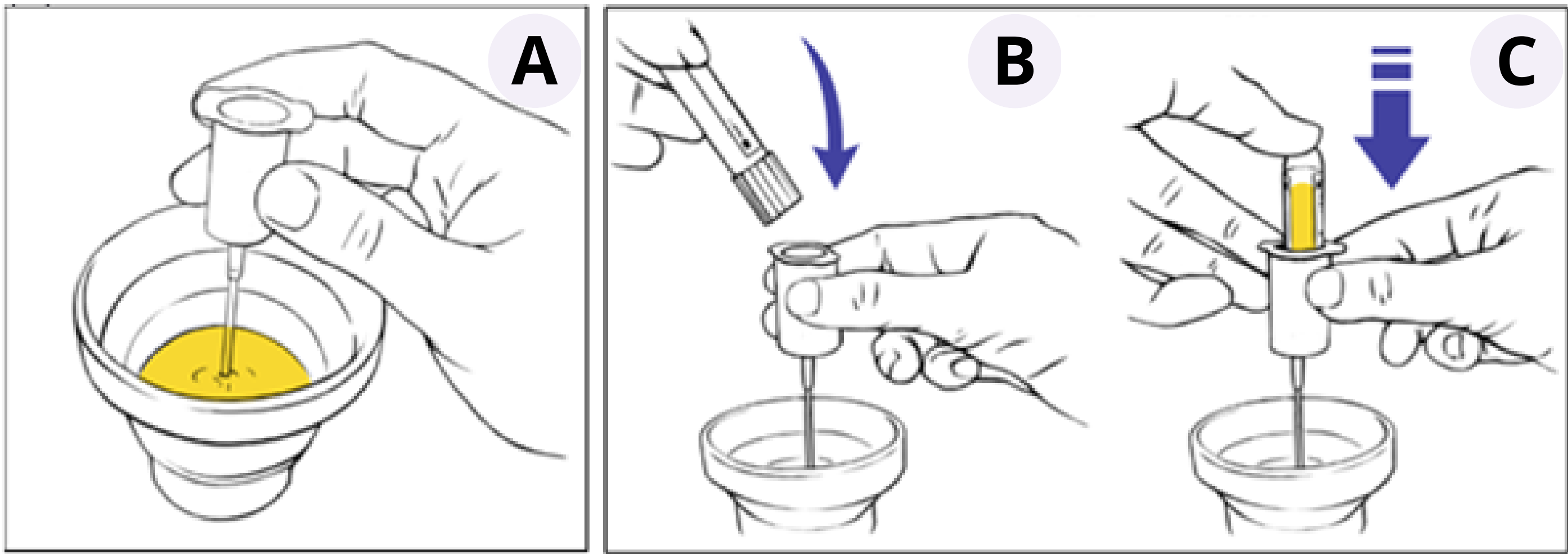
1. Wash your hands before collecting your sample.
2. Use a **new collection cup** each time to avoid contamination. Open it by pulling upwards until fully expanded.
3. **Collect your mid-stream urine:**
 - Start urinating into the toilet.
 - Midway through, collect urine in the cup.
 - Stop collecting before you finish.
 - Half a cup is enough - no need to fill it.
4. **Transfer urine to the tubes immediately**
(do not leave at room temperature)
5. **Fill in the urine sample log**, e.g. time of collection (instructions on page 13).



Transferring urine to the tubes

Important

The tubes (called vacutainers) have a vacuum that draws urine in automatically.
Do not open the tube lids. Only push the tube onto the straw's needle after the straw is submerged in the urine.
If you accidentally break a seal, use one of the spare kits provided.



1

Find the correct box.
Each box is labelled with a **week number** (e.g. Week 1, Week 3, Week 5) and a **box number** (e.g. Box1, Box 2, Box 3). It also has **coloured stickers** (see **page 6**).

2

Each box contains 4 kits - **marked AM (morning) or PM (evening)**, and **week day (Mon, Tue, Wed...)**. For example:

- Week 1, Box 1 contains 2X Tue PM kits and 2X Wed AM kits.
- Week 1, Box 2 contains 2X Wed PM kits and 2X Thu AM kits, and so on.

3

Locate the **correct kits** in the box - you need **2 kits per collection**.
Open the kits (keep the bags). Place everything on a flat surface within easy reach.

4

Insert the straw into the cup so the narrow end is submerged in the urine.
Be careful – the wider end contains a needle (**Figure A**).

5

Take one of the tubes from the foam pouch.
Push the lid of the tube onto the needle inside the straw (while the straw is still submerged) (**Figure B**).

6

Press the tube down firmly with your thumb.
Keep pressing and the tube will fill. At the desired volume, it will automatically stop filling (when about half full, **Figure C**).

7

Remove the tube and place it back in the foam pouch.

8

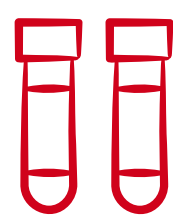
Repeat steps 4-7 until you have **filled all 4 tubes** in total (you can use the same straw).

9

Remove the straw, wipe it with a tissue (avoid the needle) and **return it to the pouch**.

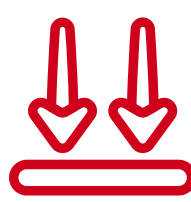
10

Complete the urine collection log by recording the date and time of collection, whether it was mid-stream, first morning or bedtime urine (as applicable).



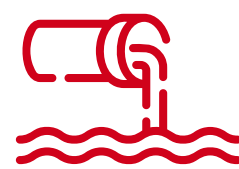
IF YOU USED A SPARE KIT

Place the tube in the foam pouch like the other 3 tubes. You can get rid of the defective tube in your household waste.



IMPORTANT

Follow the storage, disposal and postage instructions on page 14.



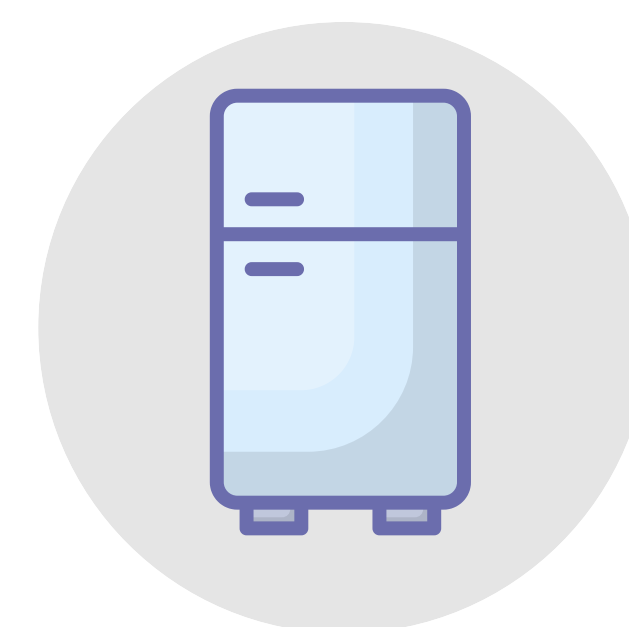
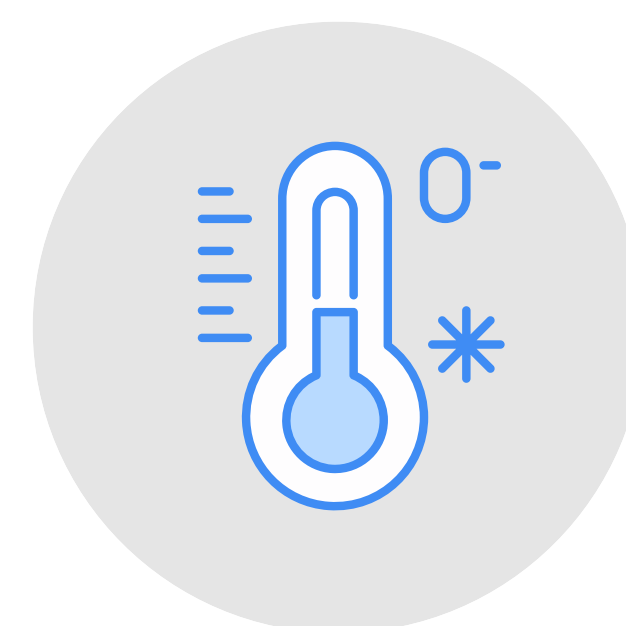
Spills?

Clean with a tissue or paper towel, then spray with household antibacterial cleaner.

Chilled storage

To preserve important molecules in your urine sample, it must be kept **cold**.

1. After collecting the sample
 - Return the straw and tubes to the foam pouch
 - Close the foam covers, **place both kits into their original plastic bags and seal**.
2. **Place both kits** into a clean **outer bag** (provided) and seal it.
3. **Store the sealed bag in your fridge** until ready to post (**do not freeze samples**).
Optional: you can place it inside a container or box too, if preferred (not provided).
4. **After removing the kits, clean the fridge shelf** with your usual antibacterial spray or cleaner.



Sharing a fridge?

Please check with others in your home before using shared fridge space.

Disposal / return of equipment

What you return to us:



- Your samples and used kits (these go in the return post – we handle disposal)
- Unused spare kits and collection cups (send these back at the end of the study)

What you dispose of:



- Used collection cups – empty into toilet, rinse, dry, and throw in household waste.
- Outer fridge bags – dispose of in your household waste.

Posting samples

Urine samples will be posted on **3 occasions each week**.

It is important to send them promptly. Please refer to the **tasks for Weeks 1, 3, and 5 on pages 8, 9, and 10** to see exactly **when to post your samples**.

Your samples go directly to **Aberystwyth University** for analysis.

1. When ready to post:

- Take the **4 kits out of the fridge** and remove them from their outer bag.
- **Place the kits back into the same box they originally came in** (each box fits 4 kits: 2 AM + 2 PM).

Only send full boxes — no partials, please!

2. Seal the box:

- Peel the tape cover and press firmly for a tight seal.

3. Drop the box into any **Royal Mail post box**.

No stamp needed — it's prepaid and pre-labelled.

The box includes your **Participant ID** for tracking.

