Project: "PICNIC in Swedish child healthcare – phase I: Co-designing adaptations of a child-feeding parent support program together with end-users"

Information for Research Participants

We would like to ask if you would like to participate in a research project. This document outlines the project and explains what participation involves.

What is the project about and why are you being asked to participate?

Having a child is a major change in life, and the early years often raise many questions about children's food and eating. In Australia, there is a parenting support program called PICNIC. PICNIC educates parents of young children and strengthens them in their role regarding their children's food and eating. It focuses on how children learn to eat and what adults can do to support the development of healthy eating habits. PICNIC is not yet available in Sweden but following a pilot study we will now translate and adapt this parenting support program to make it available through child health services. To design the PICNIC support in the best possible way, it is important to create it together with those who will use the program.

We would like to invite you to participate in Phase I of the project: co-design with end-users. If you choose to join, you will be part of a reference group with other parents/caregivers. You will share your experiences, thoughts, and wishes. We also have a similar reference group from child health services, such as nurses, dietitians and psychologists; they meet separately. **You will be invited to at least one, maximum four, group meetings and/or individual interviews online**. You decide how many times you want to participate. The first meeting will be three hours; the other meetings be 1–2 hours. You will get access to parts of the PICNIC program to try. We will then ask you what you think and how it can be improved.

The aim of the study is to collaboratively (co-design) adapt and develop PICNIC to Swedish conditions. This includes both the content of e-learning modules and the design of dietitian-led digital parent groups. We aim to consider both caregivers' needs and perspectives, as well as those of child health services. You don't need any special knowledge or experience.

Karolinska Institutet is the research organization responsible for the project. The study has been approved by the Swedish Ethical Review Authority (reference number 2026-01136-01).

What will we do in the project?

If you want to participate, you start by completing an expression-of-interest form (website: ki.se/picnic). You will then be contacted by the researchers via email and/or phone so that you can ask questions and be scheduled for the first co-design session. If participating, you will need to provide your consent. This is done online using a link sent by the researchers via email. You will also fill in a short questionnaire about yourself (such as age, country of birth, language, number of children, their ages, etc.). This takes about 5 minutes.

The first reference group meeting will take place online. No preparation is required. During the session, you will learn more about the project and the research behind. You will then discuss with other parents and researchers what should be included in PICNIC based on your experiences and needs regarding children's food and eating. If you are unable to participate in a group meeting, we will arrange an individual interview online (using Zoom/Teams).

At follow-up meeting(s), you will get access to materials developed in the project, either before or during the meeting, so that you can try them out. This may include digital e-learning modules (short courses) with information and parenting tips. You may then give us feedback at the meeting. If you wish, you can also write down feedback and give it to us.

Some of the parents will also be asked to join a specific interview about a questionnaire about parenting strategies related to children's food/meals. This questionnaire will be used to evaluate PICNIC next year, and we would like feedback on its wording to ensure quality. If we ask you about this, you can decide whether you want to participate in this activity.

The first meeting will be in September or October. The other meetings will take place in the following months. During the first meeting, researchers will take notes and collect workshop materials from discussions. Follow-up meetings/interviews may be audio recorded (only the sound) so that researchers can be sure that all feedback is captured. You may participate in up to four sessions or individual interviews.

Possible consequences and risks of participating in the project

We do not foresee any risks from joining this project. By participating, you contribute to the development of a new parenting support program, which may later be offered to more parents as a complement to existing support provided through child health services.

Your participation is entirely voluntary – you decide if you want to join or not – and your child's visits to child health services ("BVC") will not be affected by whether you participate. We strive to create a safe and inclusive environment for all participants in the project, and we design our questions so that they are not offensive and can be understood by everyone.

If the study should nevertheless cause discomfort, or if you have any concerns about its content, you are welcome to contact the principal investigator (see below) or psychologist Mona Bryggman (mona.bryggman@vgregion.se). No physical testing is involved in the study.

What will happen to my data?

The project will collect and register information about you: the answers you write in the consent form and background questionnaire. Interviews/meetings you participate in may be recorded so that researchers can review what was said and compile feedback. Only audio recordings (the sound) will be used and stored. All data will be coded so that names are replaced with a code. The code key will be stored separately from other data. Only individuals working on the project will have access to the material. No names will be shown in results or publications such as scientific papers.

Your responses and other data will be handled in a way that ensures unauthorized people cannot access them. Karolinska Institutet is responsible for the processing of your personal data in this research project. According to the EU General Data Protection Regulation (GDPR), you have the right to access the information handled in the study free of charge and to request correction of anything is wrong. You can also request deletion of your data or restriction of processing. However, these rights may be limited when the data is necessary for the research. If you need access to your data, contact the principal investigator (see below). The Data Protection Officer can be reached at dataskyddsombud@ki.se. If you are unhappy with how your personal data is handled, you have the right to send complaints to the Swedish Authority for Privacy Protection (Integritetsskyddsmyndigheten).

How will I receive information about the study results?
The researchers will report the results of the study in scientific journals and at scientific conferences, as well as in popular science contexts. You are welcome to contact the researchers if you wish to access published results.

Compensation and insurance
As a thank you for your participation, you will receive a **gift card of 200 SEK per activity** you take part in (maximum of four gift cards per person). No specific insurance is provided for participation in the study.

Participation is voluntary
Your participation is voluntary, and you may withdraw at any time. You do not need to provide a reason, and your decision will not affect your or your children's future care or treatment. If you wish to withdraw, please contact the researchers (see below).

Project contacts
Maria Henström Engblom, Nutritionist and Principal Investigator
Maria Briggert Bengtsson, Dietitian and PhD student
Department of Medicine, Huddinge, Karolinska Institutet

You can reach us at the email: **picnic@ki.se**

Karolinska Institutet