

Study Timeline

This is an optimistic timeline assuming that went as planned. It didn't of course and there are variations in the timing of each assessment depending on the particular circumstances of the participant or shipping delays that affected sample collection

Baseline Assessment

There were 10 steps in the baseline assessment intended to be completed over the course of 1 month.

Day 1:

- Consent
- Primary Questionnaires

Day 2:

- First Weekly Inventory and Journaling Exercise

Days 2 to 7:

- Secondary Questionnaire

Days 3 to 7:

- Sample-collection kit is shipped to you
- Collect and return sample

Day 7:

- Second Weekly Inventory and Journaling Exercise

Day 14:

- Third Weekly Inventory and Journaling Exercise

Day 21:

- Fourth Weekly Inventory and Journaling Exercise
- Payment

4-month Follow-up

- Follow-up questionnaire
- Follow-up Weekly Inventory and Journaling Exercise
- Payment

8-month Follow-up

- Follow-up questionnaire
- Follow-up Weekly Inventory and Journaling Exercise
- Payment

1-year Follow-up Assessment

- Sample-collection kit is shipped out
- Sample collected and returned
- Follow-up Primary Questionnaires
- Follow-up Secondary Questionnaires
- Follow-up Weekly Inventory and Journaling Exercise
- Payment