Do not add your name or address.

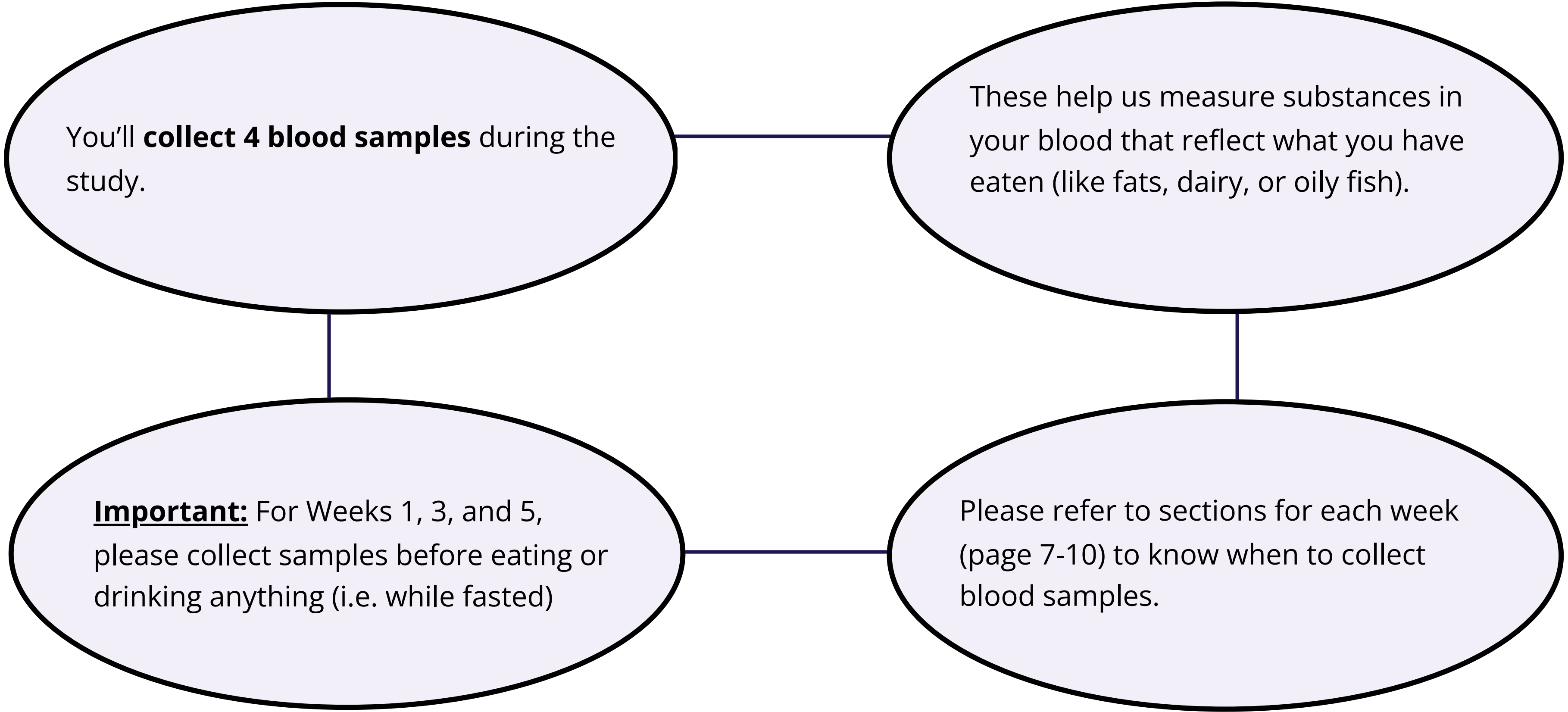


At the end of each week, **please email or WhatsApp us a photo of your completed urine collection log**.

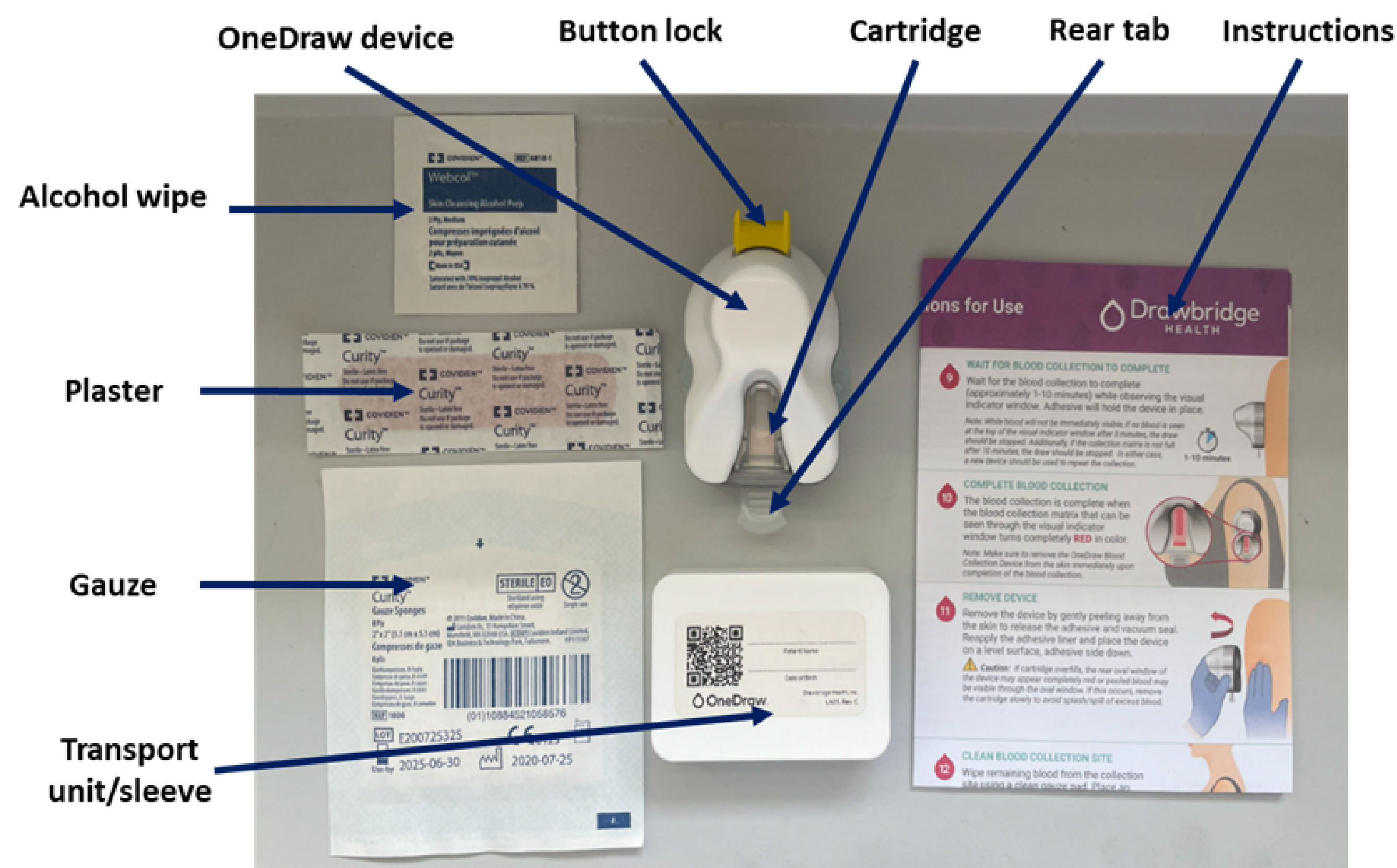
You will return the original logs at the end of the study along with the rest of your study materials.

Blood collection guide



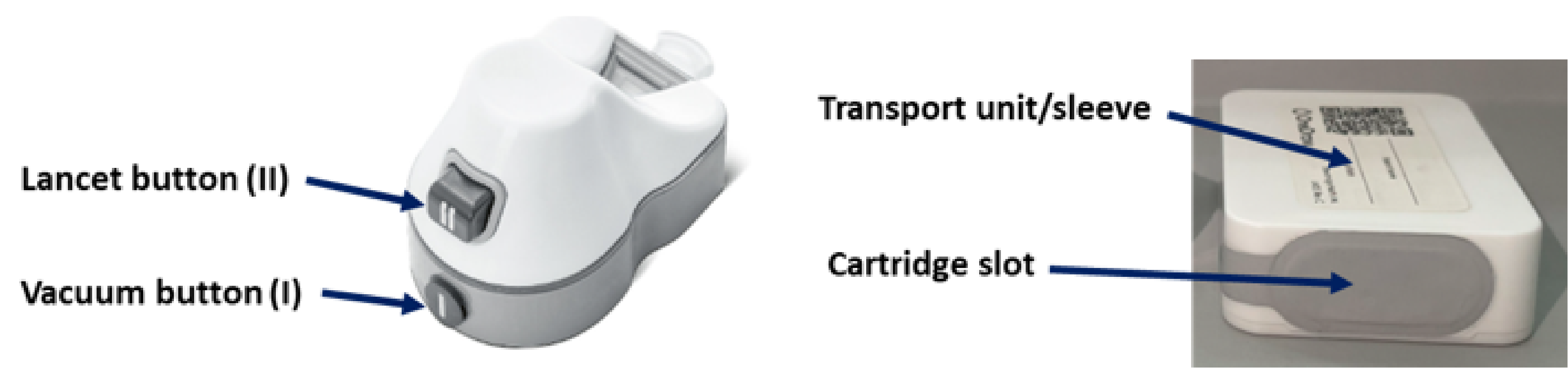


Blood collection equipment



You'll use the **OneDraw device** — a small, easy tool that collects tiny amounts of blood from capillaries (small blood vessels). You can take the sample from **your upper arm** (which most participants prefer) or **thigh**.

These kits are designed so you can collect the sample yourself. If you need help, it's okay for someone to assist you.



Blood collection Instructions

Please watch the **tutorial video** on the SODIAT website.

(**Note:** The website may give slightly different mailing instructions — always follow the handbook.)

