

Assessing the nutrition knowledge of CrossFit athletes

Introduction

An athlete's dietary intake is one of the several factors that can have a direct impact on performance and recovery from competitive sport. The position statement of the Academy of Nutrition and Dietetics, Dietitians of Canada and the American College of Sports Medicine states that 'the performance of, and recovery from, sporting activities are enhanced by well-chosen nutrition strategies' (Thomas, Erdman and Burke, 2016).

Although the research into optimal nutrition practices to promote performance in sport is vast and scientifically well supported, evidence appears to show that athletes often do not follow such advice, presenting with low energy availability, and in turn causing adverse physiological and psychological outcomes, which could potentially impair an athletes' health and performance (Logue *et al.*, 2018; Werner, Guadagni and Pivarnik, 2022). A potential limiting factor to athletes following these nutrition strategies is a lack of nutrition knowledge, particularly around the subject of specific sports nutrition (Werner, Guadagni and Pivarnik, 2022).

The nutrition knowledge of athletes has been previously researched with varying results (Spronk *et al.*, 2015; Trakman *et al.*, 2016; Janiczak *et al.*, 2022; Werner, Guadagni and Pivarnik, 2022). Spronk *et al.* (2015) found that on average, participants scored 58% on the General Nutrition Knowledge Questionnaire, whilst (Tam *et al.*, 2021) found that athletes scored $70.7\% \pm 10.5\%$ on the Platform to Evaluate Athlete Knowledge of Sport Nutrition Questionnaire, scoring higher in the general nutrition knowledge section as compared to the sports nutrition section. Werner, Guadagni and Pivarnik (2022) found, similarly to Spronk *et al.*, participants scored approximately 58% on average for general nutrition and sport nutrition, with individual scores ranging from 9-88% of correct answers.

The term 'athlete' is defined as 'a person who is trained or skilled in a sport and especially one who regularly competes with others in organised events' (Cambridge University Press and Assessment, 2026). Previous research has often predominantly focussed on more specific populations within the overarching term 'athlete', for example division 1 athletes, coaches or a targeted sport, which has limited generalisability of results (Harrington, 2025). Harrington (2025) therefore researched the exercise behaviours and nutrition knowledge and practices among trained athletes in a cross sectional study. She found that among a wider range of athletic population, the results were similar to those of similar studies in more focussed populations, indicating that athletes have a low knowledge of nutrition, putting them at a greater risk of inadequately fuelling for performance and recovery, and increased the risk of injury (Jagim *et al.*, 2019; Werner, Guadagni and Pivarnik, 2022; Alahmadi and Albassam, 2023; Harrington, 2025).

CrossFit, becoming one of the fastest growing high-intensity functional training programmes worldwide, has been tailored to people of all ages and fitness levels, promising to 'enhance your life in and out of the gym' by 'delivering life changing results' (CrossFit, 2025). Incorporating a wide variety of exercise disciplines from gymnastics and weightlifting to

endurance exercises in the form of 'workouts of the day' (WODs), CrossFit combines these exercises into high-intensity workouts, typically in a time frame of 10 to 40 minutes with the goal of performing 'as many rounds as possible' (AMRAP), or to achieve the fastest completion time possible in a competition style event such as the CrossFit Games (Glassman, 2007; CrossFit, 2025; Triviño et al., 2025). To optimise success when participating in CrossFit workouts, maximising performance and recovery is essential (Mangine, Cebulla and Feito, 2018; Schlegel, Režný and Fialová, 2020; Rios *et al.*, 2024; Martinho *et al.*, 2025). Due to the high intensity training nature of the sport, CrossFit athletes would likely have high nutritional requirements to fuel the demand. Adequate protein intake for muscle protein synthesis stimulation and recovery after exercise, as well as adequate amounts of carbohydrate in the diet as the main source of energy and to build muscle glycogen reserves is required for CrossFit athletes, as well as reaching an appropriate daily energy, fat and vitamin and mineral intake (Escobar, Morales and VanDusseldorp, 2016; Gogojewicz, Śliwicka and Durkalec-Michalski, 2020).

