1. **What is the Add Health Wave VI Microbiome Study?**
   1. Add Health is a long-term research study that has been collecting information from 20,000 respondents nationwide since the mid-1990s, following these participants from adolescence through mid-adulthood. The Wave VI Microbiome Study is a research project that is related to Add Health. We are interested in learning about how your lifestyle and behaviors relate to your microbiome, which is the collection of microorganisms that live on and in us.
2. **Who is sponsoring the study?**
   1. A team of researchers led by Dr. Robert A. Hummer from Carolina Population Center at the University of North Carolina-Chapel Hill is conducting this study, along with ExamOne and Research Triangle Institute (RTI). Funding for the Add Health Wave VI Microbiome Study comes from the National Institute on Aging, part of the National Institutes of Health in Washington, DC.
3. **How do I contact the Project Director/Principal Investigator for this study?**
   1. Dr. Robert A. Hummer, Project Director and Principal Investigator for Add Health Wave VI, may be reached via our toll-free study phone number at 1-844-509-2835 or by email at [**AH\_info@unc.edu**](mailto:AH_info@unc.edu)**.**
4. **Who can be in this study and what happens if I agree to be in the study?**
   1. At the end of your home exam, you were provided with a Microbiome study packet. Everything you need to participate is included in this packet. If you agree to take part in the study, follow the instructions to collect your own stool sample, package it, and return it to the study lab using the prepaid mailer provided in the packet. Our team will use data from Add Health to understand how your microbiome sample may or may not be affected by lifestyle and behavior. Your sample may also be used for other Add Health research that is approved by the UNC Institutional Review Board.
5. **Will I receive anything or benefit from being in this study?**
   1. Included with your packet, you will find an Add Health pen and magnet to keep as a gift from us for your interest. After you complete the self-collection and send in your sample, you will receive $20 by your choice of mailed check or electronic gift card. Other than the included gifts and $20 incentive, you will not benefit personally from taking part in the study.
6. **Are there risks to being in this study?**
   1. You may find using your scooper to collect your sample from a piece of toilet paper to be off-putting or ‘icky’, but we do not expect you to experience any physical discomfort. You should report any problems to the study’s Project Director/Principal Investigator. There is a very unlikely risk of privacy breach. However, Add Health has strict security policies in place to prevent this. You will not be named in any reports or publications. Nobody outside of the Add Health team can link your study data or microbiome sample to your identifiable information. The study has obtained a federal Certificate of Confidentiality which further protects your private information.
7. **Will being in this study cost me anything?**
   1. It will not cost you any money to take part in this study. Your time and participation are greatly appreciated.
8. **What if I want to stop being in the study?**
   1. This research project is completely voluntary. You may stop participation at any time and skip any parts of the study that you don’t want to take part in.
9. **What happens to the stool sample that I provided?**
   1. After we receive your stool sample at our study laboratory at the University of North Carolina at Chapel Hill, our study team will examine it for information about your microbiome. Our team will also use data from Add Health to try to understand how lifestyle and behaviors may or may not affect your microbiome. Your sample will be stored in secure Add Health freezers long-term and made available to future yet-to-be determined Add Health research.
10. **If I provide a sample, how are you protecting my identity?**
    1. Your microbiome sample tube is labelled with an ID only and Add Health protects the linkage from that ID to your personally identifying information through secure servers and firewalls and strict study-wide security protocols. Laboratories studying your microbiome sample never have access to your name or personal information, they only know your sample by a number. Add Health will protect your microbiome sample from receipt in the mail through long-term storage in our locked and monitored freezer room. Safety measures to protect your identity will continue through any future Add Health research involving your sample. Future studies will also require review and approval by an Institutional Review Board.
11. **I would like to talk to someone about the Wave VI Microbiome Study I just participated in.**
    1. If you have questions or concerns about your study packet or anything else related to the Add Health Wave VI Microbiome Study, please call our toll-free phone number at 1-844-509-2835. We will respond to your call as quickly as possible (usually within 48 hours).
12. **My contact information is changing, how do I update it with Add Health?**
    1. We want to make sure you receive your incentive gift card and future communications from our study. If you will be moving or changing your contact information (address, phone, email) please call the Add Health toll-free number (1-844-509-2835) and provide us with your new contact information as soon as possible.
13. **Who do I contact for information about my rights as a research participant?**
    1. All research on human volunteers is reviewed by a committee that works to protect your rights and welfare. If you have questions or concerns about your rights as a research subject, you may contact the Institutional Review Board at the University of North Carolina at Chapel Hill at 919-966-3113 or by email to [**IRB\_subjects@unc.edu**](mailto:IRB_subjects@unc.edu).
14. **How do I agree to participate in the Wave VI Microbiome Study?**
    1. This fact sheet takes the place of a full consent form. All the information you need to make an informed decision is contained in these FAQs. If you send your stool sample to Add Health, it will indicate your agreement to participate in this study. It will also indicate your agreement for Add Health to keep your stool sample stored long-term for future as-of-yet-to-be-determined IRB-approved Add Health research. No signature is required, and you may keep this fact sheet for your records.