



# MSc Nutritional Medicine

Research Project





# The acceptability of an online nutrition course for people with Type 2 Diabetes.

- We are two MSc students from the University of Surrey. We are based in Co. Kildare, Ireland and Kingston Lewes, England. We are asking Diabetes Ireland and Diabetes UK to support us in recruiting volunteers with Type 2 Diabetes (T2D) to answer our online questionnaire by promoting our notice on your social media platforms.
- Our aim is to recruit 30-40 volunteers to answer a short (10 min max) online Questionnaire (Phase I or our study) and 10-15 volunteers to progress to Phase II, participating in an online nutritional education and cooking class via Zoom. All volunteers must be aged 18 years or older and must have a diagnosis of Type 2 Diabetes.
- We wish to assess the level of knowledge that people with T2D have around the role of nutrition in the management of their diabetes (Phase I). A further aim of our study is to assess whether it is acceptable for people with T2D to learn from an online nutrition education and cooking course (Phase II). Participants in phase II will be asked to provide some feedback on the course.
- For further information please see our research submission form and/ or contact Darina Kelly at [dkoo479@surrey.co.uk](mailto:dkoo479@surrey.co.uk)