



Nottingham Trent University, Psychology Department, 50 Shakespeare Street,
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Information Sheet

Title: The impact of social networking site use on body image dissatisfaction and Body Dysmorphic Disorder

Who is conducting the research?

The research is being conducted by Francesca Ryding, from the Department of Psychology at Nottingham Trent University. The purpose of this study is to explore whether frequency of *Instagram* use and type of engagement is associated with the development of body dysmorphic disorder symptoms. It also seeks to investigate whether appearance comparisons on *Instagram* contribute to the development and maintenance of Body Dysmorphic Disorder symptoms.

What personal information will I be required to provide?

If you agree to take part, you will be asked to sign a consent sheet prior to the conduction to the study. You will also be asked to provide your name, age, gender and ethnicity. Data will be stored up to a period of ten years without any information that allows the identification of particular individuals. All information that is provided will be kept confidential and anonymous. Data collected during the study will be stored on a password-protected database.

What does the study involve?

The study is split into two parts:

1. You will be asked to complete questionnaires which focus on aspects of well-being (e.g. Body Dysmorphic Disorder, anxiety, depression, self-esteem), in addition to social networking site use.
2. You will then participate in an interview to explore your experiences using social networking sites and any impact this may have on your body dysmorphic symptoms. Due to the nature of the study, it is possible that feelings of discomfort and/or distress may be induced. You may stop the study at any point during the study if you experience this. All personal information and data will remain confidential throughout and you will have the option to be referred to the appropriate support service. If you have an iPhone (iOS system) and have 'Screen Time' enabled, you may also be asked about this, regarding the pickups per day, weekly total use, notifications, screen time and daily average use. This will not contain any information identifiable to you; your data will remain anonymous and confidentiality will be respected throughout.

Overall the questionnaires should take approximately 20 minutes to complete and about 40 minutes to an hour for the interviews.

What are my rights as a participant?

This research is being conducted in accordance with both Nottingham Trent University and the British Psychological Society's ethical guidelines, meaning you have a series of rights as a participant. All information you provide will be anonymous and treated with the strictest confidentiality. If you do decide to take part in this research you have the right to withdraw your data at any time up to a period of two weeks after you have completed the study. This can be done without reason and will not be questioned. You can stop the study at any time and can do this without penalty. You will not be identifiable by name at any point, as you will be referred to by an anonymous identifier or pseudonym (i.e. Participant ID number) in data files. If you wish to withdraw your data after participation, you can contact Francesca Ryding of whom contact information will be provided in the debriefing sheet that you will receive at the end of the experiment.

If during the study you have any questions in regards to the instructions, please do not hesitate to ask. Likewise, if you have any queries in regards to the nature of the research, please feel free to ask them at the end of the study. Thank you for taking the time to read this information sheet.

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Much research in psychology depends on participation by individuals like yourself and we are grateful for your help. If you are happy to participate, please read and sign the consent form.