As the popularity of CrossFit has grown in recent years, there is limited research available examining the effects of nutrition on athletic performance. Martinho et al.(2025) found in a systematic review, participants reported a negative energy balance as compared to requirements calculated, participants did not meet the nutritional recommendations for carbohydrate intake, but did meet nutritional recommendations for protein intake (Thomas, Erdman and Burke, 2016; Morton *et al.*, 2018; Martinho *et al.*, 2025). To improve athletes' awareness of dietary guidelines and improve overall dietary behaviours and intakes, sports dietitians often centre their approach to interventions around educating clients, therefore a prior knowledge of those athletes' nutrition knowledge is essential (Clark, 1999; Birkenhead and Slater, 2015; Trakman *et al.*, 2016).

To further evaluate CrossFit athletes' dietary behaviours, it is first important to evaluate their knowledge of general and sports nutrition. Therefore, the basis of this research will follow the below research question:

What is the nutrition knowledge of CrossFit athletes?

Methodology

The aim of this research project is to evaluate the nutrition knowledge of CrossFit athletes. As this sits with the natural sciences, and will contain the use of quantitative data collection and interpretation methods, this study sits within the positivist research paradigm with an objectivist ontology (Armour and Macdonald, 2012). Within this epistemological view holds the belief that everything is ultimately measurable and applies the methods of the natural sciences to study social reality (Smith, 2018).

Method

The method chosen to conduct this research is a quantitative, cross-sectional descriptive survey design with the use of a structured questionnaire to assess the current level of knowledge of CrossFit athletes.

One reason for disparities in the literature assessing athletes nutrition knowledge can be attributed to the lack of validated nutrition assessment tools, with the practice of using non-validated, self-created questionnaires overwhelming the research with mixed results, making it difficult to establish the actual status of athletes' nutrition knowledge (Werner, Guadagni and Pivarnik, 2022). The nutrition for sport knowledge questionnaire (NSKQ) was therefore developed by Trakman *et al.* with validation using classical test theory and Rasch analysis (Trakman *et al.*, 2017). However, a barrier to completion was found by Trakman *et al.*, finding the length of the 89-item questionnaire taking an average of 25 minutes to complete, subjecting to low completion and response rates (Trakman *et al.*, 2018). Trakman *et al.* therefore further developed and validated a brief general and sports nutrition knowledge questionnaire to assess athletes nutrition knowledge. This abridged nutrition for sport knowledge questionnaire will therefore be utilised within the current research project. There will be additional questions added to the questionnaire to evaluate age, gender and level of fitness of individual participants.

Participants will be recruited via email using a snowball sampling approach – initial contact will be made to CrossFit athletes known to the researcher who attend specific CrossFit gyms, who will then disseminate the email further to establish more research participants (Smith, 2018). The aim of between 20 to 30 participants will be recruited, with a cut off point of 50 participants maximum due to the short time frame to analyse the data.

The questionnaire will contain a plain language statement prior to the start of completion with an explanation of the study, an outline of the questionnaire and completion time, a statement explaining that continuing with the completion of the questionnaire will act as the participant giving their informed consent, how data will be stored and analysed, and a statement giving the participant the right to withdraw at any point during the completion of the questionnaire.

Data will be analysed and presented using mean and standard deviations using Microsoft Excel, and SPSS software will be used to perform statistical tests to compare relationships between variables, using a significance level of 5% ($p = 0.05$) to determine whether there is significant differences between the variables collected, for example, does the level of fitness of a CrossFit athlete equate to a higher level of nutrition knowledge? (Gray, 2014).

Ethical considerations

An application for ethical approval (see Appendix 1) will be submitted before the commencement of data collection in accordance with the University of Wales Trinity St David's Research Ethics and Integrity Code of Practice, as well as the British Association of Sport and Exercise Sciences Code of Conduct (BASES, 2021).

