

Stanford University D2d Study Recruitment Plan

Participants will be recruited through email, radio advertisements and local newspapers. Our nutrition group listserv, which was built over several years, consists of ~ 5,000 people who were either enrolled in our past studies and/or expressed interest in being notified about future studies. We will conduct radio ads on stations which cover the Bay Area. Recruitment ads will also be printed in local newspapers, including the Stanford Daily, the University newspaper.

All potential participants will be directed to an online pre-screening questionnaire, hosted by Qualtrics, on our nutrition website. The questionnaire will follow the exclusion criteria and will exclude potential participants based on self-reported major risk factors (such as age, weight, medical history etc.) All eligible participants will be invited to an orientation session, where participants will be informed of the study's purpose, procedures, risks, potential benefits, and rights. Once all questions have been answered and concerns addressed, participants will complete written consent forms if they wish to enroll. Orientation sessions will be conducted by the study coordinator or principal investigator in groups or individually, depending on the rate of recruitment.