

Participation in this study would be highly appreciated.

I am a fifth year Psychology student about to complete my Masters degree, which requires me to hand in a study & dissertation of relevance. The study has to have a minimum of 30 participants, which ensures statistical validation of the questionnaires I would like to hand out to you. The study is concerned with eating behaviour in conjunction with addictive behaviour, inferring that sugar has addictive qualities and that the evation of such can curb addictive behaviour as well as increase physichal and psychological well-being.

You will remain anonomous in entitery. The Harmony Clinic has kindly agreed to assist me in gathering Data on 30 participants, who undergo a nutritional intervention, ie. low carbohydrate diet as part of their stay at the Harmony Clinic. I would like to record your psychological and physical state of being from before and after your time with the Harmony Clinic, and will use the physical measurements attained from you by the Harmony Clinic with your consent.

This by no means aims to force you into participation - rather pleads for your assistance. You are welcome to refuse participation at any time.

If you consent, you will be handed a standardised questionnaire which is meant to assess your eating behaviour on a psychological basis from before and after your time at the Harmony Clinic. This means, that you will fill out one questionnaire on entry and one questionnaire on completion of your time.

The Harmony Clinic will do your physical assessment profile, of which I will have access to your physical body-measurements such as height, weight, gender and age. I do not need any information in regards to your identity at all. The consent forms may remain with the Harmony Clinic as to ensure absolute privacy.

Please complete the consent form - it is a measure which ethically has to be part of the study. As stated above, the consent forms will remain at the Harmony Clinic to prevent any invasion of privacy and maintain anonymity.

Thank you so much for your understanding and I wish you all the best for your stay in the Clinic. If , at any time, you would like to follow up on results or the evaluation of the questionnaire or simply have a look at the full paper, please do not hesitate to contact me at

annkiste@gmail.com

Study Aim & Motivation

Addiction: A cost effective treatment proposal within a developing country context

Exploring the efficacy of nutritional intervention (low carb&high fat diet) to improve the ability of self-control and regulation in carbohydrate-addiction, curbing addictive behaviour while facilitating positive physical and mental health

As the available literature and areas of study in regards to nutrition and its impact on physiological and psychological health expand, the question arises: 'Why does the public not know about it and where is the appropriate education?'

South Africa, as does the rest of the World, still follows a high carbohydrate, low fat approach despite vast indicators of the detrimental health consequences visible in the rise in cancer, auto-immune disease, dementia and neurological ailments, diabetes, and obesity. Not only do these 'new-age' illnesses debilitate the afflicted and affect the next generation to come, they damage the economy and place immense pressure on an already strained healthcare system. Psychopathological behaviour arising from food-addictions have not been considered at full length and are treated in no relation to the possibility of there being an addiction. Countless pharmaceutical measures are being developed and sold at high cost not only to the healthcare distributors, but also to the public - along with numerous side-effects, impacting on the individual, the families and society as a whole.

Connections from carbohydrate-addiction to schizophrenia, depression, bipolar disorder ADHD, obsessive-compulsive behaviour and neurological pathologies have been established, yet there is no sanctioned source of information made available to people enabling them to make better choices - to educate themselves freely in regards to their body and nutrition. It is the most feasible option to take for a developing country such as South Africa.

I have been studying the developments around nutrition and psychological as well as physiological health for over a decade and believe that a change in consciousness of the governing bodies is highly overdue. In order to offer practical and cost effective treatment options for the 'epidemic obesity/carbohydrate addiction' to come, it is vital to understand that there is something like a 'food-addiction', what it entails, how far reaching the consequences are and how it could be managed.

This paper proposes a 'treatment option' (and possible diagnostic measure) concerning carbohydrate addiction, which I believe to be the core element of not only physiological stress on our organism as a whole, but also of detrimental psychological consequence. Stress leads to a systemic communication breakdown which we call disease. What if we knew that a main stress factor could be alleviated by nutritional intervention as opposed to a lifelong perscription of costly drugs and a still 'untimely' death?