Word Count: 1381

Reference List:

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Appendices

Appendix 1 – Application for Ethical Approval

APPLICATION FOR ETHICAL APPROVAL

In order for research to result in benefit and minimise risk of harm, it must be conducted ethically.

The University follows the OECD Frascati manual definition of **research activity**: “creative work undertaken on a systematic basis in order to increase the stock of knowledge, including knowledge of man, culture and society, and the use of this stock of knowledge to devise new applications”. As such this covers activities undertaken by members of staff, postgraduate research students, and both taught postgraduate and undergraduate students working on dissertations/projects.

The individual undertaking the research activity is known as the “principal researcher”.

This form must be completed and approved prior to undertaking any research activity.

SECTION A: About You (Principal Researcher)

1	Full Name:	Megan Carpanini
2	Student Number:	2405547
3	Email address:	2405547@student.uwtsd.ac.uk
4	Programme of Study:	MSc Sport and Exercise Nutrition
5	Supervisor:	Dr Nalda Wainwright

SECTION B: Internal and External Ethical Guidance Materials

	Please list the core ethical guidance documents that have been referred to during the completion of this form (including any discipline-specific codes of research ethics, location-specific codes of research ethics, and also any specific ethical guidance relating to the proposed methodology). Please tick to confirm that your research proposal adheres to these codes and guidelines. You may add rows to this table if needed.	
1	<u>UWTSD Research Ethics & Integrity Code of Practice</u>	☒
2	UWTSD Research Data Management Policy	☒
3	British Association of Sport and Exercise Sciences Code of Conduct	☒
4		☐

SECTION C: Details of Research Activity

1	Indicative title:	Assessing the nutrition knowledge of CrossFit athletes		
2	Proposed start date:	16/3/26	Proposed end date:	8/5/2026
	Introduction to the Research (maximum 300 words in each section) Ensure that you write for a <u>Non-Specialist Audience</u> when outlining your response to the three points below: • <i>Purpose of Research Activity</i> • <i>Proposed Research Question</i> • <i>Aims of Research Activity</i> • <i>Objectives of Research Activity</i> Demonstrate, briefly, how <u>Existing Research</u> has informed the proposed activity and explain • <i>What the research activity will add to the body of knowledge</i> • <i>How it addresses an area of importance.</i>			
3	Purpose of Research Activity Previous research has shown that poor nutrition knowledge in athletes relates to under fuelling, which in turn decreases athletic performance and increases recovery time and the incidence of injury in athletes (Logue <i>et al.</i>, 2018; Werner, Guadagni and Pivarnik, 2022). It has also been previously researched that CrossFit athletes in particular are also not meeting nutritional recommendations for energy and carbohydrate intake to fuel performance (Thomas, Erdman and Burke, 2016; Morton <i>et al.</i>, 2018; Martinho <i>et al.</i>, 2025). As CrossFit is a relatively new sport, there is limited research and evidence to show how nutrition improves performance in training and competitions due to its high-intensity nature and incorporation of a wide variety of exercise disciplines. The purpose of this research project is to assess the nutrition knowledge of CrossFit athletes as a pilot project for a wider dissertation examining whether CrossFit athletes adequately fuel for performance and if nutrition knowledge affects how they fuel.			
4	Research Question What is the nutritional knowledge of CrossFit athletes?			
5	Aims of Research Activity 1. To assess the nutrition knowledge of a group of CrossFit athletes 2. Identify potential gaps in a group of CrossFit athletes' understanding of general and sports nutrition knowledge			
6	Objectives of Research Activity 1. To measure the overall nutrition knowledge of a group of CrossFit athletes using a validated nutrition knowledge questionnaire 2. To identify specific areas of nutrition knowledge e.g. macronutrients, hydration, specific sport nutrition guidelines and identify where athletes demonstrate strengths and weaknesses 3. To examine whether nutrition knowledge differs according to demographic or training characteristics e.g. age, gender and level of fitness			

