

AutoNutrition Diary Study

Participant Guide

This guide explains how to use **EpiCollect5** for the AutoNutrition Diary Study.

All study information is entered in the EpiCollect5 mobile application. This guide only teaches you how to install the app, add the study project, complete your profile, log meals, upload data and photographs, and finish the study.

Study project name in EpiCollect5: Child Feeding Diary Study

Study duration: Four weeks

Aim: At least two meal or snack entries each day

Important: There are no right or wrong answers. Refusals, unfinished meals, distress and uneaten food are scientifically valuable observations.

Saving is not the same as uploading. After you save an entry, look for the orange **UNSYNCED ENTRIES** banner and tap **UPLOAD**. A green tick confirms that the entry has been uploaded.

Download EpiCollect5

- Apple App Store: <https://apps.apple.com/us/app/epicollect5/id1183858199>
- Google Play Store: https://play.google.com/store/apps/details?id=uk.ac.imperial.epicollect.five&hl=en_ZA

Support

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Part A: Install and launch EpiCollect5

Step 1 of 36: Download EpiCollect5

Download EpiCollect5 from the Apple App Store or Google Play Store. Search for EpiCollect5 and install the free application.

- Use the store buttons below, or search for EpiCollect5 on your phone.
 - Do not pay for any related application. EpiCollect5 is free.
-

Step 2 of 36: Open the application

Open EpiCollect5. Wait for the loading screen to finish.

Tip: Keep the application open until the Projects screen appears.



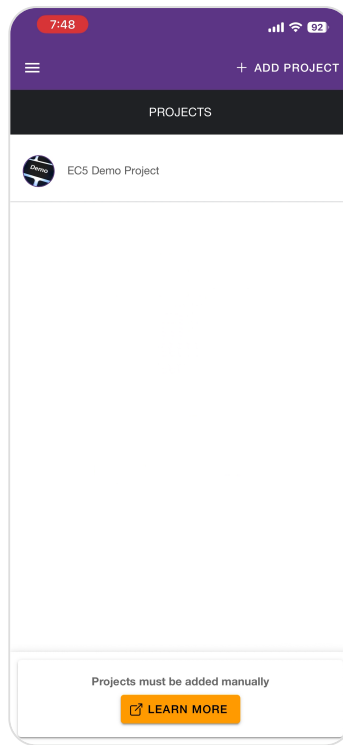
The EpiCollect5 app launch screen.

Part B: Find and add the study project

Step 3 of 36: Open Add Project

On the Projects screen, tap + ADD PROJECT in the top-right corner.

Tap this: + ADD PROJECT

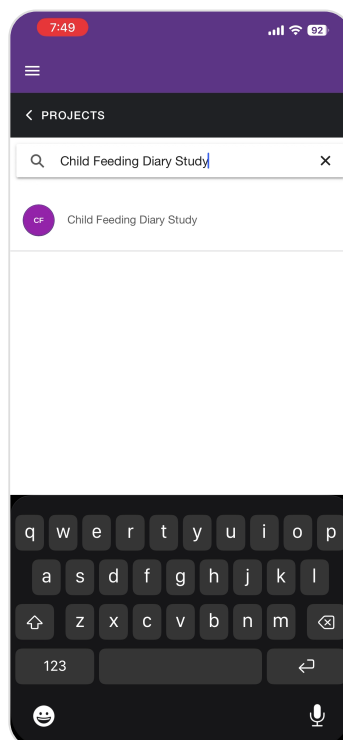


The Projects screen with the + ADD PROJECT control.

Step 4 of 36: Search for the project

Type Child Feeding Diary Study into the search bar. Tap the matching result.

Tip: Check the spelling before selecting the project.

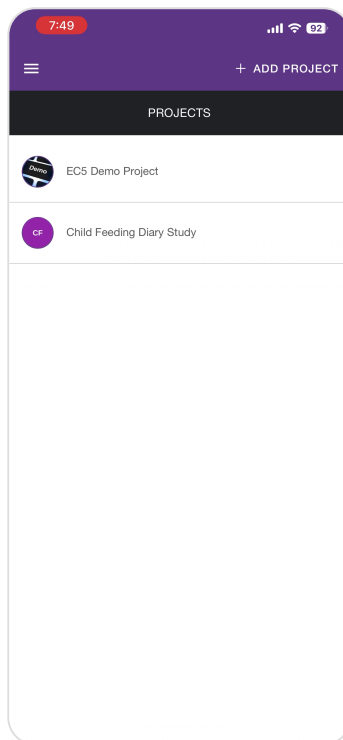


The project search screen for Child Feeding Diary Study.