RESEARCH CONSENT FORM

If you are incapacitated or otherwise unable to legally consent, you may not participate in this study. This document governs how we conduct our research and how we collect and use data in conjunction with the research. The document outlines the risks and benefits of participating in this study.

If you have questions relating to parts of this document or do not understand it, please contact us with your questions before signing.

Information About the Study

This study provides you access to information about your behaviour in regards to food consumption. We have affiliated with researchers to study the data we collect from participants like you. In particular the research seeks to draw links between your behaviour and your need or craving for certain foods. Information from the answers you provide to the questionnaire will help us and yourself understand why you have a preference for certain foods and might find it difficult to control your eating behaviour in regard to those.

As part of the study, and as part of the research, we will ask you to fill out one survey relating to your relationship to food. This topic may include emotional as well as psychological aspects in relation to your diet and information about your lifestyle in general.

As with every change in diet, you might experience periods of tiredness, be moody or irritable, or be happy as pie. We expect you to experience a period of slight tiredness in the first week and thereafter experience an increasing surge of energy as your body adapts to a different fuel source. You will not be on your own however - exchange your experiences and share difficulties with me online and of course, the Harmony Clinic Staff.

Participation in the research consists of:

- (i) allowing the research investigators to use your information for research; and
- (ii) entering data about you into our research data base to evaluate and analyse.

You do not **HAVE** to participate in this research!

This document sets out how we conduct our research, and in particular how we process, store and share your data with others. Our administrative procedures protect the privacy of your personal information and your survey responses. Your data will not be

stored in conjunction with your name. You will receive a participant number we file the information under.

1. We will not collaborate on research with external members of our research consortium or with the public. External parties will only have access to pooled data stripped of identifying information. We may only release your individual level data to a third party if we ask for, and receive, your explicit authorization to do so.
2. Researchers invited by us to conduct research may access your information (but not your name or contact information) for the purpose of scientific research.
3. The Institutional Review Board and officials responsible for monitoring our study may inspect the study records.

Benefits of Participating

Discoveries made as a result of this research could be used to understand the basic causes of addictive behaviour. The Low Carb High fat dietary intervention could potentially improve your overall state of well-being.

This study does not seek to and does not treat or cure any medical condition, and participation should not be used as a substitute for any medical treatment.

Risks of Participating

- Some survey questions may make you uncomfortable.
- Your data, survey responses, and/or personally identifying information may be compromised in the event of a security breach or failure to follow protocol. Such security breaches may include physical compromising of lab and storage facilities, compromising of data storage, as well as failure to adhere to study protocol by employees and contractors.

Information that participants choose to share with their physician or other health care provider may become part of their medical record and through that route be accessible to other health care providers and/or insurance companies in the future.

None of the surveys or other procedures used by the investigators in the Research study are invasive or experimental. The procedures involved do not involve significant risks, and no compensation or treatment is available if injury occurs as a result of participation.

Withdrawing from the Study

At any time, you may choose to withdraw all or some of your information from our research by sending a request to the Administrator at annkiste@gmail.com., or speak to the staff of the Harmony Clinic.

Contact Information

If you have any questions or concerns about the study, if you suffer a research related injury, or if you have a question about participants' rights, please contact the following: annkiste@gmail.com

I AGREE TO PARTICIPATE

I DO NOT WISH TO PARTICIPATE AT THIS TIME

You may contact me in the future to invite my participation in additional research

Signature of participant

Date

This survey asks about your eating habits in the past year. People sometimes have difficulty controlling their intake of certain foods such as:

- Sweets like ice cream, chocolate, doughnuts, cookies, cake, candy, ice cream
- Starches like white bread, rolls, pasta, and rice
- Salty snacks like chips, pretzels, and crackers
- Fatty foods like steak, bacon, hamburgers, cheeseburgers, pizza, and
- French fries
- Sugary drinks like soda pop

When the following questions ask about "CERTAIN FOODS" please think of ANY food similar to those listed in the food group or ANY OTHER foods you have had a problem with in the past year

