

**CRAFT HILLS COLLEGE
RESEARCH PROJECT APPROVAL FORM**

The following guidelines apply to all external research projects involving Crafton Hills College. An **external research project** is defined as any research project or study which is outside the normal day-to-day operations of Crafton Hills College (CHC) and/or is under the direction of someone other than an employee of the College. A typical example of an external research project is one conducted by a masters or doctoral student who wishes to ask CHC students or employees to participate in a study. Examples of normal day-to-day operations include program review, Student Learning Outcomes/Service Area Outcomes and projects which are part of a CHC course (e.g., research course).

1. Any individual, group or agency desiring to conduct research at CHC must obtain the written permission from the Faculty and Administrative Co-Chairs.
2. Before permission is granted, a written proposal must be submitted to the Dean of Institutional Effectiveness, Research and Planning. The proposal will include brief summaries of the rationale for the study, the methodology to be used, and the expected outcomes (see below).
3. Normally, the CHC IRB cannot provide facilities of any type for external research projects ([Click here to access the form to request the use of facilities](#)).
4. Unless the College feels that participation in a particular project is both educationally valuable and a natural part of the course content, class time will not be used for any project. In any event, the faculty member's permission must be obtained before class time can be used.
5. Participation in any project must be voluntary and all participants should be informed as to the purpose of the project and the scope of their involvement.
6. As a condition of approval of the research study, it should be noted that CHC students or employees involved in any research project will not be identified when the findings are published. The name of the College will not be identified in any publications.
7. Approval of external research projects is based on many aspects including time involved and whether the project relates to the College's mission, vision, core values and goals.

This *Research Project Approval Form* is to be completed and approval received before research begins. The completed form should be sent to the Institutional Effectiveness, Research and Planning Office. The IRB Committee and/or the IRB Committee Co-Chairs will review the study, discuss changes/implications with the author and make the final approval decision. If the study is approved and the research conducted, a copy of the results must be sent to the [Institutional Effectiveness, Research and Planning Office](#).

PROJECT INFORMATION	
Project Title:	The Relationship Between Nutrition Knowledge and Obesity in Southern California Adults
Principal Investigator:	Cory Gheen
Educational Institution:	Loma Linda University – School of Allied Health
Mailing Address:	24887 Taylor Street, Suite 202 Loma Linda, CA 92350
Phone Number:	(909) 558-4531
Email	cgheen@llu.edu
Faculty Advisor Name:	Gurinder Bains
Faculty Advisor Mailing Address:	
Faculty Advisor Phone Number:	
Faculty Advisor Email:	gbains@llu.edu

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Answer All of the Following Questions

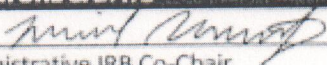
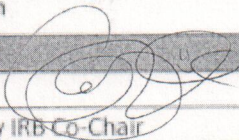
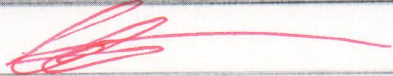
1. What is the rationale or purpose of the study?
 - a. The purpose of this study is to find the relationship between nutrition knowledge and obesity.
2. What are the main goals or objectives or outcomes or research hypotheses of the study?
 - a. We propose that adults with little food knowledge might exhibit high anthropometric measurements. If this correlation between food knowledge and anthropometric measurements exist, interventions in teaching nutrition can be considered. This study can improve quality of life by increasing food knowledge and decreasing obesity.
3. Who will be the subjects/participants? How many? Will they be compensated? If so, how?
 - a. We will recruit 1000 participants who reside in Southern California. This includes both male and female participants between the age of 18-55. Although there will be no personal benefits to participants, the scientific knowledge gained from this study may help with the understanding of how the effects of nutrition knowledge will impact a person's weight and possibly their food choices.
4. Describe in detail all procedures to be performed on the participants (e.g., recruitment, surveying, debriefing, exposure to stimuli, etc.)?
 - a. We will recruit by word of mouth, social media, emails, and flyers. During a one time meeting, participants will allot one hour to data collection. Participants will:
 - Read the information sheet
 - Sign PHI (protected health information) sheet. By signing they are giving consent to participate in the study.
 - Take General Nutrition Knowledge Questionnaire (GNKQ). The questionnaire should take anywhere from 15 to 25 minutes to complete.
 - Fill out demographic questionnaire.
 - Height, weight, waist circumference, and body fat percentage will be taken using a bio impedance scale, stadiometer, and tape measurer with assistance of student researchers. Results will be transferred onto the Anthropometric Data Sheet. Participants will be given their anthropometrics measurements on a separate designated card.
5. What assessment instrument(s) (e.g., survey, focus group) will be used? Please provide the IRB with copies.
 - a. A general nutrition knowledge questionnaire, anonymous demographic questions, and anthropometric measurements will be taken.
 - b. Height, weight, waist circumference, and body fat percentage will be taken using a bio impedance scale, stadiometer, and tape measurer with assistance of student researchers. Results will be transferred onto the Anthropometric Data Sheet. Participants will be given their anthropometrics measurements on a separate designated card.
6. What are the potential risks to the participants?
 - a. The risks that might result from study-related procedures include breach of confidentiality and potential social stigmatization.
7. Describe how you will deal with confidentiality and anonymity?
 - a. Questionnaire will be given anonymously. Subjects will be given identification numbers which will be consistent for GNKQ, demographic questionnaire and anthropometric measurements. Subjects will be identified only by this unique study ID. The master code key with study ID's will only be accessible to the primary investigator and co-investigators. This master code key will be kept in principal investigator, Cory Gheen's office in Loma Linda University School of Allied Health. In the event there is a loss of electronic data, a hardcopy of this code will also be maintained in the same secure office.
8. How will you document informed consent (Provide a copy of the informed consent form.)?
 - a. Participants will read the information sheet and PHI before signing informed consent.
9. What are the suggested date(s) for the study?

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- a. Dates TBA October-January
10. How will the data be reported (e.g.: articles, thesis, dissertation, presentations, etc.)?
a. Research Paper and colloquium.
11. If class or work time is needed, do you have an internal contact person who is already willing to comply? Which employees of the college have expressed interest in helping you gather data? (Note: using class time is discouraged)
a. Yes, Dr. Truong and Colleen Hinds have both agreed to let classes know about our study. We hope to use a classroom for collecting data.
12. Which classes will be used in the study? Have the faculty given permission for the study to be done in class?
a. Anatomy and other health science classes, but not excluded to those. We hope to have as many classes as possible to participate in the study.

Also include a HARD copy of your approved full proposal. This copy should include both the signature page of approval (or electronic equivalent) from your IRB and all material reviewed by your IRB.

When the project is completed, a summary of the key findings should be sent to the Institutional Effectiveness, Research and Planning Office (kwurtz@craftonhills.edu).

SIGNATURE & DATE	APPROVAL
 Administrative IRB Co-Chair	<input checked="" type="checkbox"/> Approved <input type="checkbox"/> Not Approved
Reason:	
 Faculty IRB Co-Chair	<input checked="" type="checkbox"/> Approved <input type="checkbox"/> Not Approved
Reason:	
 1/2/18	
Principal Investigator(s) Signature & Date	
Other Notes: The Crafton Hills College IRB has reviewed your proposal and has decided to approve your request to conduct research at Crafton Hills College as long as the following conditions are met.	
<ol style="list-style-type: none"> 1. You can post announcements on approved campus locations, as long as the announcement receives approval from the Student Life Office. 2. Remember that it is up to students and faculty to choose whether they wish to participate in the recruitment of students or in the study. 	
Congratulations and good luck with your research project!	

Source: Mt. San Antonio College, IRB Proposal Form.