



PARTICIPANT INFORMATION SHEET

Understanding the experience of individuals with eating disorders and obsessive-compulsive disorder comorbidity: An Interpretative Phenomenological Analysis (IPA)

You are being invited to take part in research on understanding eating disorder and obsessive-compulsive disorder comorbidity. Sukriye ACAR, PhD candidate in Clinical Psychology at the University of Edinburgh is leading this research. Before you decide whether to take part it is important you understand why the research is being conducted and what it will involve. Please take time to read the following information carefully.

WHAT IS THE PURPOSE OF THE STUDY?

The study aims to explore the coexistence of obsessive-compulsive disorder and eating disorders. Specifically, we seek to delve into the experiences of individuals diagnosed with both obsessive-compulsive disorder and an eating disorder.

WHY HAVE I BEEN INVITED TO TAKE PART?

You are invited to participate in this study because you have a previous or current diagnosis of eating disorders and obsessive-compulsive disorder (OCD), are 18 years and over, fluent in English and living in UK. Diagnosis of an eating disorder and OCD do not necessarily occur at the same time. You can have,

- Current diagnosis of an eating disorder and OCD
- Past diagnosis of an eating disorder and OCD (not necessarily at the same time)
- Current diagnosis of an eating disorder and past diagnosis of OCD
- Current diagnosis of OCD and past diagnosis of an eating disorder

DO I HAVE TO TAKE PART?

No – it is entirely up to you. If you do decide to take part, you are still free to withdraw at any time and without giving a reason. Deciding not to take part or withdrawing from the study will not affect your medical care or legal rights.

Please note that your data may be used in the production of formal research outputs (e.g. journal articles, conference papers, theses and reports) prior to your withdrawal and so you are advised to contact the research team at the earliest opportunity should you wish to withdraw from the study. Once data analysis begins, withdrawing your data will not be possible. You have a week to withdraw your data after interview.



WHAT WILL HAPPEN IF I DECIDE TO TAKE PART?

If you do decide to take part, please keep this Information Sheet. You will be asked to complete an online Consent Form to show that you understand your rights in relation to the research, and that you are happy to participate.

We will also ask you to provide your email address to schedule an online interview. The email address will be used for providing related documents (the information sheet and debrief form etc) and scheduling the interview. You will be also asked to fill out a brief demographic survey (including questions regarding your age, gender, employment status, educational level, mental health condition, treatment type).

You will be invited to an interview with the researcher (Sukriye Acar). The online interview will be arranged at a time that is convenient for you and should take about one hour to complete. We will use Microsoft Teams which is a free software and can be downloaded on your computer, laptop or mobile. We will video, and audio record your responses (and will require your consent for this), so the location should be a fairly quiet area. During the interview, you will be asked a number of questions regarding your experiences having diagnoses with eating disorders and obsessive-compulsive disorders.

WHAT ARE THE POSSIBLE BENEFITS OF TAKING PART?

There are no direct benefits, but by sharing your experiences with us, you will be helping Sukriye and the University to better understand the experiences of people who have eating disorders and obsessive-compulsive disorder diagnosis.

ARE THERE ANY RISKS OR DISADVANTAGES ASSOCIATED WITH TAKING PART?

There are no significant risks associated with participation. If you feel distressed during the interview, please let researcher know and you can ask for a pause or you can end the interview at any point without giving a reason.

There are some useful links for you to seek support if you feel distressed during or after the interview (see attached information at the end).

WILL MY TAKING PART BE KEPT CONFIDENTIAL?

All the information we collect during the course of the research will be kept confidential and there are strict laws which safeguard your privacy at every stage.



HOW WILL WE USE INFORMATION ABOUT YOU?

We will need to use information from you for this research project.

This information will include your contact details, age, ethnicity and gender. People will use this information to do the research.

People who do not need to know who you are will not be able to see your name or contact details. Your email address will be immediately deleted after the interview unless you opt to receive the summary of the results. If you wish to receive the summary, it will be deleted after the study is completed. Your data will have a code number instead.

We will keep all information about you safe and secure.

Your data will be referred to by a unique participant number/pseudonym rather than by your name. If you consent to being video and audio recorded, all recordings will be destroyed at latest 6 weeks after the interview once they have been transcribed. Transcription will be conducted through Microsoft Teams.

All electronic data will be stored on a password-protected computer file and all paper records will be stored in a locked filing cabinet. Your consent information will be kept separately from your responses in order to minimise risk.

Once we have finished the study, we will keep some of the data so we can check the results. We will write our reports in a way that no-one can work out that you took part in the study.