Name

Gender

Age

Weight

Height

YFAS 02

in the past 12 months: Please circle the appropriate box

never
once a month
2-3 times a month
2-3 times a week
4 or more or daily

1	I find that when I start eating certain foods, I end up eating much more than planned	0	1	2	3	4
2	I find myself continuing to consume certain foods even though I am no longer hungry	0	1	2	3	4
3	I eat to the point where I feel physically ill	0	1	2	3	4
4	Not eating certain types of food or cutting down on certain types of food is something I worry about	0	1	2	3	4
5	I spend a lot of time feeling sluggish or fatigued from overeating	0	1	2	3	4
6	I find myself constantly eating certain foods throughout the day	0	1	2	3	4
7	I find that when certain foods are not available, I will go out of my way to obtain them. For example, I will drive to the store to purchase certain foods even though I have other options available to me at home.	0	1	2	3	4
8	There have been times when I consumed certain foods so often or in such large quantities that I started to eat food instead of working, spending time with my family or friends, or engaging in other important activities or recreational activities I enjoy.	0	1	2	3	4
9	There have been times when I consumed certain foods so often or in such large quantities that I spent time dealing with negative feelings from overeating instead of working, spending time with my family or friends, or engaging in other important activities or recreational activities I enjoy.	0	1	2	3	4
10	There have been times when I avoided professional or social situations where certain foods were available, because I was afraid I would overeat.	0	1	2	3	4
11	There have been times when I avoided professional or social situations because I was not able to consume certain foods there.	0	1	2	3	4
12	I have had withdrawal symptoms such as agitation, anxiety, or other physical symptoms when I cut down or stopped eating certain foods. (Please do NOT include withdrawal symptoms caused by cutting down on caffeinated beverages such as soda pop, coffee, tea, energy drinks, etc.)	0	1	2	3	4
13	I have consumed certain foods to prevent feelings of anxiety, agitation, or other physical symptoms that were developing. (Please do NOT include consumption of caffeinated beverages such as soda pop, coffee, tea, energy drinks, etc.)	0	1	2	3	4
14	I have found that I have elevated desire for or urges to consume certain foods when I cut down or stop eating them.	0	1	2	3	4
15	My behavior with respect to food and eating causes significant distress.	0	1	2	3	4
16	I experience significant problems in my ability to function effectively (daily routine, job/school, social activities, family activities, health difficulties) because of food and eating.	0	1	2	3	4
17	My food consumption has caused significant psychological problems such as depression, anxiety, self-loathing, or guilt.	0	1	2	3	4
18	My food consumption has caused significant physical problems or made a physical problem worse.	0	1	2	3	4
19	I kept consuming the same types of food or the same amount of food even though I was having emotional and/or physical problems.	0	1	2	3	4
20	Over time, I have found that I need to eat more and more to get the feeling I want, such as reduced negative emotions or increased pleasure.	0	1	2	3	4
21	I have found that eating the same amount of food does not reduce my negative emotions or increase pleasurable feelings the way it used to.	0	1	2	3	4
22	I want to cut down or stop eating certain kinds of food.	0	1	2	3	4
23	I have tried to cut down or stop eating certain kinds of food.	0	1	2	3	4
24	I have been successful at cutting down or not eating these kinds of food	0	1	2	3	4

		1 time	2 time	3 time	4 time	5 or more times
25	How many times in the past year did you try to cut down or stop eating certain foods altogether?					

Please circle ALL of the following foods you have problems with:

Ice Cream	Chocolate	Apples	Doughnuts	Broccoli	Cookies
White Bread	Rolls	Lettuce	Pasta	Stawberries	Rice
Cake	Candy	Crackers	Chips	Pretzels	French Fries
Carrots	Steak	Bananas	Bacon	Hamburgers	Cheese Burgers
	Pizza	Soda Pop	None of the above		

Please list any other foods that you have problems with that were not previously listed:

A big Thank You to you and the Harmony Clinic. All the best!