	Proposed data collection methods (maximum 600 words) Provide a brief summary of all the methods that may be used in the research activity to collect data, making it clear what specific techniques may be used. If methods other than those listed in this section are deemed appropriate later, additional ethical approval for those methods will be needed. You do not need to justify the methods here, but should instead describe how you intend to collect the data necessary for you to complete your project.
7	Data collection will utilise a validated general and sports nutrition knowledge questionnaire created by Trakman <i>et al</i> (2018). Additional questions to assess age, gender and level of fitness will be added to the beginning of the questionnaire complete objective 3.

SECTION D: Scope of Research Activity

	Will the research activity include:	YES	NO
1	Use of a questionnaire or similar research instrument?	☒	☐
2	Use of interviews?	☐	☒
3	Use of focus groups?	☐	☒
4	Use of participant diaries?	☐	☒
5	Use of video or audio recording?	☐	☒
6	Use of computer-generated log files?	☐	☒
7	Participant observation with their knowledge?	☐	☒
8	Participant observation without their knowledge?	☐	☒
9	Access to personal or confidential information without the participants' specific consent?	☐	☒
10	Administration of any questions, test stimuli, presentation that may be experienced as physically, mentally or emotionally harmful / offensive?	☐	☒
11	Performance of any acts which may cause embarrassment or affect self-esteem?	☐	☒
12	Investigation of participants involved in illegal activities?	☐	☒
13	Use of procedures that involve deception?	☐	☒
14	Administration of any substance, agent or placebo?	☐	☒
15	Working with live vertebrate animals?	☐	☒
16	Procedures that may have a negative impact on the environment?	☐	☒
17	Other primary data collection methods. Please indicate the type of data collection method(s) below.	☐	☒
	Details of any other primary data collection method: NA		

If you have ticked NO to every question then the research activity is (ethically) low risk and you may skip section E and continue to section F.

If YES to any question, then no research activity should be undertaken until full ethical approval has been obtained.

SECTION E: Intended Participants

	Who are the intended participants:	YES	NO
1	Students or staff at the University?	☐	☒
2	Adults (over the age of 18 and competent to give consent)?	☒	☐
3	Vulnerable adults?	☐	☒
4	Children and Young People under the age of 18? (Consent from Parent, Carer or Guardian will be required)	☐	☒
5	Prisoners?	☐	☒
6	Young offenders?	☐	☒
7	Those who could be considered to have a particularly dependent relationship with the investigator or a gatekeeper?	☐	☒
8	People engaged in illegal activities?	☐	☒
9	Others. Please indicate the participants below, and specifically any group who may be unable to give consent.	☐	☒
	Details of any other participant groups: NA		

	Participant numbers and source Provide an estimate of the expected number of participants. How will you identify participants and how will they be recruited?	
10	How many participants are expected?	Between 20-30 participants will be recruited using a snowball sampling technique. There will be a cut off of 50 participants to ensure the researcher enough time to complete analysis of the data due to the short time frame of the completion deadline for this project.
11	Who will the participants be?	Participants will be any level of CrossFit athletes over the age of 18 who regularly take part in CrossFit workouts on a weekly basis
12	How will you identify the participants?	Participants will be identified by recruitment through attendees of CrossFit gyms. Some participants are known to the researcher who will disseminate the email with a link to the online questionnaire to willing participants. The researcher will also directly contact CrossFit gyms via email to allow them to disseminate the questionnaire to their gm members.