Step 5 of 36: Open the added project

When the project appears in the Projects list, tap Child Feeding Diary Study.

Tap this: Child Feeding Diary Study



Child Feeding Diary Study listed in Projects.

Part C: Complete the Caregiver and Child Profile

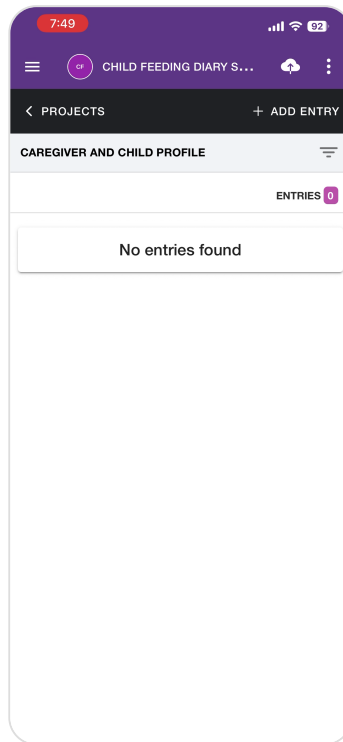
Warning: Complete this profile once at the beginning of the study. Do not create a new profile for every meal.

Step 6 of 36: Add the profile entry

Open Caregiver and Child Profile and tap + ADD ENTRY.

Tap this: + ADD ENTRY

Warning: Complete this profile once at the beginning of the study. Do not create a new profile for every meal.



The Caregiver and Child Profile section.

Step 7 of 36: Enter the Participant ID

Enter the Participant ID exactly as provided by the study coordinator. Tap NEXT.

Warning: Do not enter your name.

A mobile app interface for a survey. At the top, a purple header bar contains a red status bar with the time '7:49', signal strength, and battery level '91'. Below the header, a navigation bar has a purple bar with a red 'X' and the word 'QUIT', and a green bar with a red 'X' and the text 'CHILD FEEDING DI...'. Below this is a dark grey bar with '< PREV' and 'NEXT >'. The main content area is white and titled 'CAREGIVER AND CHILD PROFILE'. It features a purple bar with 'Participant ID' and a magnifying glass icon. Below this is a red text prompt '* This field is required' and a white text input field with the placeholder 'Type answer here...'. The bottom of the screen is a large white area.

The EpiCollect5 Participant ID question.

Step 8 of 36: Select the country

Tap the green answer field, select the country where you currently live, then tap NEXT.

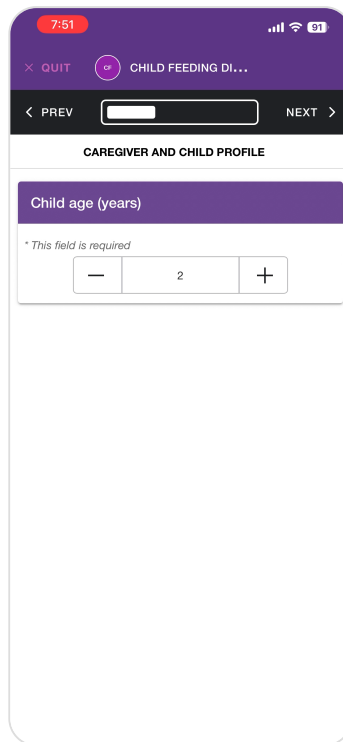
Tap this: Pick possible answer

A mobile app interface for a survey. At the top, a purple header bar contains a red status bar with the time '7:51', signal strength, and battery level '91'. Below the header, a purple bar has a red 'X' and the word 'CLOSE'. The main content area is white and contains a list of countries with radio buttons: South Africa, Rwanda, Kenya, Nigeria, Ghana, Tanzania, and Uganda. Below the list is a large white area.

The country selection screen.

Step 9 of 36: Enter the child's age

Use the plus and minus controls to enter the child's age in years. Tap NEXT.

A screenshot of a mobile application interface. At the top, a purple header bar contains a red status bar with the time '7:51' and a purple bar with a 'QUIT' button and a 'CHILD FEEDING DI...' title. Below the header is a black navigation bar with '< PREV', a white input field, and 'NEXT >'. The main content area is white and titled 'CAREGIVER AND CHILD PROFILE'. It features a purple box labeled 'Child age (years)' with a required field asterisk. Below this is a numeric keypad with minus, 2, and plus buttons.