You will collect your **first blood sample during Welcome Week** before the video call with the research team.

During the call, the team will answer your questions and discuss any difficulties you experienced. If you prefer to collect your first sample during the call, you can **arrange a one-to-one video call**.



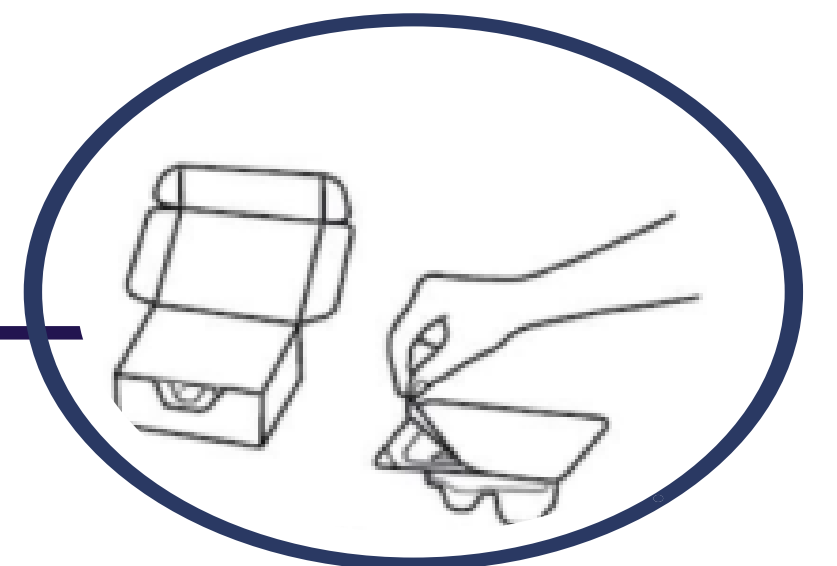
1

LOCATE AND OPEN THE CORRECT KIT

Each box is labelled with **Welcome Week, Week 1, Week 3, or Week 5**. You will also receive **one extra kit**. Boxes are also labelled with **coloured stickers** (see page 6).

Open the correct box, remove all contents and place them on a firm surface within your reach. **Tear the pouch open** along the notch starting from the corner.

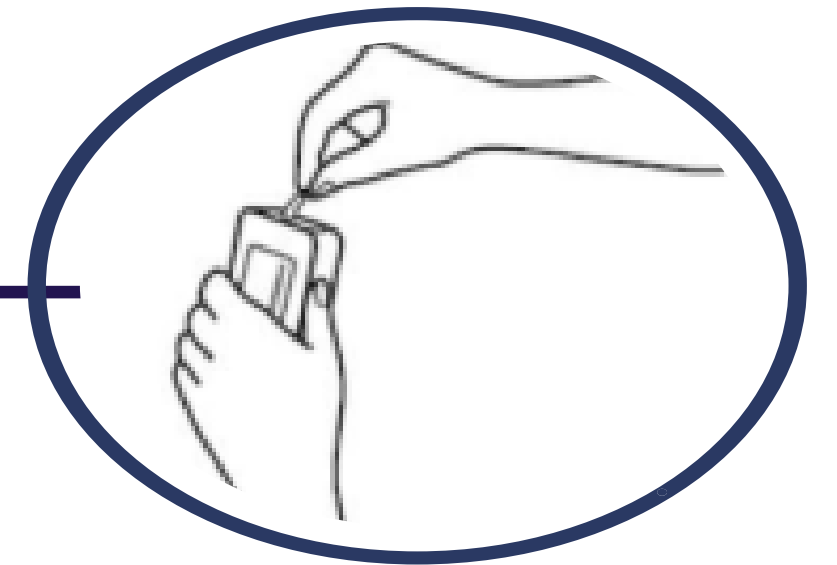
You may also want to have a **mirror or your phone** (to check blood collection is complete – Step 10) and a **timer** (to set the time – Step 9) within reach.



2

PREPARE TRANSPORT SLEEVE

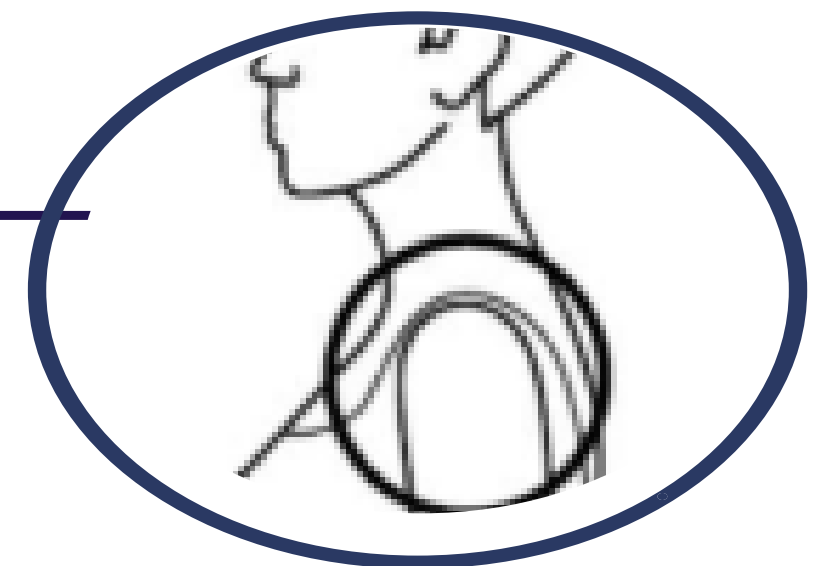
Stick the provided label with your participant identification code onto the sleeve. **DO NOT** write your name or DOB on the transport sleeve. **Remove the foil completely from the end of the sample transport sleeve.**



3

SELECT AND CLEAN COLLECTION LOCATION

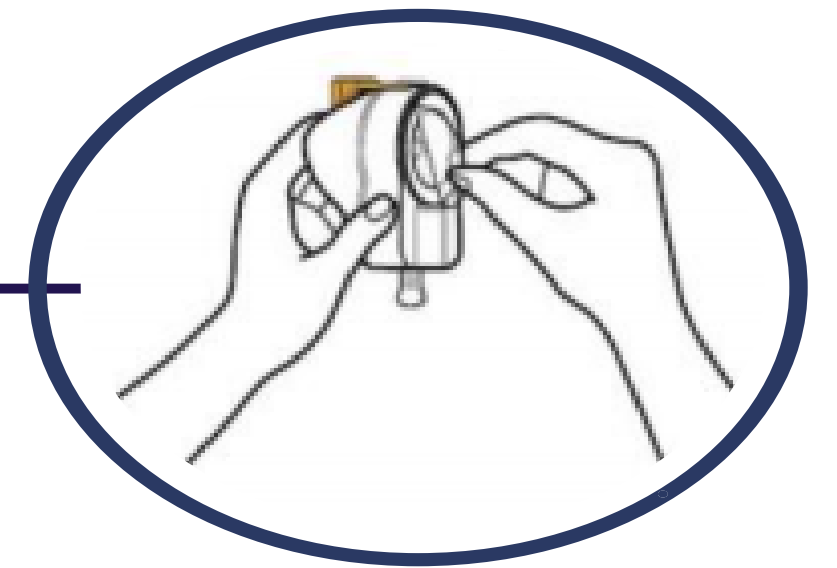
Sit down to take the measurement. Select a place to take the sample on the **outside of the upper arm**, approximately 2-4 inches (5-10 centimetres) below the top of the shoulder. **Clean the collection area** with an antiseptic wipe. Allow to air dry.



4

REMOVE ADHESIVE LINER

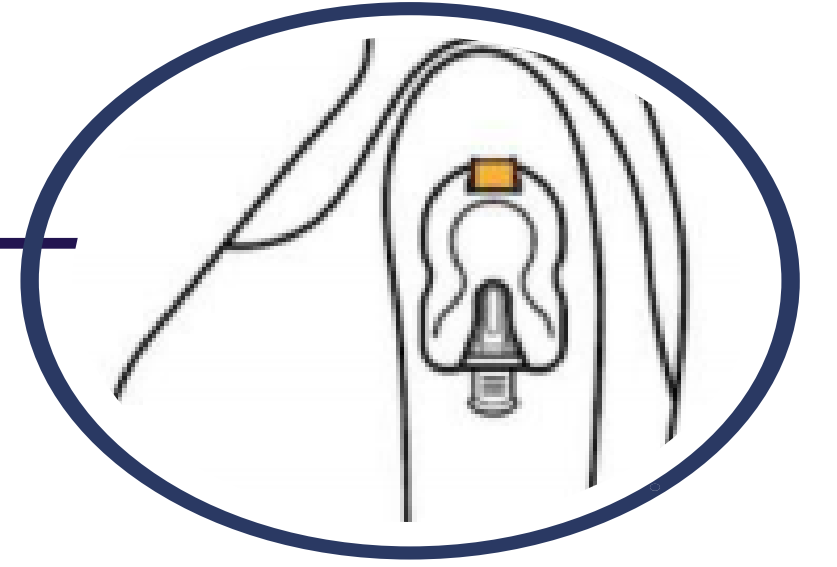
Remove the adhesive protection liner from the bottom of the device. **Retain the adhesive liner** for Step 11.