	Information for participants:	YES	NO	N/A
13	Will you describe the main research procedures to participants in advance, so that they are informed about what to expect?	☒	☐	☐
14	Will you tell participants that their participation is voluntary?	☒	☐	☐
15	Will you obtain written consent for participation?	☐	☒	☐

16	Will you explain to participants that refusal to participate in the research will not affect their treatment or education (if relevant)?	☒	☐	☐
17	If the research is observational, will you ask participants for their consent to being observed?	☐	☐	☒
18	Will you tell participants that they may withdraw from the research at any time and for any reason?	☒	☐	☐
19	With questionnaires, will you give participants the option of omitting questions they do not want to answer?	☐	☒	☐
20	Will you tell participants that their data will be treated with full confidentiality and that, if published, it will not be identifiable as theirs?	☒	☐	☐
21	Will you debrief participants at the end of their participation, in a way appropriate to the type of research undertaken?	☐	☒	☐
22	If NO to any of above questions, please give an explanation			
A plain language statement will be provided at the beginning of the questionnaire outlining to the participants that if they continue on to answer the questions within the questionnaire, they are providing informed consent to participate anonymously within this research project. There will be a mandatory tick-box to complete to allow the participant to progress to the next page to ensure they have read and understood the agreement to participate. If participants are interested to know the scores of the nutrition knowledge questionnaire, a statement will be provided at the end of the questionnaire to contact the researcher via the following email address to receive their results: 2405547@student.uwtsd.ac.uk.				

	Information for participants:	YES	NO	N/A
24	Will participants be paid?	☐	☒	☐
25	Is specialist electrical or other equipment to be used with participants?	☐	☒	☐
26	Are there any financial or other interests to the investigator or University arising from this study?	☐	☒	☐
27	Will the research activity involve deliberately misleading participants in any way, or the partial or full concealment of the specific study aims?	☐	☒	☐
28	If YES to any question, please provide full details			

SECTION F: Anticipated Risks

Outline any anticipated risks that may adversely affect any of the participants, the researchers and/or the University, and the steps that will be taken to address them.	
1	Risks to participants For example: sector-specific health & safety, emotional distress, financial disclosure, physical harm, transfer of personal data, sensitive organisational information. If you have identified in section D that there are no participants then enter N/A and go skip to question 3.
	Risk to participants: How you will mitigate the risk to participants: Participants will be clearly informed that the questionnaire is not a test and that responses are completely anonymous and confidential.

	The risks to participants associated with this type of research are low, however there may be some potential risks to participants including: - Participants may feel embarrassed or self-conscious if they think their nutrition knowledge is lower than expected - Participants may be uncomfortable answering questions they are unsure about	They will also be informed that participation is completely voluntary and they have the right to remove themselves from participating at any point during the completion of the questionnaire. At the end of the questionnaire, participants will be signposted to various accredited websites with information to improve or further inform their nutrition knowledge
2	If research activity may include sensitive, embarrassing or upsetting topics (e.g. sexual activity, drug use) or issues likely to disclose information requiring further action (e.g. criminal activity), give details of the procedures to deal with these issues, including any support/advice (e.g. helpline numbers) to be offered to participants. Note that where applicable, consent procedures should make it clear that if something potentially or actually illegal is discovered in the course of a project, it may need to be disclosed to the proper authorities	
	NA	
3	Risks to the investigator For example: personal health & safety, physical harm, emotional distress, risk of accusation of harm/impropriety, conflict of interest	
	Risk to the investigator: There may be risks associated with securely storing and handling participants data. Conducting the research may put pressure on the investigator and create increased levels of stress due to the relatively short deadline	<i>How you will mitigate the risk to the investigator:</i> Data will be anonymously collected and stored using the University Microsoft OneDrive software. This automatically updates and saves documents to avoid loss, and is password protected so only the investigator has access to the data. A timeframe for completion of the project has been created to allow for timely completion of data analysis and write up to avoid increased stress levels.
4	University/institutional risks For example: adverse publicity, financial loss, data protection	
	Risk to the University: If the research is conducted unethically or findings from data collection is misrepresented or falsified, this could negatively impact the University's reputation	<i>How you will mitigate the risk to the University:</i> Ethical approval will be obtained before the start of participant recruitment and data analysis to ensure this complies with ethical guidelines. Findings from data collected will also be reported accurately and responsibly by the primary researcher
5	Environmental risks For example: accidental spillage of pollutants, damage to local ecosystems	

	Risk to the environment: There are minimal risks to the environment associated with this project, however due to using an online generated questionnaire, and for analysis of data collection and the write up of the research poster, a lot of time will be spent using electricity to power a computer.	<i>How you will mitigate the risk to environment:</i> The researcher will make sure that whenever research is not being conducted, their personal computer will be turned off to avoid over use of electricity.
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SECTION G: Feedback, Consent and Confidentiality

If you have identified in section D that there are no participants then enter skip this section and continue to section H.

