

Title of the study: Understanding the gut microbiome from fecal samples

Purely for research purpose only

We are research scholars from VIT, Vellore. Collecting fecal samples for microbial and metagenome and metabolite analysis. We are looking for healthy volunteers from Tribal, Urban and Rural population, between the age group 20-60yrs of age. We are interested in volunteers who are not diabetic, constipated, diarrheic or on antibiotics within the last 6 months or menstruating or conceived or sick or having any lifestyle disorders.

Confidentiality: All information and stool samples collected will be kept confidential.

Risks and Benefits: None to very minimal risks may be associated.

Sample Collection Method:

1. Collect the stool in a dry, clean, leakproof container.
2. Make sure no urine, water, soil or other material gets in the container.
3. Fresh stool should be examined, processed, or preserved immediately. An exception is specimens kept under refrigeration when preservatives are not available.
4. Ensure that the specimen containers are sealed well. Reinforce with parafilm or other suitable material. Place the container in a plastic bag.

Questioner

1. Informed Consent

Have you read and understood the purpose of the study and procedures? Yes/No

Do you voluntarily consent to participate in this study? Yes/No

2. Demographics

Name :
Age :
Gender : Male/Female/Transgender
Height (in cm) :
Weight (in kg) :
Tribal/ Rural/ Urban :

3. Medical History

Have you had any recent surgery or injury? Yes/No (If yes please specify)	
Have you experienced bloating in the past one month?	Yes/No
Do you have any known gastrointestinal disorders (e.g., IBS, Crohn's disease)?	Yes/No
Are you currently taking any medications that affect your digestive system?	Yes/No
Have you experienced any recent gastrointestinal symptoms (e.g., diarrhea, constipation, abdominal pain)?	Yes/No
Are you currently on a menstrual cycle? (Applicable only for female volunteers):	Yes/No

Are you pregnant? (Applicable only for female volunteers):	Yes/No
Do you have any acute or chronic medical conditions (e.g., diabetes, hypertension, cardiovascular disease)?	Yes/No

4. Food Habits

What kind of food do you consume?	
What variety of grains, pulses, nuts, greens does your diet consist of on daily basis?	
How many courses of meal do you consume?	
How would you describe your typical diet (e.g., high-fiber, low-carb)?	
How regularly do you consume dairy products?	
How regularly do you consume greens, leafy vegetables, vegetables, fruits, nuts etc.	
How regularly do you consume meat and what kind of meat is often preferred?	

5. Lifestyle

How long do you sleep a day?	
How regularly do you exercise?	
Do you smoke?	
Any instances of Alcohol Consumption?	

6. Sample Collection Method

Did you receive clear instructions on how to collect the sample? Yes/No
 Do you now understand how to collect the sample? Yes/No

Consent:

I hereby consent to participate in this study.

Signature: _____

Date: _____

Contact person for addressing research related queries:

If you have any questions or concerns related to this study, please contact

Name: Shree Kumari G R

Email: grshreekumari@gmail.com

Phone: 9486802902