

Information for twins in the Gemini study

Please read this leaflet carefully. You can talk about it with your family or friends. **Ask if there is anything you don't understand. Take time** to decide if you want to do it. **Thank you for reading!**

You and your family have been part of the **Gemini study** since you were born. Together, you have helped to make Gemini an internationally known study that has led to important discoveries about children's health and development. Thank you for being part of the Gemini study over the past 17-18 years.

What is the next stage of the study about?

Over the next five years, Gemini plans to find out more about the transition from being an adolescent to being a young adult. We are interested in finding out more about how teenagers develop eating habits, relationships with food, and how they feel about their body and themselves. We are asking for your help to learn more about these things. By asking about these topics, it will help us to work out how we can support teenagers to have healthy eating patterns and develop a good relationship with food in this period of life.

Why have I been asked to take part?

We are asking you to take part because you are a twin and your family have been part of the Gemini study since you were born. Twins are extra special for researchers because they can help us learn about the influence of nature (genes) and nurture (experience) on health and wellbeing.

What will I need to do to take part?

We will ask you to answer questions online through the link provided on the Gemini website. The questionnaire will ask you about your eating, and what you think and feel about food and your body. It shouldn't take long to answer all the questions, and you can take a break between sections if you like. We would also like to ask for your contact information (email and phone number) so we can contact you directly for your voucher, updates and new opportunities to take part.

Do I have to take part?

No, it is up to you. Your parents or carers can help you decide. You can also stop at any time. If you decide you don't want to take part, you and your family can still be part of the Gemini study. You can also choose to withdraw your data (information) from this part of the Gemini research up to 2 months after taking part. After this point it will not be possible to remove this data as it will be anonymised for analysis.

What are the benefits of taking part?

To thank you for taking part, we will send you a **£10 shopping voucher** when you complete the online questionnaire, which can be used at a wide range of websites.

What might be hard about taking part?

We will ask how you feel about food, eating, and your body. This will include questions about eating disorder symptoms, so we can understand more about why some teenagers struggle with their feelings about food. Don't worry, there are no right or wrong answers but if you are upset by any questions or feel uncomfortable, you can choose not to answer some questions or stop at any time.

If you decide that you don't want to take part, that is ok, and you don't have to say why. If you are worried about anything in the questions, talk to your parents, a teacher or a friend. We will also give you information about places offering advice and support (including online) at the end of the questionnaire.

Will my information be kept private?

Everything you tell us will be private. Your name will be replaced with a number so no one will know who you are. We will look at all the answers from you, and from the other teenagers taking

part, and we will write about what we learn. This will help others understand more about teenagers' eating habits.

Alongside this survey, the other part of this stage of Gemini will involve telling us about what you ate and drank. To do this, we need to provide your phone number to another team at UCL (the Advanced Research Computing centre). This team will send automated texts to you with your personal link to complete the survey. We will not share any other personal details with the UCL team. You will need to agree to this on the consent form.

What will happen to the results of the research project?

As we have done every year since the study began, we will send you an annual newsletter informing you about the progress and results of the study. We will also include summaries of the findings on the Gemini website (www.geministudy.co.uk), Gemini Twitter ([@GeminiResearch](https://twitter.com/GeminiResearch)), Gemini Facebook and Instagram (geminiresearch) accounts. We will also present results at conferences and publish them in scientific journals.

When will I be contacted again?

We will contact you again in the next five years about other research. You don't need to let us know now whether you would like to take part again in the future. We will check you are still happy to answer questions the next time we contact you.

What if something goes wrong?

We will try and help with any questions you have. If you get upset someone will happily talk to you about it. You, or your parents/carers can also talk to Dr Kristiane Tommerup, who is organising the study by emailing gemini@ucl.ac.uk.

Thank you for reading this leaflet!

Kind regards, the Gemini Team