1	Feedback What de-briefing and feedback will be provided to participants, how will this be done and when?
	At the end of the questionnaire, if participants are interested to know the scores of the nutrition knowledge questionnaire, a statement will be provided at the end of the questionnaire to contact the researcher via the following email address to receive their results: 2405547@student.uwtsd.ac.uk.
2	Informed consent Describe the arrangements to inform potential participants, before providing consent, of what is involved in participating. Describe the arrangements for participants to provide full consent before data collection begins. If gaining consent in this way is inappropriate, explain how consent will be obtained and recorded in accordance with prevailing data protection legislation.
	A plain language statement will be provided at the beginning of the questionnaire outlining to the participants that if they continue on to answer the questions within the questionnaire, they are providing informed consent to participate anonymously within this research project. There will be a mandatory tick-box to complete to allow the participant to progress to the next page to ensure they have read and understood the agreement to participate.
3	Confidentiality / Anonymity Set out how anonymity of participants and confidentiality will be ensured in any outputs. If anonymity is not being offered, explain why this is the case.
	Names of participants will not be collected to ensure anonymity. Participants will be allocated a anonymous participation number for the purpose of data collection and data analysis, however this will not identify the participants in any way. No identifiable information will be provided by the participant during the answering of the questionnaire.

SECTION H: Data Protection and Storage

	Does the research activity involve personal data (as defined by the General Data Protection Regulation 2016 "GDPR" and the Data Protection Act 2018 "DPA")?	YES	NO
1	<i>"Personal data" means any information relating to an identified or identifiable natural person ('data subject'). An identifiable natural person is one who can be identified, directly or indirectly, in</i>	☐	☒

	<i>particular by reference to an identifier such as a name, an identification number, location data, an online identifier or to one or more factors specific to the physical, physiological, genetic, mental, economic, cultural or social identity of that natural person. Any video or audio recordings of participants is considered to be personal data.</i>		
	If YES, provide a description of the data and explain why this data needs to be collected:		
2			
	Does it involve special category data (as defined by the GDPR)?	YES	NO
3	“Special category data” means sensitive personal data consisting of information as to the data subjects’ – (a) racial or ethnic origin, (b) political opinions, (c) religious beliefs or other beliefs of a similar nature, (d) membership of a trade union (within the meaning of the Trade Union and Labour Relations (Consolidation) Act 1992), (e) physical or mental health or condition, (f) sexual life, (g) genetics, (h) biometric data (as used for ID purposes),	☐	☒
	If YES, provide a description of the special category data and explain why this data needs to be collected:		
4			

	Will data from the research activity (collected data, drafts of the thesis, or materials for publication) be stored in any of the following ways?	YES	NO
5	Manual files (i.e. in paper form)?	☐	☒
6	University computers?	☐	☒
7	Private company computers?	☐	☒
8	Home or other personal computers?	☐	☒
9	Laptop computers/ CDs/ Portable disk-drives/ memory sticks?	☐	☒
10	“Cloud” storage or websites?	☒	☐
11	Other – specify:	☐	☐
12	For all stored data, explain the measures in place to ensure the security of the data collected, data confidentiality, including details of backup procedures, password protection, encryption, anonymisation and pseudonymisation:		
	All data will be kept in password protected cloud storage on the University Office 365 system which will not be shared. All participants will be given a unique identifier to ensure confidentiality and this list will be kept securely in the password protected folder.		