The child age controls.

Step 10 of 36: Select the primary condition

Select the one option that best describes the child's primary condition. Tap NEXT.

- Choose only one option. This guide does not advise which medical answer to select.

7:51 CHILD FEEDING DI...

< PREV [Progress Bar] NEXT >

CAREGIVER AND CHILD PROFILE

Primary condition

* This field is required

- Autism Spectrum Disorder (ASD) ☐
- ASD with co-occurring ADHD ☐
- ASD with other conditions ☐
- Prefer not to say ☐

The primary condition selection screen.

Step 11 of 36: Enter dietary restrictions or allergies

Enter any dietary restrictions or allergies.

- Examples: Dairy allergy; Gluten-free diet.
- If there are none, enter None.

7:52 CHILD FEEDING DI...

< PREV [Progress Bar] NEXT >

CAREGIVER AND CHILD PROFILE

Does your child have any dietary restrictions or allergies? 🔍

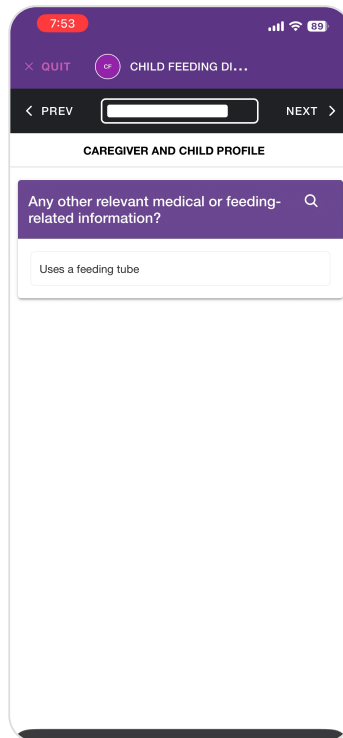
Type answer here...

The dietary restrictions or allergies question.

Step 12 of 36: Enter other relevant information

Enter any other relevant medical or feeding information.

- Examples: Uses a feeding tube; Takes medication for reflux.
- Leave the field blank when nothing applies and the application permits it.

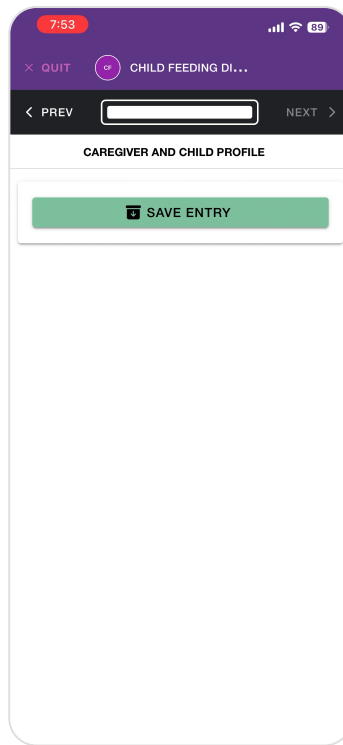
A screenshot of a mobile application interface. At the top, a status bar shows the time 7:53, signal strength, and battery level at 89%. Below the status bar, a purple header contains a 'QUIT' button with a close icon and the text 'CHILD FEEDING DI...'. A black navigation bar below the header has '< PREV' on the left, a white text input field in the center, and 'NEXT >' on the right. The main content area has a white background with a section titled 'CAREGIVER AND CHILD PROFILE'. Below this title is a purple box with the text 'Any other relevant medical or feeding-related information?' and a magnifying glass icon. Underneath this box is a white text input field containing the text 'Uses a feeding tube'.

The other relevant medical or feeding information question.

Step 13 of 36: Save the profile

Tap SAVE ENTRY. Wait until the saving message disappears.

Tap this: SAVE ENTRY



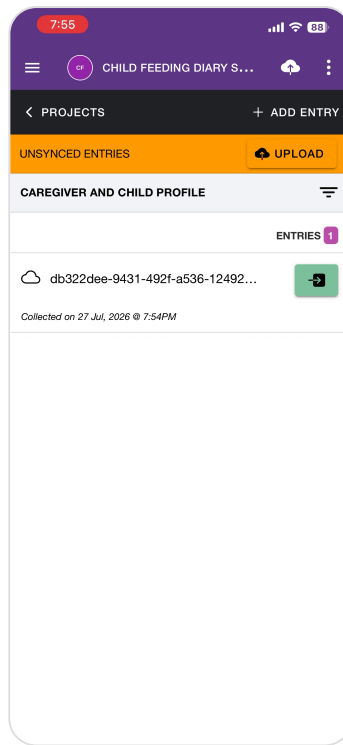
The SAVE ENTRY control for the profile.