5

APPLY DEVICE TO COLLECTION LOCATION

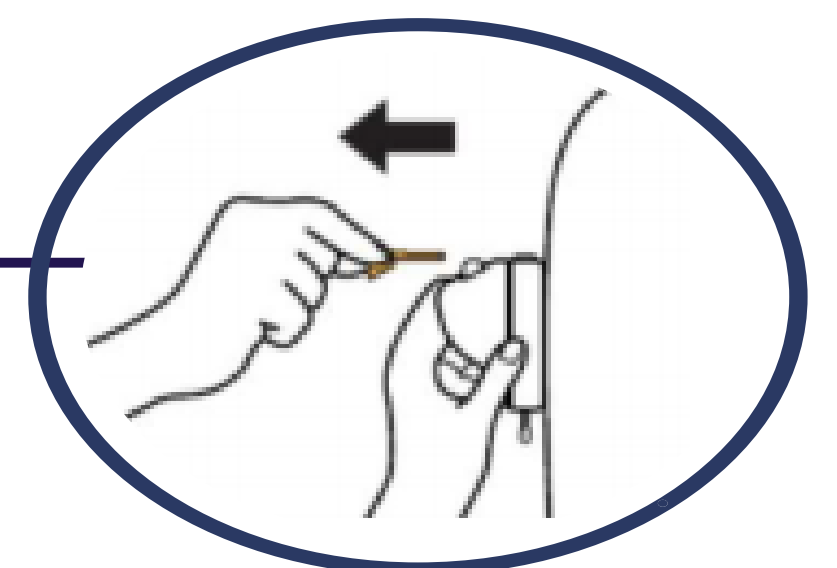
Apply the device to the skin at the selected location on your upper arm. The **vacuum activation button must be facing upward**. Ensure you can **see the visual indicator window clearly**, and the **entire bottom surface of the device is in contact with the skin**.



6

REMOVE THE YELLOW BUTTON LOCK

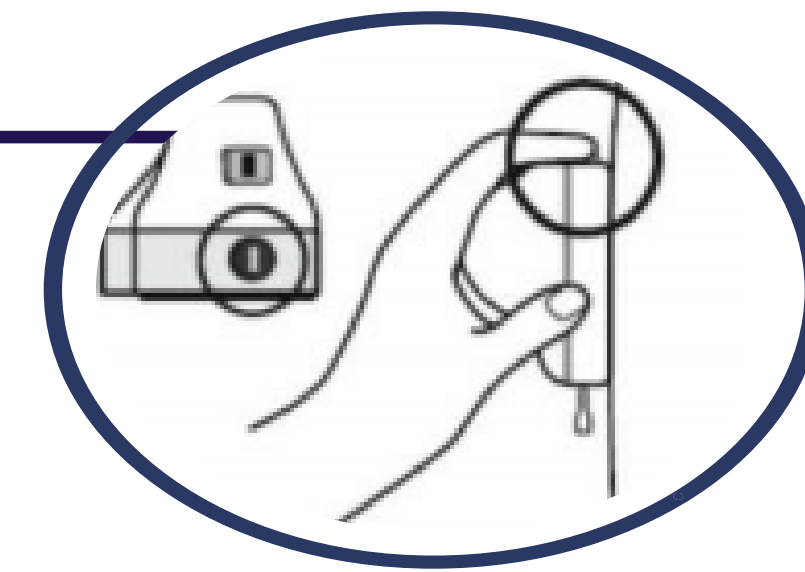
Remove the button lock from the device by pulling it horizontally away from the device and the arm.



7

ACTIVATE THE VACUUM (BUTTON "I")

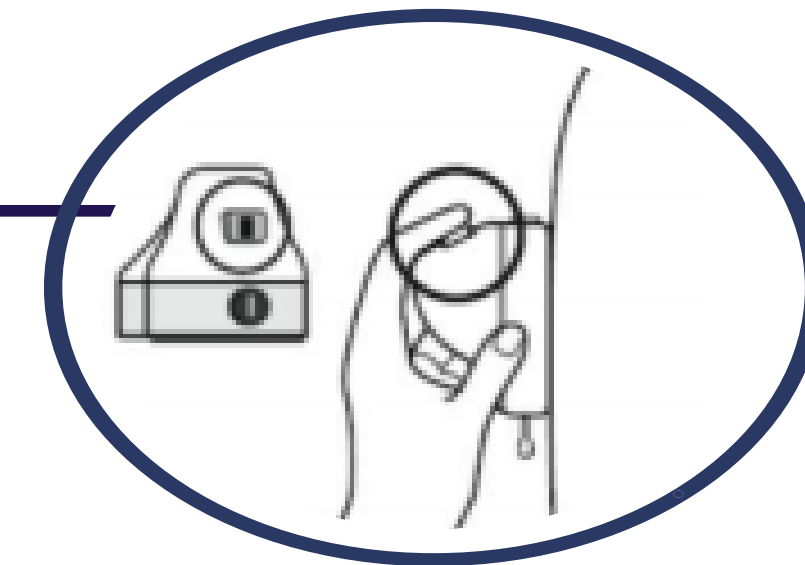
While holding the device in place, firmly **press Button "I"** (the button closest to the skin) to activate the vacuum. This button **may be stiff** and difficult to push. **When completely depressed, wait 30 seconds** before moving onto the next step. This allows the device to fully suction to your skin.



8

ACTIVATE THE LANCET (BUTTON "II")

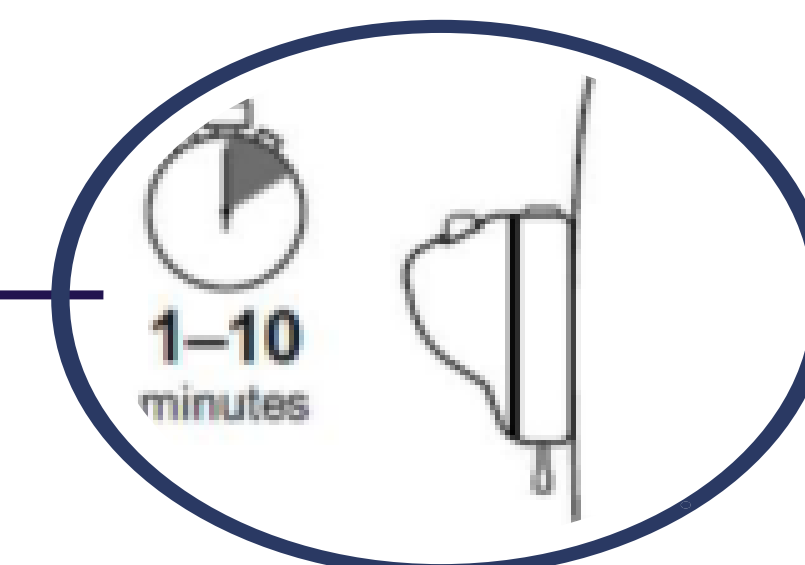
While again holding the device firmly in place, firmly **press Button "II"** (the button furthest from the skin). This releases a small needle (lancet) that pierces the surface of your skin, allowing small droplets of blood to appear. This button **may be stiff** and difficult to push.



9

WAIT FOR BLOOD COLLECTION TO COMPLETE

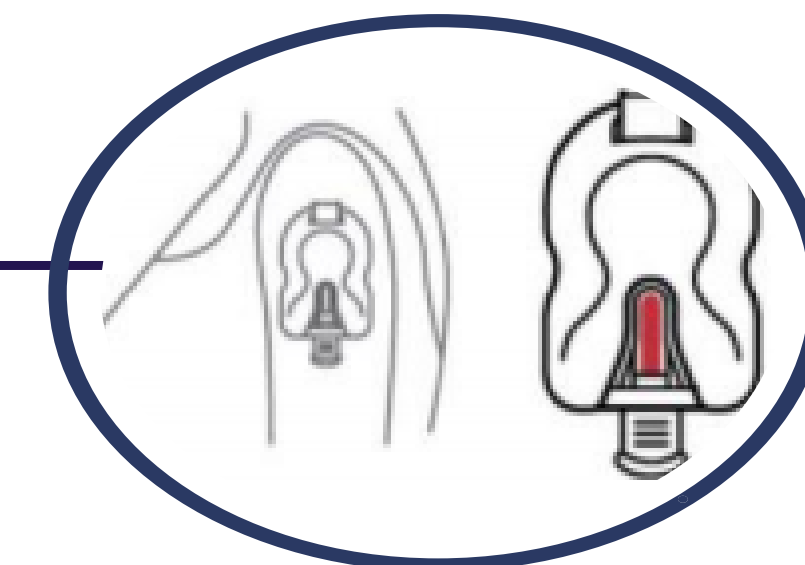
Start a timer. It takes **between 1-10 minutes** for the cartridge to fill. Either use the **camera on your phone** or **look in a mirror** to see this or **ask someone to help you**. If there is **no blood at all after 10 minutes**, remove the device and repeat the previous steps using a new kit.



10

COMPLETE BLOOD COLLECTION

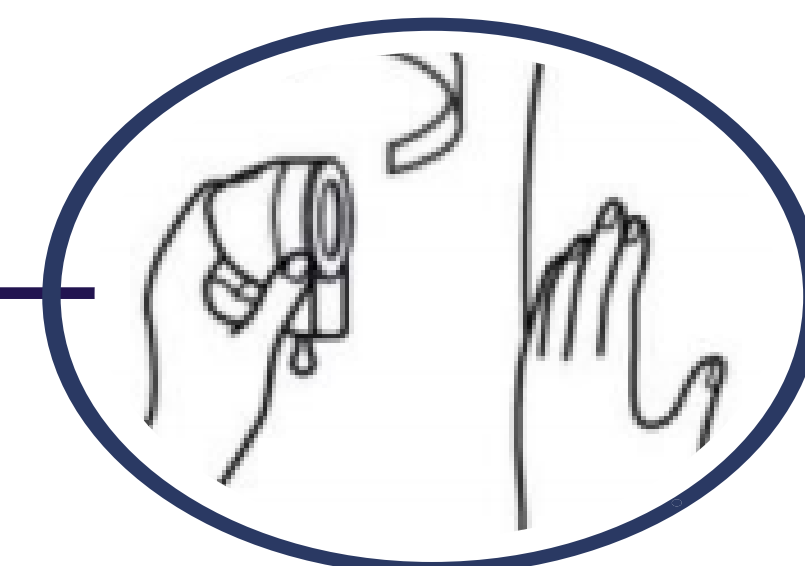
The blood collection is complete when the **white cartridge has turned completely red**. Stop collecting blood **after 10 minutes**, even if the cartridge is not full yet.



11

PROMPTLY REMOVE DEVICE

Promptly remove the device by **gently peeling away from the skin** to release the adhesive and vacuum seal. **Reapply the adhesive liner** (saved from step 4) and place the device **on a level surface, adhesive side down**.



