

DISH Study

Information for Children and Young People



What is this study for?

To find out what children and young people in Scotland are eating and drinking.

Why have I been asked to take part?

We have sent invitations to around 20,000 children and young people in Scotland. It would take too long and cost too much money to invite every young person in Scotland to take part. Instead, we randomly chose a small number of addresses, which included yours!



Do I have to take part?

No, not if you don't want to. If you aren't yet in secondary school (or high school/academy), your parent or guardian will answer the questions with your help. If you don't want them to complete the survey for you, you can tell them not to. You can also start the survey and then change your mind.

What will I have to do if I take part?

You will be asked to complete an online food diary with all the food and drink you had on the previous day. You will be asked to do up to four of these food diaries. Each one should take around 15 minutes to finish, though you will probably get faster after the first one as you get used to the tool. We will also ask you some additional questions about your food and drink choices.



Who will see my answers?

The team at Taylor McKenzie will see your answers but they will not tell anyone about the answers you give. Researchers at the University of Edinburgh, the University of Aberdeen and Biomathematics & Statistics Scotland will also be able to see everyone's answers but they won't know which answers were yours.