Step 14 of 36: Upload the profile

An orange UNSYNCED ENTRIES banner means the profile is saved on the phone but has not been sent to the research team. Tap UPLOAD.

Tap this: UPLOAD

Warning: Saving is not the same as uploading.

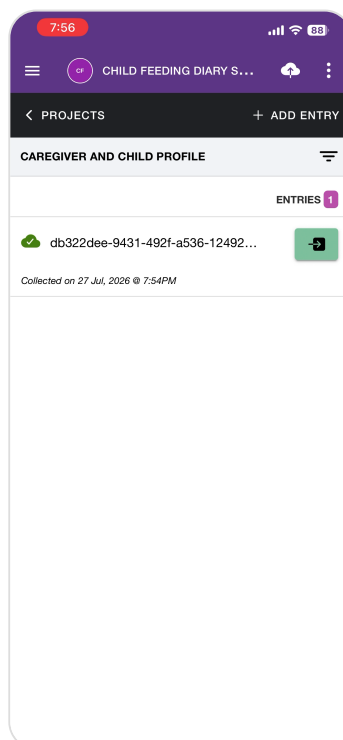


The orange *UNSYNCED ENTRIES* banner for a saved profile.

Step 15 of 36: Confirm the upload

Look for a green tick beside the profile entry. This confirms that it has been uploaded.

Success: A green tick confirms that the profile has been uploaded.



A green tick confirming the profile has been uploaded.

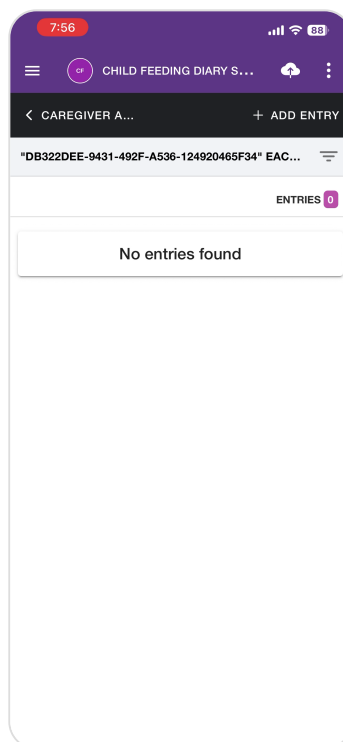
Part D: Log a meal

Note: Repeat these steps after every meal or snack during the four-week study. Aim for at least two entries each day.

Step 16 of 36: Add a meal entry

Open the saved caregiver and child profile. In the meal log section, tap + ADD ENTRY.

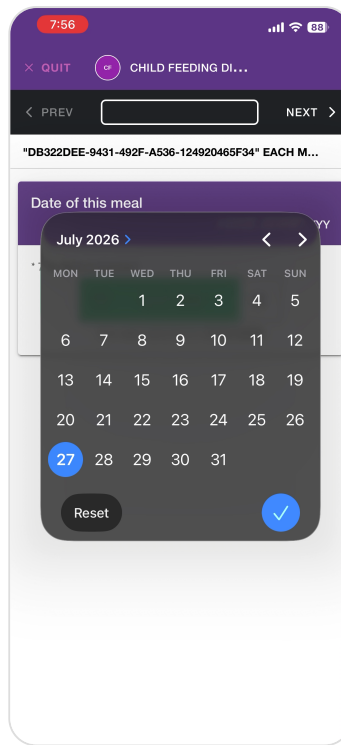
Tap this: + ADD ENTRY



Adding a meal entry from the profile meal log.

