

INFORMATION TO PARTICIPANTS INVOLVED IN RESEARCH (Research Advisory Group- Young people)

HRE: 20-010

You are invited to participate

You are invited to participate in a research project entitled "End-user engagement for the WIRED [Web-based Interventions to Reduce Eating Disorders] Project". This project aims to develop a research advisory group in order to inform the research and intervention design for our larger WIRED project, where we will develop apps for body image and eating disorders.

This project is being conducted by A/Prof Zali Yager and Prof Alex Parker from the Institute for Health and Sport at Victoria University, and is funded by the Medical Research Future Fund Million Minds Program.

Project explanation

We aim to develop web-based interventions for early intervention in body dissatisfaction and eating disorders. In order to ensure that we conduct our research in a way that is relevant for young people, and create resources that are engaging for young people, we would like to involve young people to inform our research project and interventions.

What will I be asked to do?

If you decide to participate in this project you will be asked to select from a range of activities that you would like to be involved in. These activities include:

- 1) An online questionnaire (20 minutes) that asks about your body image and disordered eating, and preferences for specific features of an eating disorder app
- 2) An online interview for 30-45 minutes, to discuss your experiences with body image and eating disorder resources, and specific preferences for the features included in these interventions. Interviews will be audio-recorded and transcribed.
- 3) An online workshop (1.5 hours) to brainstorm ideas and give feedback in relation to the content of the eating disorder resources.
- 4) Early testing the app over the course of one week.

You will be able to choose the activities that align with the time that you have available for engagement.

What will I gain from participating?

You may not benefit directly from completing this research, however participation in this research might make you more aware of resources that you can access, will give you experience of participating in a research project and the opportunity to contribute to resource development. You will receive official certification detailing your involvement on the Research Advisory Group for this study, for your CV. Participants completing the questionnaire will enter a draw to win one of five \$50 vouchers. Participants completing an interview will receive a \$50 voucher, and workshop participants will receive a \$100 voucher to acknowledge your contribution and reimburse you for your time.

How will the information I give be used?

All identifying details will be removed from any data that is collected. Questionnaires will be analysed using descriptive statistics. Interviews will be recorded and transcribed, written artefacts will be collected from the workshops, and electronic communication will be copy and pasted into a database without your name. The researchers will look for themes in the data and communicate these findings to the lead researchers who will be developing the app, and conducting the larger study. The researchers might write some reports and articles, but your name will be never mentioned.

What are the potential risks of participating in this project?

As you will be talking about your experiences of social media and mental health, and seeking help for eating disorders, you might feel some discomfort. You may feel sad or stressed, and experience anxiety and depression, though this is unlikely. If this occurs, you can choose to stop engaging in the data collection, and/or withdraw from the project at any time. There are no consequences for withdrawing or choosing not to participate.

If you become upset during research participation, please feel free to contact the following support and/or information relevant to eating disorders can be accessed by telephoning the Butterfly Foundation Helpline- <https://thebutterflyfoundation.org.au/our-services/helpline/> a telephone, chat, or email-based counselling, information, and referral service that is free, anonymous and confidential. Alternatively, please contact Lifeline on 13 11 14.

LGBTQ Participants also have the option of contacting QLife:

QLife provides Australia-wide anonymous, LGBTI peer support and referral for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships.

Phone: 1800 184 527 (3pm–midnight AEST)

Webchat: <https://qlife.org.au/resources/chat> (3pm–midnight AEST)

Website: <https://qlife.org.au/>

How will this project be conducted?

You will be able to choose your level of involvement in this study from the options outlined on the previous page. All aspects of this study will be conducted online.

Who is conducting the study?

- Professor Alexandra Parker alex.parker@vu.edu.au 9919 5874
- Associate Professor Zali Yager zali.yager@vu.edu.au 0403011643

What should I do if I am interested?

Follow the links to complete the survey: https://vuau.qualtrics.com/jfe/form/SV_5A8pGuGckR7QIFn

Any queries about your participation in this project may be directed to the Chief Investigator listed above. If you have any queries or complaints about the way you have been treated, you may contact the Ethics Secretary, Victoria University Human Research Ethics Committee, Office for Research, Victoria University, PO Box 14428, Melbourne, VIC, 8001, email researchethics@vu.edu.au or phone (03) 9919 4781 or 4461.