12

CLEAN BLOOD COLLECTION SITE

Please don't be alarmed if the collection site looks messy – **this is normal**. Wipe remaining blood from the collection site using a clean gauze pad, pressing firmly to stop blood flow. **Place the plaster on the collection area**. If you have a **latex allergy**, please **do not use the plaster provided**.

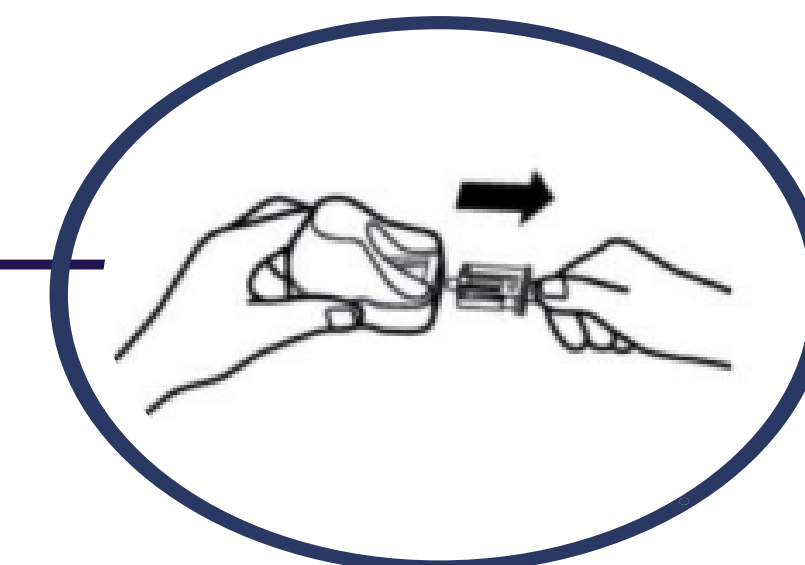


13

REMOVE CARTRIDGE

Remove the cartridge from the device by pulling on the rear tab and sliding it outward from the slot. **Always remove the cartridge slowly** to avoid any spillage of excess blood. The **cartridge may be difficult to remove** from the device, this is normal.

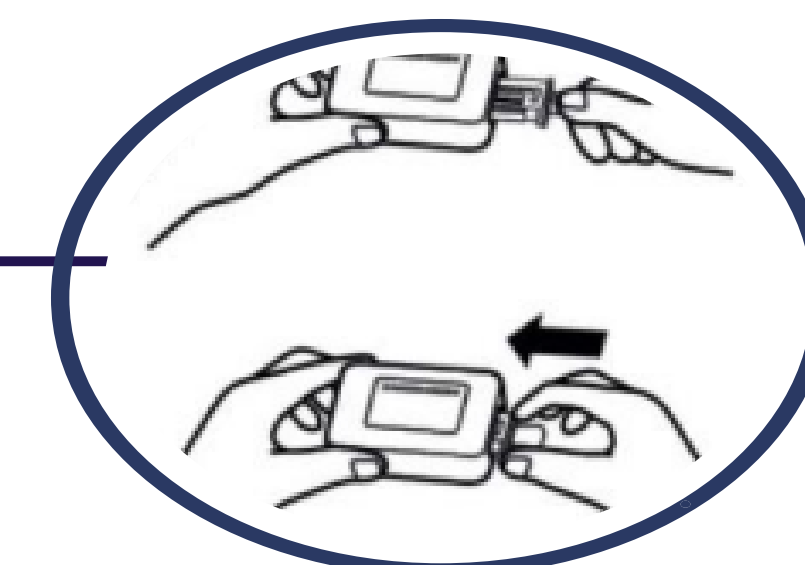
*Don't worry if only one side of the cartridge has filled with blood as **this is enough for us to analyse the sample**.*



14

PREPARE SAMPLE FOR POSTING

Insert the cartridge into the transport sleeve, **use your thumbs on either side of the handle** to push until **completely inserted, you may hear a "click" sound**. Place the sleeve in the **pre-addressed envelope** and **store at room temperature until posting**.



15

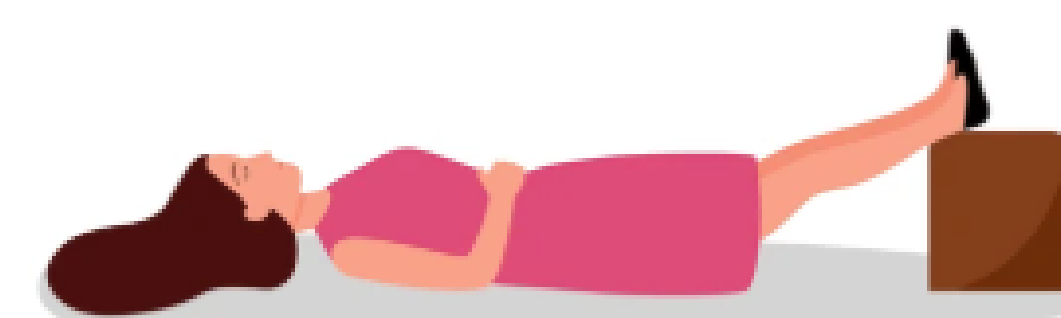
COMPLETE BLOOD COLLECTION LOG

After each collection, record the **date and time of collection**, whether you **were fasted**, and the **collection site** used (upper arm or leg).



If you feel light-headed/faint when taking the sample, stop immediately and follow the NHS advice

- Lay on the floor with your legs raised on a chair/cushions
- If you cannot do this, sit forward with your head lowered between your knees
- Take some deep breaths
- Sip water



Please **contact us right away** - a researcher and/or Research Nurse will check in with you.

If these symptoms persist, we advise you call 111 for advice.

Storage**Transport unit:**

Dries the blood sample at room temperature – no fridge needed.

Disposal

Used OneDraw devices can be **placed back into their original plastic casing and box** along with other items (alcohol wipe, gauze, plaster, yellow lock) and **disposed of in your household waste**.

Posting samples

Post samples on the same day as collection (except Welcome Week — that one posts with the Week 1 sample).

Please refer to the **weekly task lists on pages 8–10** to check the exact posting days.

How to send:

- Put the **transport unit** in the **pre-addressed envelope**
- Drop it in any **Royal Mail post box** - **postage is pre-paid**

Do not add your name or address to the envelope - it already contains your participant ID code so we'll know it is your sample.

Unused kit:

Return this with your **study logs** at the end (see Checklist in Welcome Week box).



Camera glasses



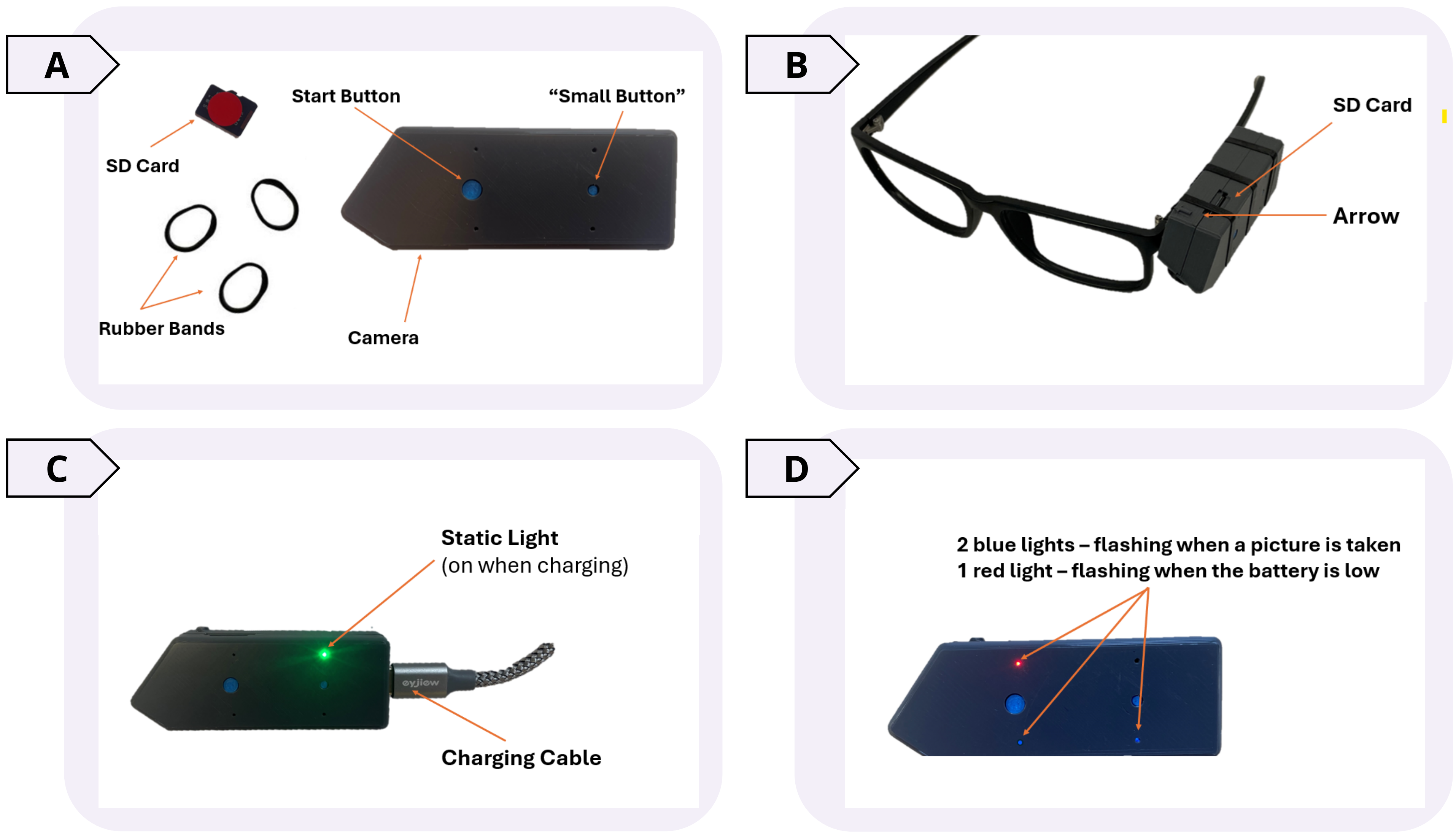
For **three days** during **weeks 1, 3 and 5**, you'll be asked to wear a small camera attached to a pair of glasses:

Glasses options:

- Use the provided frames with clear lenses, **or**
- Attach the camera onto your own glasses (rubber bands are provided).