Step 17 of 36: Select the meal date

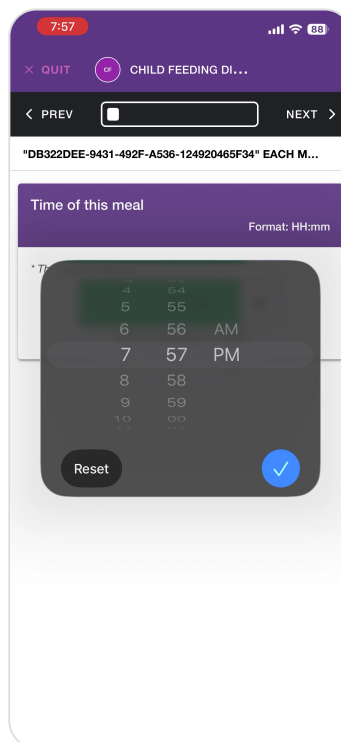
Tap the calendar control, select the meal date and confirm it. Check that the date appears before tapping NEXT.



The meal date calendar control.

Step 18 of 36: Select the meal time

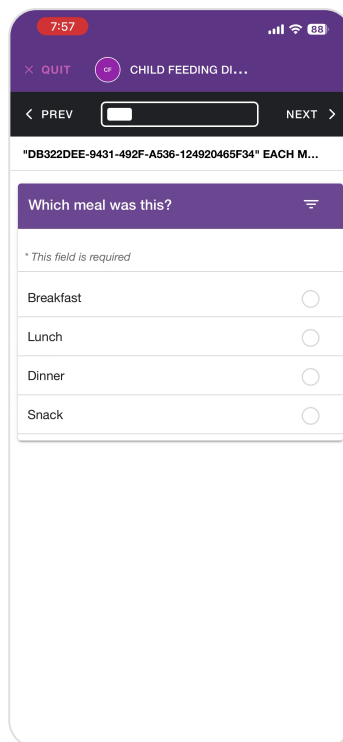
Tap the clock control, select the meal time and confirm it. Check that the time appears before tapping NEXT.



The meal time clock control.

Step 19 of 36: Select the meal type

Choose Breakfast, Lunch, Dinner or Snack. Tap NEXT.



The screenshot shows a mobile app interface for selecting a meal type. At the top, there is a status bar with the time 7:57, signal strength, and battery level 88%. Below the status bar is a purple header with a close button (X) and the text "QUIT" and "CHILD FEEDING DI...". Below the header is a navigation bar with a back arrow, the text "PREV", a search bar, and the text "NEXT" with a forward arrow. Below the navigation bar is a text field containing the string "DB322DEE-9431-492F-A536-124920465F34" EACH M...". Below the text field is a purple button with the text "Which meal was this?" and a menu icon. Below the button is a list of meal types with radio buttons: Breakfast, Lunch, Dinner, and Snack. A note above the list states "* This field is required".

The meal type options: Breakfast, Lunch, Dinner or Snack.

Step 20 of 36: Enter all foods offered

Enter every food offered, including anything refused.

- Example: Rice and beans, porridge and banana.

7:57

QUIT CHILD FEEDING DI...

PREV NEXT

DB322DEE-9431-492F-A536-124920465F34 EACH M...

What food did you offer the child? e.g. rice and beans, porridge, banana

* This field is required

Type answer here...

The foods offered text field.

Step 21 of 36: Select how much was offered

Open the green answer field and choose the closest portion description.

- Possible answers shown in the supplied screenshots include:
- A few bites
- Half portion
- Full portion
- More than one portion

A mobile app interface for a child feeding diary. The top status bar shows the time 7:57, signal strength, and battery level at 87%. The app header is purple with a 'QUIT' button and a 'CHILD FEEDING DI...' title. Below the header is a navigation bar with 'PREV' and 'NEXT' buttons and a central input field. The main content area displays a long alphanumeric ID: '*DB322DEE-9431-492F-A536-124920465F34' EACH M...'. Below this is a purple box with the question 'How much was offered?'. Underneath is a green dropdown menu with the text 'Pick possible answer' and a downward arrow.

The amount offered answer field.

Step 22 of 36: Enter what the child ate

Enter the food the child actually ate. Enter None when everything was refused.

A mobile app interface for a child feeding diary. The top status bar shows the time 7:57, signal strength, and battery level at 87%. The app header is purple with a 'QUIT' button and a 'CHILD FEEDING DI...' title. Below the header is a navigation bar with 'PREV' and 'NEXT' buttons and a central input field. The main content area displays a long alphanumeric ID: '*DB322DEE-9431-492F-A536-124920465F34' EACH M...'. Below this is a purple box with the question 'What foods did the child actually eat?' and a search icon. Underneath is a white text input field with the placeholder text 'Type answer here...'.

The foods eaten text field.

