



PARTICIPANT INFORMATION SHEET

Role of early maladaptive schemas, emotion regulation, and obsessive beliefs in the relationship between obsessive-compulsive disorder and eating disorders

You are being invited to take part in research on relationship between obsessive-compulsiveness and disordered eating. 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 relationship between obsessive-compulsive disorder and eating disorders. To better understand this relationship, we will investigate the role of individuals' perceptions about themselves and relationships with others, emotion management, and obsessive-compulsive traits.

WHY HAVE I BEEN INVITED TO TAKE PART?

Anyone who is 18 years of age or older and who has a good understanding of written English can take part in this study. You do not need to have experience of either an eating disorder or obsessive-compulsive disorder (OCD) to participate. Individuals **with and without** lived experiences or diagnosis of an eating disorder and/or OCD are invited to take part.

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 up to the point of submission of your survey, by simply closing your browser. The data that you completed up to that point will be kept. Deciding not to take part or withdrawing from the study will not affect your relationship with The University of Edinburgh.

WHAT WILL HAPPEN IF I DECIDE TO TAKE PART?

If you do decide to take part, please take a screenshot of 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.

You will be also asked to fill out a brief demographic survey (including questions regarding your age, gender, ethnicity, employment status, educational level, mental health conditions). In addition to this, you will be asked number of questions regarding your experiences of obsessive-compulsiveness, disordered eating, emotion management and your perceptions



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about yourself and relationship with others. The questionnaires should take around 20 to 30 minutes to complete.

Also, you will have the chance to enter a prize draw for one of ten £15 Amazon vouchers if you choose to do so after completing the survey by providing your email address. There will be a separate link at the end of the survey that you can select if you wish to enter the prize draw. Your email address will be deleted after the drawing is completed.

WHAT ARE THE POSSIBLE BENEFITS OF TAKING PART?

There are no direct benefits, but by sharing your experiences with us, you will be helping the researcher and the University to better understand the relationship between OCD and eating disorders.

ARE THERE ANY RISKS OR DISADVANTAGES ASSOCIATED WITH TAKING PART?

There are no significant risks associated with participation. However, completing the survey questions may cause some distress. Please feel free to take a break or withdraw from the survey if you experience negative emotions.

There are some useful links for you to seek support if you feel distressed during or after the survey (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.

Participation is anonymous, while we are collecting demographic data, no identifying data, except the email address for the prize draw, will be collected. If you choose to enter the draw by providing your email, it will be kept separate and deleted after the draw concludes. You will not be identified in this study.

HOW WILL WE USE INFORMATION ABOUT YOU?

We will need to use information from your responses to the questionnaires, as well as your demographic information such as age, gender and ethnicity for this project. We will use this information to do the research. The data you provide will be kept and analysed as part of the research process.



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You do not need to provide your name or other contact details during the main survey, but you can provide an email address to enter the prize draw through a separate linked survey. Your data will have a code number instead. We will keep all information about you safe and secure.

Your collected data will only be viewed by the researcher/research team. All electronic data will be stored on a password-protected computer and university drive.

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, but we will keep information about you that we already have.
- 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?

For further information about data privacy for research participants please refer to: <https://data-protection.ed.ac.uk/privacy-notice-research> or you can contact the lead researcher 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 your anonymized data for a minimum of 5 years.

WHAT WILL HAPPEN WITH THE RESULTS OF THIS STUDY?

The results of this study will be mainly reported in the PhD thesis of the researcher. They may also be summarised in published articles, reports and presentations. You will not be identifiable from any published results. With your consent, your anonymised information may also be kept for future research.



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A summary of the findings from the study will be made available to participants who indicate they would like to receive this. Participants can get in touch with researchers by emails provided at the end of this sheet to receive a summary of the study. 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 School of 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

We do not expect this study to cause distress but if taking part has raised issues for you, here are the resources that may help you.

If you are a student at the University of Edinburgh, you can contact Student Wellbeing Service:

- <https://student-wellbeing-service.ed.ac.uk/>
- Opening hours: Monday-Friday, 9am-5pm

If you are not a student at this university the following is a list of UK-based support service:



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Health in mind:

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

Mind

- <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:

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

Beat Helplines

- <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

- <https://www.ocduk.org/contact-us/>



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- 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)