

Fast Facts about the UB TRACK Study

- UB is recruiting parents with **8.5-9- or 10.5-11-year-old** children for a research study on eating, physical activity, and decision-making habits.
- The study involves 12 in-person study visits over the course of 3 years.
- Families will be compensated up to \$430 for completing all study visits.



How to Join:

Joining the UB TRACK Study is easy! Contact our study team and we'll ask you a few questions to make sure you and your child are eligible.



(716) 829-6810



ub.trackstudy@gmail.com



Study Location:
3435 Main Street
G56 Farber Hall
Buffalo, NY 14214

OR take a short eligibility survey:
<https://redcap.link/ubtrackstudy>



UB TRACK STUDY

DOES YOUR CHILD LIKE TO EAT
SNACKS AND PLAY GAMES?



BUFFALO BEHAVIORAL
MEDICINE

HERE'S THE SCOOP

- ✓ Do you like foods such as cookies, chips, or candy?
- ✓ Are you between the ages of 9 and 14?
- ✓ Do you and your parent want to earn up to \$430?

**If you answered “yes”, then the UB TRACK Study is perfect for you!
Share this with a parent if you're interested in participating!**



5 Things Parents Need to Know About the UB TRACK Study

1 About the Study:

The Division of Behavioral Medicine at UB is recruiting for the TRACK research study. The purpose of this study is to *track* how children's eating habits, physical activity habits, and decision-making skills develop over time in 9–14-year-old children.

2 How the Study Works:

You and your child will be scheduled for:

- 3 visits to the lab in the first year of participation, each lasting about 120 minutes.
- 3 follow up visits per year over the course of 3 years.

3 What Your Child Will Be Asked to Do:

- Complete questionnaires about their hunger and liking of certain foods and activities.
- Play a computer game to earn points for food to eat or activities to play.
- Play a computer game that assesses decision making habits.
- Tell us about foods they have eaten and physical activities they participate in.
- Have their height and weight measured.

4 Your Child Will Be Compensated:

Participants and parents will be compensated with gradually increasing rewards for each completed lab visit, totaling up to \$430 at the conclusion of the study.

5 Requirements for Participating:

Some requirements include:

- Your child must be between the ages of 8.5-9 or 10.5-11 years old to enter the study.
- Your child must *not* have a known eating disorder or physical limitation that may prevent them from participating in certain activities.
- Your child must *not* be taking any medications that affect appetite.
- Your child needs to have a moderate liking for the study foods and activities.
- Your child must be able to read English well enough to understand consent forms.