Step 23 of 36: Select how much the child ate

Choose the closest answer:

- None, refused all food
- A few bites
- Some, less than half
- Most, more than half
- All, ate everything

7:58 CHILD FEEDING DI...

< PREV [SEARCH BAR] NEXT >

"DB322DEE-9431-492F-A536-124920465F34" EACH M...

How much of the offered food did the child eat?

* This field is required

None (refused all food) ☐

A few bites ☐

Some (less than half) ☐

Most (more than half) ☐

All (ate everything) ☐

The amount eaten options.

Step 24 of 36: Record mealtime behaviours

Select every behaviour that occurred.

- Visible options include:
- Gagging
- Crying or tantrum
- Spitting food
- Leaving the table
- None of the above

Warning: Do not select None of the above together with another behaviour.

The screenshot shows a mobile application interface. At the top, there is a status bar with the time 7:58, signal strength, and battery level at 87%. Below this is a purple header bar with a 'QUIT' button (marked with an 'x') and a 'CHILD FEEDING DI...' button (marked with a 'cf'). A dark navigation bar contains '< PREV', a white input field, and 'NEXT >'. Below the navigation bar, a white box displays a long alphanumeric string: '*DB322DEE-9431-492F-A536-124920465F34' EACH M...'. The main content area features a purple header with the text 'Did any of the following happen during this meal?' and a menu icon. Below this is a list of five items, each with a checkbox: 'Gagging', 'Crying / tantrum', 'Spitting food', 'Leaving the table', and 'None of the above'. The bottom of the screen is a large white rectangular area.

The mealtime behaviours checklist.

Step 25 of 36: Select the meal duration

Choose the closest meal duration.

- Visible choices include:
- Less than 5 minutes
- 5 to 10 minutes
- 10 to 20 minutes
- 20 to 30 minutes
- 30 to 45 minutes
- More than 45 minutes

7:58

QUIT CHILD FEEDING DI...

< PREV NEXT >

"DB322DEE-9431-492F-A536-124920465F34" EACH M...

How long did the meal last?

* This field is required

Pick possible answer ▼

The meal duration answer field.

Step 26 of 36: Describe mealtime challenges

Briefly describe any challenge that occurred.

- Example: Cried when shown the food.
- This field is optional according to the supplied guide.

7:59

QUIT CHILD FEEDING DI...

< PREV NEXT >

"DB322DEE-9431-492F-A536-124920465F34" EACH M...

What mealtime challenges did you experience? 🔍

Type answer here...

The optional mealtime challenges field.

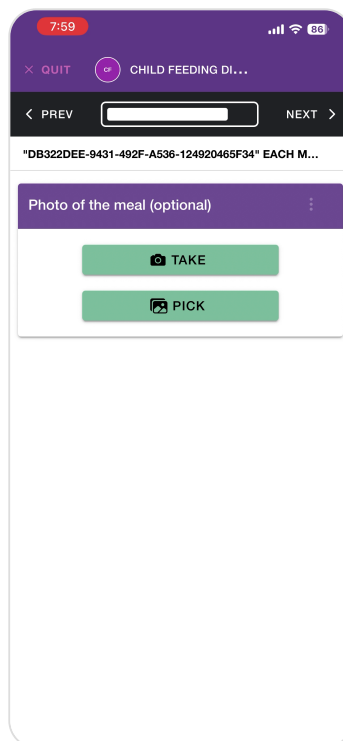
Step 27 of 36: Add a food photograph

Tap TAKE to use the camera or PICK to choose a photograph from the phone.

Tap this: TAKE or PICK

Warning: Photograph food only. Do not photograph the child or any household member.

Tip: Wait until the photograph appears in the EpiCollect5 form before continuing.



The TAKE and PICK photograph controls.

Step 28 of 36: Add final notes

Add any relevant information not already recorded.

- Example: The food was a little oily.
- This field is optional.

8:00

QUIT CHILD FEEDING DI...

PREV NEXT

"DB322DEE-9431-492F-A536-124920465F34" EACH M...

Anything else you'd like to note about this meal?

Type answer here...

The optional additional notes field.

Step 29 of 36: Save the meal

Tap SAVE ENTRY and wait for the saving message to disappear.

Tap this: SAVE ENTRY

8:00

QUIT CHILD FEEDING DI...

PREV NEXT

"DB322DEE-9431-492F-A536-124920465F34" EACH M...