What are your choices about how your information is used?

- You can stop being part of the study at any time, without giving a reason. You can withdraw your data until a week after interview.
- We need to manage your records in specific ways for the research to be reliable. This means that we won't be able to let you see or change the data we hold about you.

Where can you find out more about how your information is used?

You can find out more about how we use your information at <https://www.ed.ac.uk/records-management/privacy-notice-research>, or by sending an email to s.acar@sms.ed.ac.uk

The University of Edinburgh is the sponsor for this study based in the United Kingdom. We will be using information from you in order to undertake this study and will act as the data



controller for this study. This means that we are responsible for looking after your information and using it properly. The University of Edinburgh will keep identifiable information about you until study has finished and your anonymised data for at least 5 years after the study has finished.

WHAT WILL HAPPEN WITH THE RESULTS OF THIS STUDY?

The results of this study may be mainly reported in the PhD thesis of the researcher. They may also be summarised in published articles, reports and conference presentations. You will not be identifiable from any published results. Quotes or key findings will always be made anonymous in any formal outputs. With your consent, your anonymized information may also be kept for future research conducted by the researcher. A summary of the findings from the study will be made available to participants who indicate they would like to receive this. This summary will be sent to participants by email.

WHO IS ORGANISING AND FUNDING THE RESEARCH?

This study has been organised by Sukriye Acar, a PhD candidate in Clinical Psychology at the University of Edinburgh and sponsored by the University of Edinburgh.

WHO HAS REVIEWED THE STUDY?

The study proposal has been reviewed by the Health in Social Science Ethics Committee, at the University of Edinburgh.

WHO CAN I CONTACT?

If you have any further questions about the study, please contact the lead researcher, Sukriye Acar: s.acar@sms.ed.ac.uk

Or please contact the supervisors of the project:

Dr Emily Newman: emily.newman@ed.ac.uk

Dr Gemma Brown: g.k.brown@ed.ac.uk

If you would like to discuss this study with someone independent of the study, please contact the Clinical Psychology research lead:

Dr Ingrid Obsuth: ingrid.obsuth@ed.ac.uk

If you wish to make a complaint about the study, please contact Head of School:

Professor Matthias Schwannauer: headofschool.health@ed.ac.uk



SUPPORT FOR YOU

Health in mind: Health in Mind provides a range of support options including online, telephone, in-person, and digital services across communities in Scotland for adults dealing with mental health challenges, with tailored support available for specific groups such as women, men, minorities, trauma survivors, substance users, caregivers, and young adults.

- <https://health-in-mind.org.uk/#>

Mind: Mind aims to provide urgent medical assistance for individuals experiencing thoughts of self-harm, crisis resources for non-medical emergencies, confidential support on mental health and legal issues, and comprehensive coverage of mental health topics.

- <https://www.mind.org.uk/need-urgent-help/using-this-tool/>
- Infoline: 0300 123 3393 (9am-6pm Mon-Fri)
- Email: info@mind.org.uk

Samaritans: Samaritans offers constant emotional assistance through phone, text, and face-to-face interactions nationwide, aiming to prevent suicides. Additionally, they empower individuals with coping mechanisms and advocate for suicide prevention efforts.

- <https://www.samaritans.org/scotland/branches/>
- Helpline: 116 123 (24 hours)
- Email: jo@samaritans.org

Beat: Beat provides helplines, self-help groups, and online support for people affected by eating disorders. They also offer expertise, education, and training for professionals, and support research into eating disorders.

- <https://www.beateatingdisorders.org.uk>
- For England:
 - Helpline: 0808 801 0677
 - Email: help@beateatingdisorders.org.uk
- For Scotland
 - Helpline: 0808 801 0432
 - Email: Scotlandhelp@beateatingdisorders.org.uk
- For Wales
 - Helpline: 0808 801 0433
 - Email: Waleshelp@beateatingdisorders.org.uk



- For Northern Ireland
 - Helpline: 0808 801 0434
 - Email: NIhelp@beateatingdisorders.org.uk

OCD-UK: OCD-UK aims to support children and adults affected by Obsessive-Compulsive Disorder (OCD). They offer advice, information, and support services, while advocating to eliminate the trivialization and stigma surrounding OCD.

- <https://www.ocduk.org/contact-us/>
- Helpline: 01332 588112 (available 5pm-8pm Mon-Thu)

If you need help immediately, here are some available services that can offer help and support (24 hours).

- NHS 24: Call 111
- Breathing Space Helpline: Call 0800 83 85 87 (6pm-2am Mon-Fri, 24 hours at weekends)