



Study Title: The relationship between personality, emotions and body-focused repetitive behaviours.

Thank you for your interest in this study. Please take the time to read the following information as it is helpful to understand why the research has been done and what it involves. If there is anything not clear or something you would like to know more of, please contact the email address provided at the end of this sheet.

What is the purpose of the study?

The purpose of this study is to look at the relationship between personality constructs, emotions and body-focused repetitive behaviours. This study is part of my Doctoral research, supervised by Prof Mark Freeston. This study was approved by the Faculty of Medical Sciences Research Ethics Committee, part of Newcastle University's Research Ethics Committee. This committee contains members who are internal to the Faculty, as well as one external member. This study was reviewed by members of the committee, who must provide impartial advice and avoid significant conflicts of interests.

Do I have to take part?

Your participation in this study is voluntary. There are no consequences for not taking part. You are free to withdraw at any time during the study and up to two weeks after taking part. As you go through the online questionnaires your responses will be saved automatically. Therefore, if you decide to stop at any point during the study, your responses up until that time will still be saved. If you do not want any of your responses to be used or if you later decide you want to withdraw, please contact us via email. You do not have to give any reason for this.

What is involved?

If you choose to take part in the following study, you will first be asked to provide information about yourself (e.g. age, gender etc...). You will then be asked to complete a series of online questionnaires. Based on piloting, people take between 35 and 45 minutes to complete this study. While completing you can decide to take a break and come back to it later on. It is advised you complete the study in a quiet space where you will not be distracted. You will also be asked to provide an email address at the end of the study. Providing your email is optional so that you can be sent a copy of the information sheet and/or a copy of the findings of this study, should you so wish.

Will my participation in this project be kept confidential?

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All the information collected during the course of this research will be kept strictly confidential. Participation will be made anonymous for the purposes of this study and in any potential publications. Data collected in the online questionnaires will be stored online in a form that is password protected. Only the research team will have access to the data and email addresses, which will be stored separately.

What are the potential risks?

Participating in this research is not anticipated to cause you any disadvantage or discomfort. Some of the questions are related to personality traits, mood, anxiety, emotions and body-focused repetitive behaviours, however these are not testing you to look for any mental health problems. If you are experiencing anxiety or low mood, or anxiety regarding hair pulling, skin picking or similar behaviours this does not necessarily mean you are experiencing a mental health problem. However, if for any reason you feel distressed by your anxieties or worries, it is strongly recommended that you speak to your GP.

If you are a student, you can access advice and support through your university's student wellbeing service.

For non-students in the UK, there are a number of talking services and counselling services available through the links below:

Psychological Therapies IAPT

[https://www.nhs.uk/Service-search/Psychological%20therapies%20\(IAPT\)/LocationSearch/10008](https://www.nhs.uk/Service-search/Psychological%20therapies%20(IAPT)/LocationSearch/10008)

Mind

<https://www.mind.org.uk/>

Mind offers a wide range of resources and support, from be-friending scheme, to groups and one to one support.

Samaritans

<https://www.samaritans.org/>

The Samaritans hotline offers a safe place for you to talk about anything that is bothering you. You can contact them on 0191 116 123 at any time or visit the website for more details.

Here is a list of charities both from in and outside the UK where you can access resources and support regarding body-focused repetitive behaviours:

OCD.uk

<https://www.ocduk.org/>

OCD action

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<https://www.ocdaction.org.uk/>

The TLC Foundation for body-focused repetitive behaviours

<https://www.bfrb.org/>

The TLC foundation works to increase knowledge around body-focused repetitive behaviours (BFRBs). Their website offers multiple resources on BFRBs and they can signpost you to a range of services including group support, group therapy, individual therapy, individual counselling, information, training and conferences.

International OCD Foundation

<https://iocdf.org/>

What are the benefits of taking part in the study?

This study does not provide a direct contribution for your participation however a donation of £200 will be made to charities that support people that are affected by body-focused repetitive behaviours. Additionally, by participating you will be helping to further the understanding of the relationship between personality, emotions and body-focused repetitive behaviours. This in turn may help to inform future clinical work around these behaviours.

How do I find out more about the study?

If you would like to find out more about the study please get in touch using the study email below. If you wish to receive a summary of the findings in August 2020, please tick the box on the consent form. If you would like to know any more at this stage you can contact a member of the research team as follows:

Body.focused@newcastle.ac.uk

Thank you for taking part in this research.