

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 this study about?

We don't know much about what teenagers eat and drink, and why. We are therefore asking for your help to learn more about what you've been eating and drinking recently. This will help us to work out how we can support teenagers' food choices.

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?

You will need to agree to take part in this study (this is called 'consent') when you begin your transition to adulthood survey – which you can find here: <https://www.geministudy.co.uk/copy-of-information-for-twins-1>. At the end of the survey we will ask you for your phone number so that we can contact you with a link to participate on three separate days.

We will contact you by text message with a link to an online food and drink survey that is personal, and private to you. The survey will ask you to honestly report everything you ate and drank the day before. We will contact you on 3 different days and ask you to complete the survey each time on the day that you receive the message (so you will be asked to complete the survey 3 times). The survey is called Intake24 (<https://intake24.co.uk/>) and has been designed especially for teenagers. It shouldn't take too long for you to complete (15-20 minutes). If possible, it is best for you to complete each survey all in one go (i.e. a single session). If this is not possible, or the session is interrupted, you can log in again later, but you will need to complete it before midnight on a single day or the information will be lost.

Please note that we will be doing range of checks on these responses and we may ask you to complete your survey again if your responses do not feasibly represent what you could have eaten on a given day. We will send you your voucher after you have completed the survey and we have checked them, so please do take the time to complete them accurately.

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 (dietary information) from this part of the Gemini research up to 2 months after taking part.

What are the benefits of taking part?

To thank you for taking part, we will send you a **£20 online shopping voucher**, which can be used at a wide range of websites. You get this reward if you complete the online survey on all 3 days!

What might be hard about taking part?

It might be a bit difficult to remember details about all the things you've eaten or drunk on a particular day. Don't worry; just tell us everything you do remember to the best of your ability. If you decide that you don't want to take part, that is ok, and you don't have to say why.

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.

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