



Parent/Guardian Participant Information Form

Project Title: The Prevalence and Correlates of Weight and Shape Related Body Image Disorders in Australian Adolescents (The Everybody Study)

Chief Investigator: Dr Deborah Mitchison from the Centre for Emotional Health, Macquarie University

What is the study about?

We are in the third year of the *EveryBody Study* - the most comprehensive study of body image among young Australians to date. We are inviting students and their parents/guardians from *all* schools in the Newcastle region, and some schools in the Sydney region to participate, with the aim to be as representative as possible. We are particularly interested in:

1. The types of behaviours that adolescents with poor body image engage in
2. The differences and similarities in body image concerns and behaviours across sex, age, ethnicity, sexual orientation, and body weight
3. The relationship between body image and other experiences such as bullying, social media, and family attitudes and behaviours

This is an important endeavour as very little is known about what eating and other body image disorders look like, and who and how many young Australians experience them. Understanding the different body image concerns of all young Australians will ultimately help us to more easily find those who are suffering from poor body image and get them the help they need early on to improve their self-esteem.

What does the study involve?

Your child will be asked to complete a survey, which includes questions related to various eating and body image concerns and behaviours, general wellbeing, bullying, and social media use. We will invite a small number of students to participate in an anonymous telephone interview to further explore body image concerns. We also ask that the parents/guardians complete a shorter survey on your own eating and body image concerns and behaviours.

How much time will the study take?

Your survey is expected to take around 15 minutes for you to complete. Your child's survey is expected to take around 40 minutes to complete, and if they participate in a telephone interview, this is expected to take no longer than 60 minutes.

What will be expected?

Your child will be asked to complete the survey in a classroom, computer lab, or school hall on the survey testing day. If they have any difficulty answering the questions, a member of the research team will be there to assist him/her. If your child completes the survey, we will then ask his/her parents/guardians to also complete a survey. You will be provided an electronic webpage that contains the survey, and a unique code for you to enter along with your responses to the survey.

If you would like your child to have the opportunity to participate in this study, you do not need to do anything - your child will be given information about the study and they will decide whether or not to take part.

How will my and my child's information be used?

The information you and your child provide when you complete the surveys will be assigned a code and your names will be stored in a separate file with this code. All files will be password-encrypted, with the password only known to the named investigators. The information will be held for 10 years following the completion of the study, after which time it will be destroyed. When the findings from the study are reported, the answers will be grouped so that it will be impossible for others to identify you (e.g., "12% of the participants reported that they were on a diet"). If you have concerns about what has been recorded or its use, you may access your own recorded data within the period of storage. This may be done by contacting Dr Mitchison (deborah.mitchison@mq.edu.au).

Will the study benefit me?

Yes! We believe that taking part in this study may help you and your child to think and learn about your own health and wellbeing and what to do if you or someone you know might need help with a mental health issue (your child and yourself will be given information about where to seek local help at the end of the survey). Also, taking part in the study will give your child the chance to see how scientific research is conducted and he/she will have an opportunity to ask the researchers questions about this or anything else he/she might be interested in, such as attending university or career options in psychology. More broadly, the study aims to further medical knowledge and may improve future treatment for eating disorders, however it is unlikely to directly benefit you or your child in this way.

If your child participates in the survey he/she will be given the opportunity to go into a draw to win one of 10 \$100 gift cards! And if you complete your parent survey, then your child will receive a bonus entry in the draw, doubling his/her chances of winning! Any contact details you provide in order to enter the draw will not be stored with the survey data, and will only be used to contact winners of the draw, and then deleted. If your child has left school then they will be provided an option between entering the gift card draw or receiving a \$20 gift card.

Will the study have any risks?

It is unlikely that you or your child will experience any distress while completing the survey. However, if your child does become distressed, a member of the research team who is psychologically trained will be there to assist him/her. We will also include some information to all participants about where and how to seek help if needed.

How is the study being paid for?

The study is funded by a Macquarie University Research Fellowship grant awarded to the principal investigator, Dr Deborah Mitchison.

Will anyone else know the results? How will the results be disseminated?

All aspects of the study, including results, will be confidential and only the researchers will have access to information on participants. The findings, based on grouped data (meaning no individuals will be able to be identified), will be communicated to the school in a wellbeing report, as well as at scientific conferences, through scientific peer-reviewed journals, and to the broader community through media releases.

Can I withdraw myself or my child from the study?

Participation is entirely voluntary: you are not obliged to participate and - if you do participate - you can withdraw at any time without giving any reason. This also means that you can choose to participate or withdraw from the 1 year follow-up survey.

If you **do not** wish for your child to have the opportunity to participate in this study, please complete the form below and return to your child's school. Whatever your decision, it will not affect yours or your child's relationship with the research or school staff.

You may also choose for your child to participate in the survey but not to be contacted for a telephone interview. If you wish to do this, please complete the form below and return it to your child's school.

What if I require further information?

If you would like to know more information at any stage, please feel free to contact Dr Deborah Mitchison (deborah.mitchison@mq.edu.au).

What if I have a complaint?

The ethical aspects of this study have been approved by the Macquarie University Human Research Ethics Committee. If you have any complaints or reservations about any ethical aspect of your participation in this research, you may contact the Committee through the Director, Research Ethics (telephone (02) 9850 7854; email ethics@mq.edu.au). Any complaint you make will be treated in confidence and investigated, and you will be informed of the outcome.

What do I do now?

Nothing. If you agree to give your child the opportunity to take part in this study, we will provide him/her with information and if he/she agrees, they will be asked to complete the survey. We will also provide your child with an invitation for you to take part in the parent/guardian survey, should you wish to do so.

NOTE - YOU MAY ALLOW YOUR CHILD TO PARTICIPATE IN THE STUDENT SURVEY EVEN IF YOU DO NOT WISH TO PARTICIPATE IN THE PARENT SURVEY.

If you do not want your child to be provided the opportunity to participate in this study OR if you wish your child not to be contacted for an anonymous telephone interview please sign and return the form attached.



Parent/Guardian Opt-Out Consent Form

PLEASE ONLY COMPLETE THIS FORM IF YOU **DO NOT** WANT YOUR CHILD TO PARTICIPATE!

OPTION 1

PLEASE NOTE!

ONLY COMPLETE THIS SECTION OF THE FORM IF YOU **DO NOT** WANT YOUR CHILD TO BE CONTACTED FOR AN ANONYMOUS TELEPHONE INTERVIEW. THEY MAY STILL PARTICIPATE IN THE SURVEY PART OF THE STUDY.

I **DO NOT** give consent for my child, _____ (Child's name), to be contacted for an anonymous telephone interview for **The EveryBody Study**, conducted by researchers from Macquarie University and Western Sydney University.

SIGNATURE: _____ DATE: _____

OPTION 2

PLEASE NOTE!

ONLY COMPLETE THIS SECTION OF THE FORM IF YOU **DO NOT** WANT YOUR CHILD TO PARTICIPATE IN THIS STUDY.

I **DO NOT** give consent for my child, _____ (Child's name), to participate in **The EveryBody Study**, conducted by researchers from Macquarie University and Western Sydney University.

SIGNATURE: _____ DATE: _____