

PARTICIPATE IN RESEARCH

Information for Prospective Participants

Understanding what influences a negative body image and low self-esteem in adults with an eating disorder

Research team contacts

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What is the purpose of the research?

Body image and self-esteem are two important topics that are commonly focused on during psychological treatments of eating disorders. There is a need to consider novel creative approaches for interventions that may supplement traditional therapies for eating disorders. As such, this project aims to develop and test a novel application of applied theatrical performance (i.e. a play followed by a group discussion) as an activity to help improve body image and self-esteem in young adults with an eating disorder. The activity will involve young adults viewing and then reflecting upon an applied theatrical performance that incorporates augmented reality/virtual reality technology into its narrative.

Are you looking for people like me?

The research team is looking for young adults aged between 18-30 years who have a current diagnosis for Anorexia Nervosa or Bulimia Nervosa or other eating disorders, do not experience suicidal ideation, do not engage in current self-harming behaviours, have not been hospitalised due to an eating disorder in the past 2 months, have not experienced rapid weight loss in the previous month, and do not have a diagnosis or known comorbid personality disorder or psychosis.

What will you ask me to do?

Your participation will involve first taking part in a structured clinical interview to assess current eating disorders. Participants who meet the criteria based on the structured clinical interview will be asked to complete a short battery of questionnaires. This first step of the study will take approximately an hour.

Once this is completed, participants will be invited to attend a theatrical performance at another time. The performance will last approximately 45 minutes. You are welcome to bring a support friend or family member. After the performance, participants will engage in a brief group discussion about their experience with the performance (approximately 1 hour). This will be followed by completing the same set of questionnaires (approximately 13 minutes). Both sessions will be held at a Creative Industries Studio at the QUT Kelvin Grove Campus. An additional set of questionnaires will also be sent via mail or email one month after the intervention (approximately 13 minutes to complete).

Are there any risks for me in taking part?

There is a potential for minor discomfort or distress when viewing certain content of the theatrical performance or answering questions in the questionnaires. After the experiment, a clinically trained research assistant and Dr Strodl will have a brief individual conversation with you before you leave in order to assess whether there is any distress experienced. If any level of distress is experienced, you will receive immediate debriefing by Dr Strodl and will receive a follow-up call the next day to ensure that you are not experiencing any ongoing distress.

Are there any benefits for me in taking part?

We hope that you will gain an entertaining experience from the theatrical performance. It may also benefit some participants in helping to improve body image and self-esteem.

Will I be compensated for my time?

You will receive \$20 for each visit to the QUT Kelvin Grove Campus with \$20 in order to help compensate for any travel or parking expenses.

I am interested – what should I do next?

To participate in this study please contact us using the email address below. You will be provided with further information to ensure that your decision and consent to participate is fully informed.

e.strodl@qut.edu.au

Thank You!

QUT Ethics Approval Number: 2000000134