

Information leaflet for potential participants

Participants are being recruited to take part in a research study exploring sufferers' accounts of recovery from anorexia nervosa and specifically, the role played by psychotherapy in aiding the recovery process. Before you decide if you wish to take part, it is important that you understand why the research is being conducted and what will be involved. Please take time to read the following information with care, and if you wish, feel free to discuss it with friends, relatives, and the researcher. If there is anything that seems unclear, or you would like to know more about, please ask. Take time to consider if you do or do not wish to participate.

Thank for taking the time to read this document.

What is the purpose of this study?

The study aims to develop further understanding about recovery from anorexia nervosa and the role played by psychotherapy in an individual's recovery process.

People who have recovered from anorexia nervosa will be asked to talk about both their experience of recovery and psychotherapy.

The information from this study can help people who work in this field and service providers further their understanding of what people who have recovered say about their recovery and the way psychotherapy contributed to the recovery.

What will happen if I take part/What do I have to do?

If you agree to take part, you will be asked to meet the researcher who will discuss the study with you in more detail and undertake a questionnaire to ensure that you are a suitable participant for this study. The questionnaire is intended to help identify if a potential participant has not yet recovered from anorexia. If this is the case for you, it would not be possible to participate in this particular study. The researcher will make time to fully discuss the issues that may arise from this. It is important to stress that the questionnaire does not require potential participants to have "no issues" with food, eating and weight. What it will do, is help clarify the extent to which food, eating and weight are still problematic for the individual.

You will be invited to group meetings, an individual interview or both.

The researcher will discuss with you a suitable venue for the focus group meeting/or an interview. If you incur any travelling expenses, these will be refunded (within reason).

What are the possible benefits of taking part?

In participating in this study, you will have an opportunity to talk about your own experience of recovery from anorexia nervosa and your own experience of psychotherapy. Telling your story may be helpful to you. Also you will be helping to

advance knowledge and understanding of the role of psychotherapy in the treatment of anorexia nervosa. The more known about recovery from anorexia, the better treatments and services can become.

What are the possible disadvantages and risks of taking part?

The disadvantages or risks of you taking part are minimal. However, there is a possibility that taking part stirs up distressing memories. If you have any concerns about this or any other questions about participating in the study, the researcher is more than happy to talk to you before you make any decision.

Should I take part?

It is your choice to decide whether you wish or wish not to take part. If you do decide to take part, you will be given this information sheet to keep and be asked to sign a consent form, a signed copy of which you will receive. You are free to withdraw at any time and without giving any reason.

What if something goes wrong?

Since the research just involves talking there is very little that can go wrong. However, the researcher is ethically and legally obliged to tell you that there are no special compensation arrangements. If you are harmed due to someone's negligence, then you may have grounds for a legal action but you may have to pay for it.

Regardless of this, if you wish to complain about any aspect of the way you have been approached or treated during the course of this study, the normal complaints mechanisms are available to you. With that in mind, it is important to reiterate that it is not anticipated that anything will go wrong.

Will my taking part in this study be kept confidential?

You may find it helpful to tell someone, such a close family member or your GP that you are taking part in this study. I will not inform any of these people unless you ask me to do so. The only exception to this would be if information emerges that raises serious concerns about your health or well-being or the safety of another person. In this event the researcher will discuss with you the best course of action.

What you say during this study will be handled very carefully. In focus groups, participants will be party to one another's contributions. The researcher will also want to share the content of interviews with supervisors and possibly use excerpts from interviews too. However, I can assure you that all information will be anonymised. All information will be held in a secure office in a locked filing cabinet. Instead of your name, you will have a unique research code number.

What will happen to the results of the research study?

It is anticipated that the results of this research study will be published in a scientific journal and the researcher would be happy to inform you of where to obtain a copy of the published results when this happens. The results may also be potentially presented at conferences. In all instances, you will remain anonymous and all information remains confidential.

Who is organising the research?

I am a postgraduate student at the University of Edinburgh and am doing this study as part of my work for a PhD. My motivation for doing this study comes from my experience of working as a psychotherapist in a specialist eating disorder hospital in Scotland. Through my work and from available research to date, I have found it difficult to know what people who have recovered say about their own recovery process and particularly how psychotherapy helped them. The aim of this study is to help the voices of people who have recovered to be heard and develop further understanding on how psychotherapy aids a person's recovery from anorexia.

Who has reviewed the study?

This study has been subject to review by a Multi-Site Research Ethics Committee in Scotland. The study will also be reviewed on a regular basis by supervisors at the University of Edinburgh

Contact for further information:

For further information about this research study, please feel free to contact Michelle Conway on 07729132190. Alternatively, visit the website on [www.....](http://www.edauk.com)

If you would like further information about eating disorders, you can obtain this from:

Eating Disorders Association,

103 Prince of Wales Road, Norwich, NR1 1DW, United Kingdom.

Helplines 01 603 621 414 (open 9:00 to 18:30 weekdays)

E-mail info@edauk.com web: <http://www.edauk.com>

In Scotland, you can also obtain information from Scottish Eating Disorders Interest Group, (SEDIG) c/o Huntercombe Hospital - Edinburgh, Binny Estate, Ecclesmachan Road, Uphall, West Lothian. EH52 6NL
E-mail: sedig@beeb.net
<http://www.sedig.members.beeb.net>

Information Leaflet

for

Potential Participants

**A qualitative study of people's experience
of recovery from anorexia nervosa and
the role
of psychotherapy in aiding the recovery
process**