SAVE ENTRY

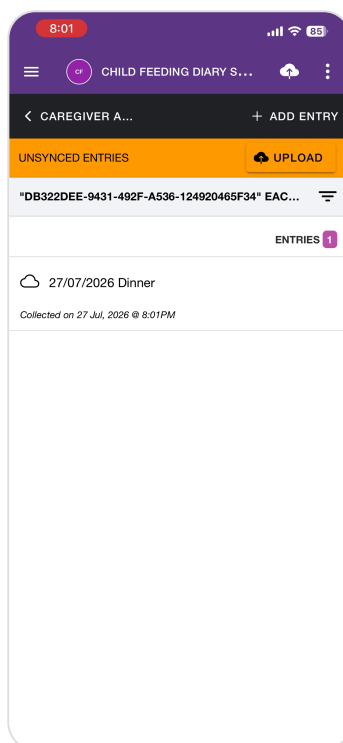
The SAVE ENTRY control for a meal.

Step 30 of 36: Upload the meal data

When the entry appears with an orange UNSYNCED ENTRIES banner, tap UPLOAD.

Tap this: UPLOAD

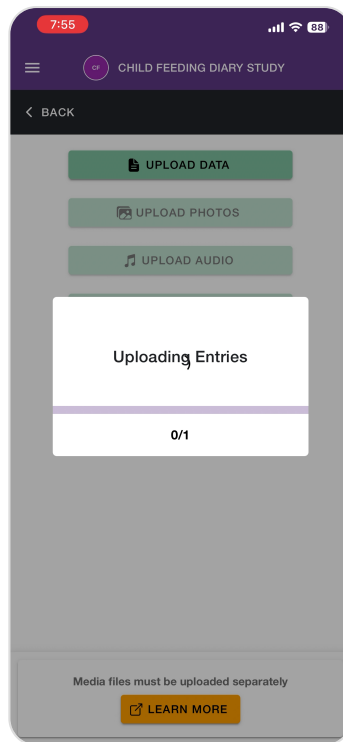
Warning: Saving is not the same as uploading.



The orange UNSYNCED ENTRIES banner and UPLOAD control.

Step 31 of 36: Wait for the entry upload

Wait for the Uploading Entries process to finish. Do not close the application.



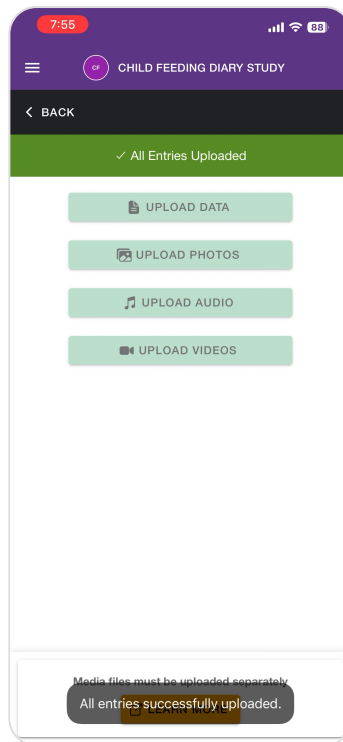
The Uploading Entries progress screen.

Step 32 of 36: Upload photographs separately

When the application confirms that entries were uploaded, tap **UPLOAD PHOTOS** when a photograph was added.

Tap this: **UPLOAD PHOTOS**

Warning: Meal data and meal photographs are uploaded separately.

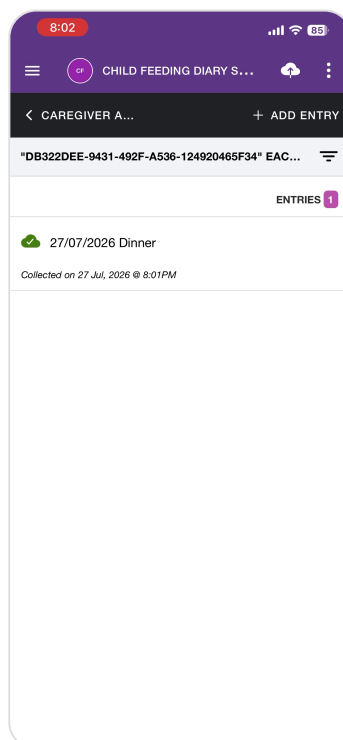


The All Entries Uploaded confirmation and UPLOAD PHOTOS control.

