

# Virginia Cooperative Extension Service

VIRGINIA TECH AND VIRGINIA STATE

VIRGINIA'S LAND GRANT UNIVERSITIES

Student Information Handout  
Lesson 2  
Behavior Modification  
348-262, Revised 1989

## Explanation of Evaluation of "NEAT"

At least twice during the ten-week NEAT program you will be asked to answer a nutrition questionnaire and to provide us with a twenty-four hour recall of your dietary intake. The purpose of this is to enable us to evaluate the effectiveness of NEAT as a weight control program.

All information you give us will be coded to ensure confidentiality. No individual will be identified in reports of this evaluation. No discomforts or risks are involved in this evaluation.

This evaluation has great potential benefits to future enrollees in this program. Lessons or segments that are not effective can be modified and new material can be developed. In addition, if this program proves effective as a method for promoting healthy life patterns in teenagers, other nutrition education programs could be developed using a similar format.

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Informed Consent Form

Virginia Polytechnic Institute and State University

An Evaluation of A Ten-Week Program on

Weight Control for Teenagers

This is to certify that I, \_\_\_\_\_, have read the explanation of the evaluation of NEAT and have been asked to give my permission for information received to be used for evaluation purposes.

I understand that this information will be used only for the purpose of evaluating the program, NEAT, in which I am enrolled.

I have been told that my responses will remain confidential as to identity.

Finally, I am aware that at any point I may deny further usage of my information for evaluation purposes and remain enrolled in the NEAT program.

I understand the above and consent to the use of my information for purposes of evaluating the program.

\_\_\_\_\_

Date

\_\_\_\_\_

Signature