How it works:

- The camera automatically takes a photo every **8 seconds** throughout the day.
- An artificial intelligence app developed by the research team will recognise the foods and drinks in the photos and calculate how much you ate or drank.



Whilst using the camera glasses, please regularly check the lights to ensure the camera is working as it should.

	1x Continuous green light	The camera battery is charging , the light will turn off when fully charged (Image C).
	2x flashing blue lights	The camera is taking images and battery power is sufficient . The lights flash each time a photo is taken.
	1x flashing red light with 2x flashing blue lights	The camera is taking photos, but the battery is below 30% . You have around 2 hours of charge left - please recharge soon (Image D).
	2x blue lights not flashing	The SD card is full or broken. <u>Please contact the research team as soon as possible.</u>

Using your camera glasses

Charging the camera battery

Overnight charge - it is important that you **fully charge the camera overnight before each study day** to ensure the camera battery has enough power for most of the following day.

- **If the camera has an SD card inserted, remove this** - keep it safe in its case.
- Connect the charging lead to the camera **until it clicks**.
- Plug into a **USB port or the 3-pin adapter** (connect this to the lead).
- **A green light** will appear while charging and switch off when **fully charged (about 3 hours)**.

Additional daytime charging - the camera battery will need an additional short charge each day.

- Plan a **1 hour charge between late afternoon and early evening**, when you're **not eating or preparing food**.
- **Remove the SD card** - keep it safe in its case.
- **Record** charging start and finish times in your **camera log**.

Inserting / removing SD cards

You will receive **3 SD cards** - the same one will be used **for all 3 days per study week**. Each **SD card and its case** is labelled with **coloured stickers** showing which study period (Week 1, 3, and 5) they are for (**see page 6**).

Inserting SD cards:

- Locate the **correct SD card** for the study week.
- If the camera has been charging, unplug the cables.
- Insert the SD card so its **coloured round sticker faces the same way as the sticker on the camera**; slide it into the slot (it only fits one way) and **push gently** until you hear a **click** and it sits flush with the camera.

Removing SD cards:

- **When charging** the camera (overnight or during the day), **remove the SD card**.
- **Push the card in** slightly to release it, **then pull it out**.
- Keep the SD card in **its case** (labelled with the **same coloured stickers as SD card**).
- On the last day of each study week, place the SD card in its case and keep safe with your other SD cards until they are all returned at the end of the study.

Assembling the camera

Attach the camera to the **left side of your own glasses** or the **glasses with clear lenses provided using the rubber bands**.

Make sure the **little arrow** on the camera case is **aligned with the hinges** of the glasses frame (see image B on page 21).

For extra comfort and stability, you may want to use a **sports band** (provided) to secure the glasses firmly on your head.

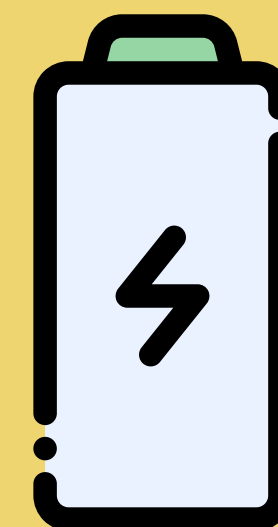
Ideal camera conditions for eating/drinking

To help the cameras capture good images that we can analyse whenever possible:

- **Sit at a table** rather than eating on your lap or standing.
- **Use good lighting** (turn on lights or sit near a window).
- Choose **light-coloured plates and bowls without patterns**.

During the test diet (week 3):

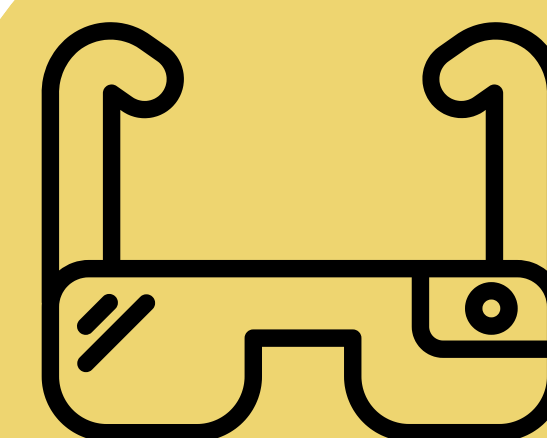
- **Empty packaged foods** (e.g., crisps) **onto a plate/bowl**.
- **Pour drinks** (e.g., juice cartons, cans) **into glasses**.



It is important that you **do not remove SD card at the same time as the blue lights are flashing**.

If you accidentally do so, the **blue lights will appear continuously (i.e. stop flashing)** and the **camera will not take any images**.

Please contact us immediately if this occurs and we'll show you how to fix this.

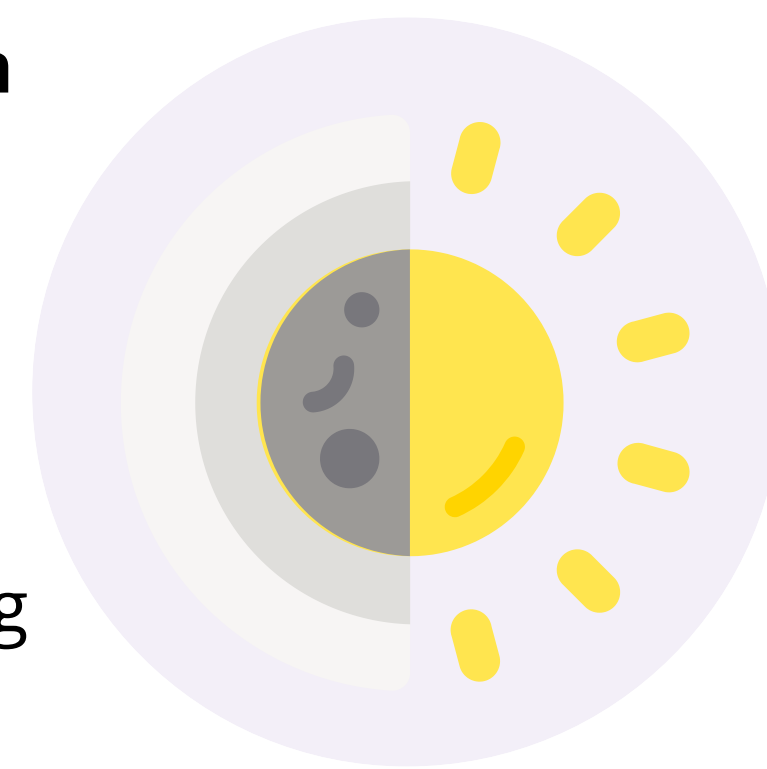


Why wear the camera all day?

You'll wear the camera **from waking up until bedtime** on each of the 3 days per study week —**even when you're not eating**.

Why?

- You might forget to put the camera glasses back on if you remove them.
- We need to capture every eating/drinking event, even small bites or sips - such as snacking while cooking or eating while travelling.
- Our artificial intelligence software needs more non-food images to continue to learn how to filter them out.



What do I need to do and when?

Before each study period
(Week 1, 3, and 5)

- Fully charge the camera overnight
- Ensure the **green light (steady, not flashing)** is on – it will turn off when fully charged (approx. **3 hours**).

During each study period
(3 days)

Morning setup

- Remove the camera from the charger and **insert the SD card for this week**.
- Press the **Start** button (use a pen if needed, Image A on page 21).
- **Two blue lights flashing every 8 sec** - camera is taking images and fully charged.

Wearing the camera

- **Immediately** put on the camera glasses and **record the start time in your log** (ensure you are wearing the camera when you do this so the **first few image of the day record the time and day**).

During the day

- Wear the camera throughout the day.
- **Before each meal or drink:**
 - Check blue lights are flashing.
 - Place the **size marker card** next to your food/drink so it's visible in the photos.

Daytime charging

- Charge the camera for **at least 1 hour in late afternoon/early evening** (choose a time you're not eating or cooking).

Temporary removal

- Record time and reason in your log.
- **Do not press buttons or remove the SD card** – just remove the glasses or cover the camera lens.

If the Start Button is pressed accidentally

- Record the time in your log (it changes how images are stored).

End of the day

- Remove SD card and keep it in its case.
- **Record time in log.**
- **Charge the camera overnight.**



At the end of each study period

- At the end of **each study period, charging overnight is not required**.
- Remove the SD card and place it in **its case and in the bag with the others**. These will be returned at the end of the study.

What should I do if it's not appropriate for the camera to take images?

We know there are times when it's **not okay or safe to wear the camera**. These include:

- **Private moments** like using the bathroom, getting dressed, or sleeping (for you and others, like bathing your children)
- When it's unsafe, such as **driving or cycling**
- **Sensitive places** like doctor's surgeries, changing rooms, or school gates
- Places that **don't allow photography**, like cinemas or theatres

Wherever possible, please try to avoid visiting these places during your active study days.

If you **need to**, please **remove the camera glasses temporarily**. If you're using your own glasses, carefully detach the camera — just **don't press any buttons** or **remove the SD card**. In both instances, remember to point the camera away from you or cover it.

Remember to **put the camera back on as soon as you can**. You should also **record the times and reasons** why you removed the camera in your log.

Please **do not wear** the camera glasses in **heavy rain**, since the camera is not waterproof.



What about my privacy? What about other peoples' privacy?

Since the camera records what you see, it will also capture images of you, the people around you (like family or friends), and things on your screens (phone, tablet, laptop).

However, the camera is angled downward and usually only captures what's below your face. In most cases, it won't capture anything above your nose height. See the pictures for reference.



