

INFORMATION SHEET

Dietary Patterns in Patients with Inflammatory Bowel Diseases

Berkeley Limketkai, MD, PhD, and associates from the Division of Digestive Diseases at the University of California, Los Angeles (UCLA) are conducting a research study.

You were selected as a possible participant in this study because you are a patient with an inflammatory bowel disease (IBD). Your participation in this research study is voluntary.

Why is this study being done?

IBD influences the diet and the diet influences IBD. On one hand, patients with IBD often modify their dietary intake to reduce gastrointestinal symptoms, improve their gastrointestinal health, and following recommendations provided by others or found on the Internet. On the other hand, different diets may have properties that aggravate or improve disease activity. However, we do not yet have a clear understanding on how these affect other. This study is intended to better understand the relationship between the diet and IBD and to help guide us on where to focus the next steps of research to provide better dietary recommendations and improve the care of IBD.

What will happen if I take part in this research study?

If you volunteer to participate in this study, the researcher will ask you to do the following:

- Complete a 20-minute general questionnaire in clinic about energy, mood, lifestyle, and related topics.
- Complete a 60-minute diet questionnaire electronically at home.
- Follow-up questionnaires may be requested at subsequent clinic appointments.
- We may look at your medical records to obtain information about your demographics, IBD characteristics, and test results. This information will allow us to correlate your diet with your IBD characteristics in hopes of finding helpful patterns.

How long will I be in the research study?

Participation will involve long-term follow-up for at least 1 year and up to 10 years.

Are there any potential risks or discomforts that I can expect from this study?

- You may find completing the questionnaire tedious or time consuming.

Are there any potential benefits if I participate?

You will not directly benefit from your participation in the research. The research will nonetheless be useful for better understanding how diet influences IBD and improve our care of patients like you. The anonymized results may also be presented at national conferences and published in scientific journals.

Will information about me and my participation be kept confidential?

The researchers will do their best to make sure that your private information is kept confidential. Information about you will be handled as confidentially as possible, but participating in research may involve a loss of privacy and the potential for a breach in confidentiality. Study data will be physically and electronically secured. As with any use of electronic means to store data, there is a risk of breach of data security. Data will be stored on encrypted and secured computers.

How Information about you may be used for future research

Identifiers may be removed and, after such removal, the information could be used for future research studies without additional informed consent from the subject.

What are my rights if I take part in this study?

- You can choose whether or not you want to be in this study, and you may withdraw your consent and discontinue participation at any time.
- Whatever decision you make, there will be no penalty to you, and no loss of benefits to which you were otherwise entitled.
- You may refuse to answer any questions that you do not want to answer and still remain in the study.

Who can I contact if I have questions about this study?

- **The research team:**
If you have any questions, comments or concerns about the research, you can talk to the one of the researchers. Please contact: Berkeley Limketkai at 855-IBD-UCLA
- **UCLA Office of the Human Research Protection Program (OHRPP):**

If you have questions about your rights as a research subject, or you have concerns or suggestions and you want to talk to someone other than the researchers, you may contact the UCLA OHRPP by phone: (310) 206-2040; by email: participants@research.ucla.edu or by mail: Box 951406, Los Angeles, CA 90095-1406.