Step 33 of 36: Confirm synchronisation

Return to the entries list and look for a green tick beside the meal entry.

Success: The meal entry has been saved and uploaded successfully.



A green tick confirming the meal entry has been uploaded.

Part E: End of the study

Warning: Do not uninstall EpiCollect5 until every profile and meal entry displays a green tick. Unsynchronised entries may be permanently lost when the application is deleted.

Android: Contact the study coordinator for Android uninstall instructions.

The uninstall steps below are for **iPhone**.

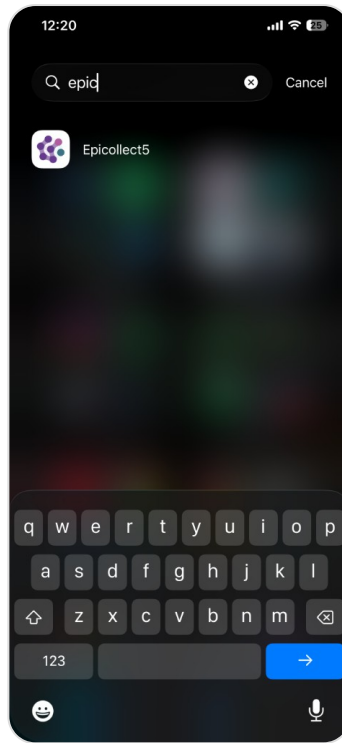
Step 34 of 36: Find EpiCollect5

iPhone instructions

Swipe down from the middle of the iPhone Home Screen. Type EpiCollect5 in the search field until the app appears.

Warning: Do not uninstall EpiCollect5 until every profile and meal entry displays a green tick. Unsynchronised entries may be permanently lost when the application is deleted.

Tip: You may only need to type the first few letters, such as epic.



iPhone Spotlight Search showing EpiCollect5.

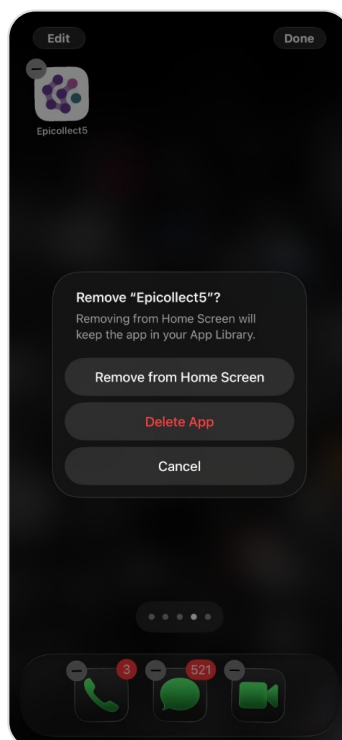
Step 35 of 36: Open the deletion menu

iPhone instructions

Press and hold the EpiCollect5 icon. When the Remove options appear, tap Delete App.

Tap this: Delete App

- Do not choose Remove from Home Screen. That option keeps the app installed.



Step 36 of 36: Confirm deletion

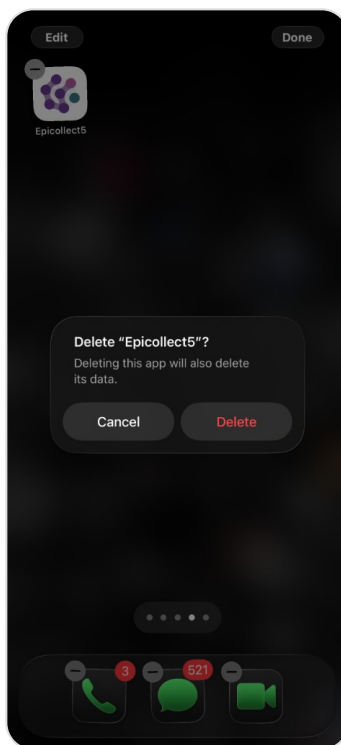
iPhone instructions

Tap Delete in the confirmation message that says Deleting this app will also delete its data.

Tap this: Delete

- Send a WhatsApp message to the study coordinator confirming that the four-week study is complete and the application has been uninstalled.

Success: Thank you for completing the AutoNutrition Diary Study.



The iPhone confirmation dialog to delete EpiCollect5.

You are done

Send a WhatsApp message to the study coordinator (+250 791 590 206) confirming that the four-week study is complete and the application has been uninstalled.

Thank you for your contribution to the AutoNutrition Diary Study.