We take privacy seriously and use special software to **blur faces and screens captured in the photos**. The **pictures taken are encrypted** (scrambled so they are meaningless), and only the research team at Imperial College London have the passkey to decrypt (unscramble) the data on the SD cards. For more details, see the participant information sheet.

To follow data protection rules, here's what we ask you to do:

- **In non-public places:** Let others (family, friends, housemates, colleagues) know they might appear in the images.
- **At work:** Tell your employer before wearing the camera, in case they have questions. You can refer them to us if needed.
- **In public:** You don't have to inform passers-by, but some people might be curious and ask about the camera.

We've given you **camera notification leaflets** explaining the study and how we protect people's privacy. Please give these to your friends, colleagues, housemates, etc. to read and provide to anyone else who asks. Let us know if you need more leaflets.

What should I do if people make me feel uncomfortable?

Wearable cameras are becoming more **common in public** (used by police, shop workers, cyclists), so many people are used to them.

If someone makes you **uncomfortable** after you explain you're in a research study, we **recommend you stop wearing the camera and put it away safely**.

Also, try to **avoid eating or drinking while not wearing the camera**.

If you need **advice or support, please contact us anytime**. At the end of the study, we'll ask about your experience wearing the camera in public.

We will assist you with troubleshooting!

- **If the camera is not working properly** (e.g., blue lights not flashing or not charging), **please contact us immediately**.
- **DO NOT PRESS** the **small button** next to the Start button (see image A, pg. 21); if pressed by mistake, please **record the time and let us know right away**.

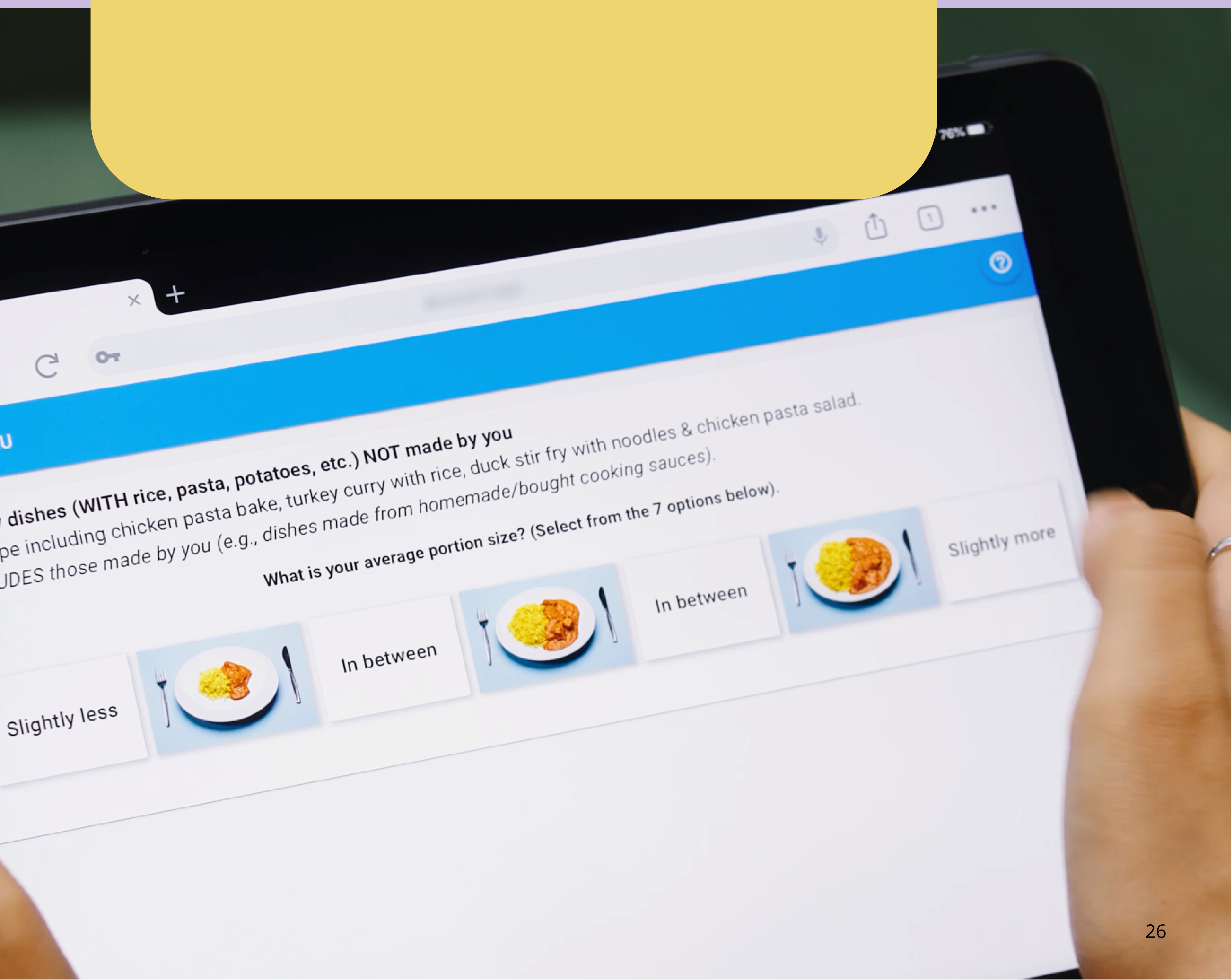


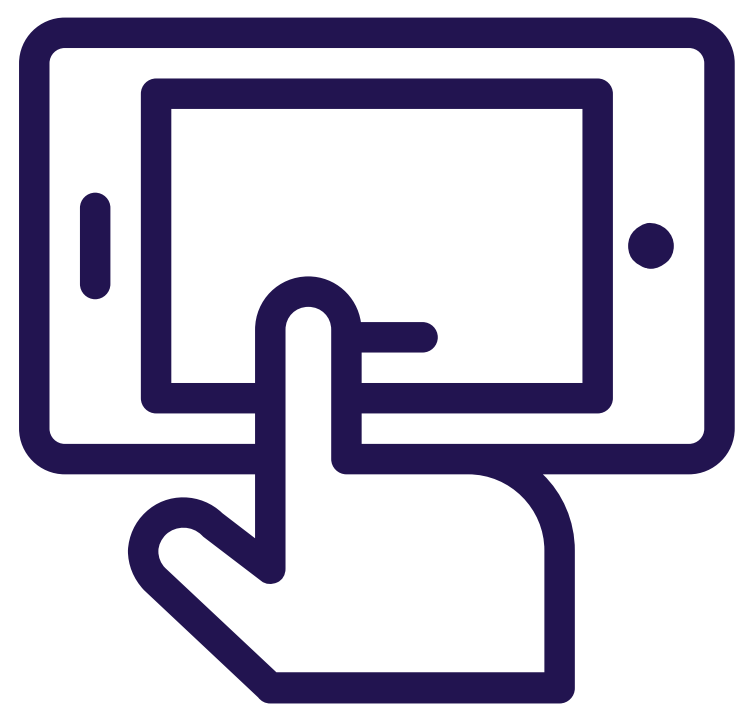
Posting camera equipment and SD cards

At the end of the study (Week 5) place all SD cards and the camera equipment, and camera logs in the original camera box/or padded envelope as you received it. Place them along with the camera logs **in the return box** until it is ready to be collected and delivered to the **University of Reading** (refer to the Checklist in the Welcome Week box).



eNutri - online dietary assessment tool





During the study, you'll use **eNutri** — an easy online tool that helps us understand what you've recently eaten or drank. It uses a **Food Frequency Questionnaire (FFQ)** that asks:

- **How often** you've had specific foods/drinks
- **Your usual portion size**
- **Types eaten** (for certain foods)

All you need to do is **click buttons** that match your intake.

eNutri then estimates nutrients like the amount of calories, protein and vitamin C you have eaten - but you won't see these results.

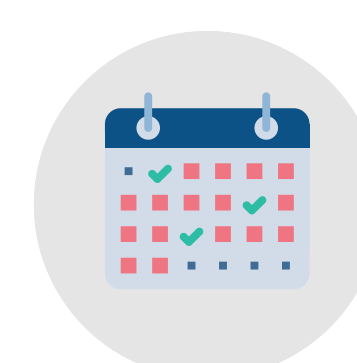
Top Screenshot: The interface shows a blue header with a 'MENU' icon and a question mark icon. Below the header, the 'Pulses' section is displayed with a progress indicator at 43%. The text reads: 'Any type including chickpeas, lentils, kidney beans, split peas & their use in dishes MADE BY YOU (e.g. houmous & chilli con carne)'. Below this, there are two rows of buttons for frequency: 'Not in the last 4 weeks', 'Less than once a week', 'Once a week', '2-4 times a week', '5-6 times a week', 'Once a day', 'Twice a day', '3-4 times a day', and '5+ times a day'.

Bottom Screenshot: The interface shows the same blue header. Below the header, the 'Pulses' section is displayed with a progress indicator at 43%. The text reads: 'Any type including chickpeas, lentils, kidney beans, split peas & their use in dishes MADE BY YOU (e.g. houmous & chilli con carne)'. Below this, there is a question: 'What is your average portion size? (Select from the 7 options below)'. Below the question, there are seven buttons for portion size: 'Slightly less', 'In between', 'In between', 'In between', 'In between', 'Slightly more', and 'Slightly more'. Each button is accompanied by a small image of a plate with food.



You'll also answer some questions about yourself each time:

- Age, sex, height, weight



On **multiple occasions**, you will use different versions of eNutri to record what you ate/drank.

Important: Complete **eNutri on the morning after each 3-day study period** - on Friday morning for Weeks 1 and 3, and on Monday morning for Week 5.

Please check each week's section for the specific days to complete the eNutri questionnaires (**see pages 7–10**).

How do I use eNutri?

Using eNutri is simple and doesn't require an app. Just follow these steps:

What you need

- A **web browser** (e.g., Chrome, Safari, Edge, Firefox) where you would usually visit websites
- **Any device:** laptop, tablet, phone, or computer

eNutri works best on Chrome — details on how to download it are on the eNutri homepage.