	Data Protection		
	Will the research activity involve any of the following activities:	YES	NO

13	Electronic transfer of data in any form?	☒	☐
14	Sharing of data with others at the University outside of the immediate research team?	☐	☒
15	Sharing of data with other organisations?	☐	☒
16	Export of data outside the UK or importing of data from outside the UK?	☐	☒
17	Use of personal addresses, postcodes, faxes, emails or telephone numbers?	☐	☒
18	Publication of data that might allow identification of individuals?	☐	☒
19	If YES to any question, please provide full details, explaining how this will be conducted in accordance with the GDPR and Data Protection Act (2018) (and/or any international equivalent):		
	All data will be encrypted and kept in password protected cloud storage on the University Office 365 system which will not be shared. All data transfers will be encrypted and password protected. All participants will be given a unique identifier to ensure confidentiality and this list will be kept securely in the password protected folder. The data will be stored until the completion of the project and then deleted. In accordance with the DPA2018, participants will have the right to ask to see what data is held relating to them, and this data will be deleted immediately if the participant requests this, in which case the data will not be used in the project.		
20	List all who will have access to the data generated by the research activity:		
	Normally the principal researcher, the principle researcher's project supervisor, external examiner and second marker		
21	List who will have control of, and act as custodian(s) for, data generated by the research activity:		
	The principal researcher.		
22	Give details of data storage arrangements, including security measures in place to protect the data, where data will be stored, how long for, and in what form.		
	All data will be encrypted and kept in password protected cloud storage on the University Office 365 system which will not be shared. The data will be stored until the completion of the project and then deleted.		
22	Confirm that you have read the UWTSD guidance on data management (see https://www.uwtسد.ac.uk/library/research-data-management/)	☒	
23	Confirm that you are aware that you need to keep all data until after your research has completed or the end of your funding	☒	

SECTION I: Use of AI tools

Use of generative AI and other AI-based tools		YES	NO	N/A
There are a number of ethical issues relating to the use of generative AI and other AI-based tools, including data security, output bias, and output errors. In general you should assume that any generative AI or other AI-based tool that you pay to use is more secure and accurate than one which is free to use.				
Will the research use AI tools to do any of the following:				
1	Capture data?	☐	☒	☐

2	Generate and/or edit text?	☐	☒	☐
3	Generate graphics?	☐	☒	☐
4	Generate video?	☐	☒	☐
5	Generate sound/music?	☐	☒	☐
6	Generate code?	☐	☒	☐
7	Generate synthetic data?	☐	☒	☐
8	Analyse data?	☐	☒	☐
9	Analyse personal or sensitive data?	☐	☒	☐
10	Classify data?	☐	☒	☐
11	Do you intend to use the free version of any AI tools?	☐	☒	☐
If you have answered YES to any of questions O1-O11, please provide justification detailing why this is necessary for the research.				
12				

SECTION J: Declaration

The information which I have provided is correct and complete to the best of my knowledge. I have attempted to identify any risks and issues related to the research activity and acknowledge my obligations and the rights of the participants. In submitting this application I hereby confirm that I undertake to ensure that the above named research activity will meet the University's Research Ethics and Integrity Code of Practice which is published on the website: https://www.uwtsd.ac.uk/research/research-ethics/			
1	Signature of applicant:	Megan Carpanini	Date: 13/3/26
2	Supervisor:		Date:
3	Signature:		

Appendix 2 – timeline for completion of research project

Date	Tasks due for completion
13/3/26	Submit research proposal and await ethical approval
16/3/26	Finalise online questionnaire layout including participant information sheet Finalise wording of email to be sent to participants including the link for the online questionnaire
23/3/26	Recruit participants via email (subject to ethical approval)
30/3/26	Resend a reminder email to participants to complete questionnaire (subject to amount of participants already gathered – cut of max 50 participants)
6/4/26	Collate and analyse data collected
20/4/26	Create poster presentation