You'll receive an email with:

- **The weblink to eNutri**
- **Your login details**

Always ensure you **use the correct weblink** and **login details** as these will change at different times during the study.

To get started

- Click the link in your email (or paste it into your browser)
- On the homepage, click **Register/Login**
- Enter the login details provided provided and **click login (don't register a new account or click reset password)**.
- eNutri will guide you through the questions
- A short **tutorial video** plays the first time you log in

Time needed:

Set aside **25–30 minutes** to complete each questionnaire.

When you're done, eNutri will tell you — then you can log out.

Need a break?



Your answers will be saved — just make sure to finish by the end of the day so the data matches the correct study days.

Accuracy of reporting

When we are being observed, it's very easy to misreport or change what we eat and drink, for example:

- "Healthy" foods get **over-reported**
- "Junk" or "snack" foods get **under-reported**

But remember:

We're not judging your diet. What matters most is honesty — not healthiness.

This helps us **accurately test the tools**, and you're helping to make nutritional science better!

Week 3 test diet



During Week 3, you'll follow a 3-day test diet where all participants eat the same meals and snacks. These have been chosen to help us test the study tools consistently.

In your Welcome Week box, you'll find the "Test Diet Meal Plans and Log" which includes:

- Your daily food and drink list
- Suggested portion sizes

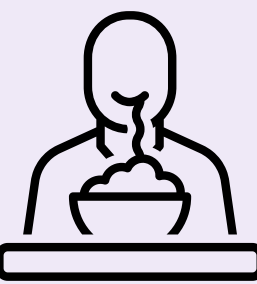


Which test diet will I receive?

There are **2 versions of the test diet**:

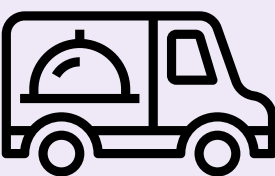
- One with meat/fish
- One without meat/fish

You chose your preference when enrolling. If you had no preference, we assigned one for you.
If you'd like to **change your preference**, let us know **during Welcome Week**.



How should I eat the test diet?

- **Follow the order of meals/snacks** shown in the plan — but eat them at the designated meal occasions, e.g. breakfast foods should be eaten for breakfast but the exact time is up to you.
- You **must eat/drink at least a small amount of every item** on the meal plan.
- Portion sizes are suggested for each but there is some flexibility and, for some items, you will receive extra. **It's your choice whether you eat more or less than the recommended portion size** (we'll ask you to indicate this on the test diet log).
- **No other food or drinks** are allowed, except for plain water (not flavoured or sparkling) which you can drink freely and you are permitted to drink up to 4 cups of tea and coffee per day. Your meal logs provide further information.
- Cook/reheat food according to the manufacturer's instructions on the packaging and **ensure chilled/frozen food/drinks are stored correctly**.
- Before eating, check **the camera is working** and refer to the **ideal eating conditions** (see pages 22-23).
- After each meal, **fill in the log sheet** to confirm what you ate — it also acts as a handy meal reminder.



How will the foods be delivered to me?

We'll arrange for a Tesco or Sainsbury's delivery to your home on **Monday of Week 3**. You'll be given a **1-hour delivery slot** according to your preferences.
What you need to know:

- We'll share your name, address, and phone number with the delivery service for this one occasion.
- The supermarket **may contact you** with delivery updates.
- Some foods will need to be **stored in your fridge or freezer** (about 1 fridge shelf + ½ a freezer shelf).

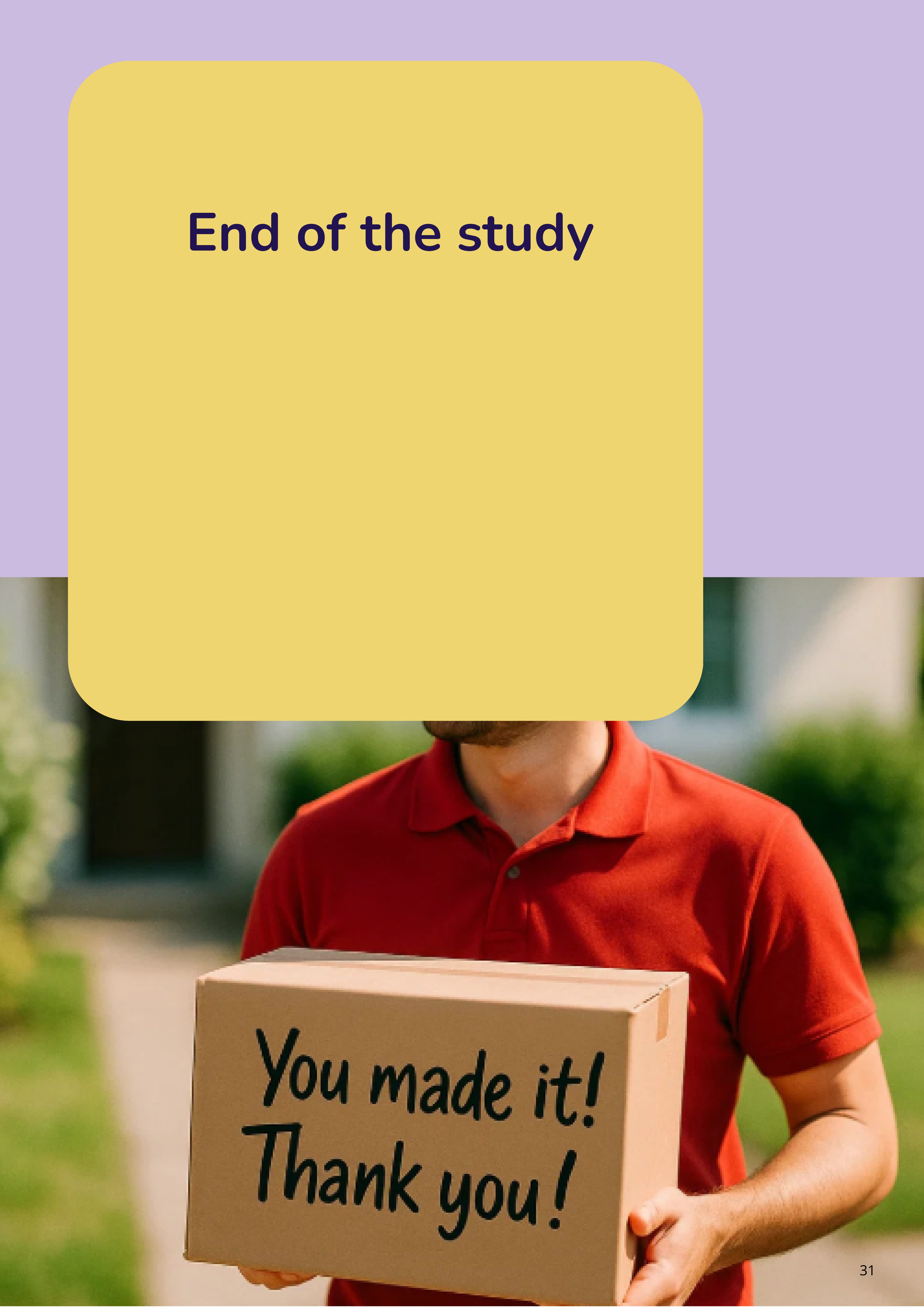
Expect more food than you'll need — after the 3 days, you're free to eat, share, or dispose of leftovers. **Do not return any food.**

Check use-by dates on the delivery day! If anything expires too early, contact us immediately.

Occasionally, **some items may be missing from your order** — check the delivery and contact us straight away if anything isn't there or has been substituted.

Further advice on how to safely chill, freeze and defrost foods at home are provided by the Food Standards Agency.

End of the study

A man in a red polo shirt is holding a cardboard box. The box has the text "You made it! Thank you!" written on it in a black, handwritten-style font. The background is a blurred outdoor scene with greenery and a building.

*You made it!
Thank you!*

You'll receive **£150** for **successfully completing** the 5-week study, paid via **bank transfer**.

This will be processed through the **University of Reading**, and may take **up to 6 weeks**.

If you withdraw early, you will receive:

- **£45** if you complete **Week 1**
- **£90** if you complete **Weeks 1 and 3**

No payment is made for Weeks 2 or 4

"Successful Completion" means that for each week:

- Blood and urine samples collected
- Camera glasses worn daily as instructed
- Study logs completed
- eNutri questionnaires completed
- All samples and SD cards returned on time
- All equipment and logs returned
- For Week 3: Test Diet followed as instructed



You'll find the **Volunteer Payment Form** in your Welcome Week parcel. Please complete:

- Surname, forename, and address
- Bank sort code and account number
- **Your signature (required for processing!)**

We'll fill in the rest when we receive your form.

Please be advised these forms will be handled securely.

Payment form



Returning study equipment via courier service

At the end of the study, **all remaining study equipment and logs must be returned to the University of Reading** using a **courier collection arranged by us**.



Important information

- **Someone must be present** at the collection address when the courier arrives - parcels cannot be collected from a safe space. **Another person may hand over the parcel on your behalf.**
- We advise you let us know your **preferred collection address** (e.g., home or workplace) and **weekday (Mon-Fri) at least 10 days** in advance to ensure slot availability.

Information we will need

To book your collection, we will ask for:

- **Collection address**
- **Preferred day (Mon-Fri)** for the collection.

Preparing the package for collection

1. Please refer to the **Return Checklist** to make sure you include everything that needs to be returned.
2. Use the **return box provided** - it is already labelled, you do not have to write anything else on it.
3. Pack the **camera, SD cards, and camera accessories in their original box or padded envelope to prevent damage during transportation.**
4. Place the **camera box/padded envelope and all other items** inside the return box.
5. Please make sure you **securely tape** the box closed to prevent items from falling out.



On the collection day

- You will receive a **text message (or email if preferred)** from the courier with a **time window (usually 2-4 hours)**. Please note, this time window is **not guaranteed**.
- If needed, you may **rearrange the collection day** in advance, or after a missed attempt. We can also assist you with rescheduling if required.

