



**GROUP WORKSHOP FOR CARERS OF INDIVIDUALS WITH EATING DISORDERS:
THE PERSPECTIVE OF THE PERSON WITH THE EATING DISORDER**

You have received this information sheet because a family member, friend, or partner (referred to as 'carer') is participating in a group to learn more about eating disorders, and how to help you in your recovery. In addition to assessing any benefits the carer receives from this group, we are also interested in your perspective – in particular, whether you notice any helpful changes in the way the eating disorder is managed.

You are therefore invited to take part in a research project which is being undertaken as part of a Masters of Clinical Psychology degree at Curtin University. The information generated by this project will be used by the associate investigator (Katharina Targowski) to obtain a Masters of Clinical Psychology degree.

What is the study about?

Being a caregiver of someone with an eating disorder can have a big effect on life quality, mood, relationships, and performance. The best practice guidelines for the treatment of eating disorders recognise the significant impact the illness can have on the individual and those around them. They recommend that family, friends and carers (referred to as 'carers') access services that provide education about the illness and promote the development of self-care strategies. This study aims to evaluate a brief group intervention targeted specifically at caregivers of individuals with eating disorders. It is hoped that carers' knowledge of the illness will improve as well as their coping skills and overall well-being. We also hope that the carer program will help the person with the eating disorder feel that their relationships, and the way the eating disorder is managed, improve.

Who can participate?

We are hoping that people with eating disorders, who have family members, friends, or partners attending the carers groups, will agree to complete a brief questionnaire so that we can assess any benefits for the person with the eating disorder. Your decision on whether or not to provide your perspective will not impact on whether your carer can attend the group.

What will the study involve?

Some carers will receive the intervention immediately, whereas others will receive the intervention after a waiting period. We request that you complete a brief questionnaire about how you relate to the person (or people) attending the group before and after the group. For people with carers attending the immediate group, this will involve completing the questionnaire before the first group, again one week later, and then a final time one month later (3 times). For people with carers attending the group after a waiting period, this will involve completing the questionnaires before the waiting period, one week later, one month later, and then one final time after the carer attends the group (4 times). The questionnaire should not take more than 15 minutes to complete on each occasion. Your answers to this questionnaire will help us determine whether the carers groups are beneficial from the perspective of the individual with the eating disorder.

Confidentiality

All information will be treated in the strictest of confidence. Documents and questionnaires will be coded with an ID number and kept by Katharina in a locked filing cabinet. By signing the Consent Form, you also agree to keep confidentiality within the group sessions, if you are allocated to the treatment group. This means that you will be asked not to talk about other group members or about the session discussions with people outside the group.

The results of the study may be published in scholarly journals. Your name, or any other identifying information, will not be mentioned in any written reports of this study.

Risks

There are no foreseeable risks to your participation in this study, except that you might experience some distress as you reflect on any difficulties you have experienced with eating or with the person completing the group. If this occurs, you can contact the Butterfly Foundation (1800 33 4673) for support. The time commitment of completing the questionnaires may also be inconvenient.

Withdraw

You are free to withdraw from the study at any point and need give no reason or justification for your decision. If you wish to withdraw please inform Katharina or Peter in person or via the contact details below. If you choose to withdraw your de-identified information from completed questionnaires may still be used by Katharina Targowski in her analysis. A follow-up phone call will be provided to you to provide you with other support services if you require. All participant data will be stored at Curtin University for a minimum of seven years following the study, after which it will be destroyed. A de-identified electronic database may be stored at the Curtin University data repository. If this occurs, this de-identified database may be used by other researchers to verify the findings, to combine data with studies conducted by other researchers to compare outcomes, or to conduct additional analyses that answer additional questions that can inform future services for carers.

How do I sign up for the study?

If you would like to take part in this study, kindly contact Katharina or Peter via the contact details below. Upon receiving your interest you will be contacted to arrange the phone interview.

If you require further details about the study, please contact:

Katharina Targowski (co-investigator) Katharina.targowski@postgrad.curtin.edu.au or 0402 748 886

OR

Peter McEvoy (principal investigator) peter.mcevoy@curtin.edu.au or 9266 5110

Approval to conduct this research has been provided by Curtin University and the Human Research Ethics Committees of the North Metropolitan Mental Health Service Research Ethics and Governance Office (NHMS MH REGO) in accordance with their ethics review and approval procedures. Any person considering participation in this research project, or agreeing to participate, may raise any questions or issues with the researchers at any time. In addition, any person not satisfied with the response of researchers may raise ethics issues or concerns, and may make any complaints about this research project by contacting the NMHS MH REGO Executive Officer on (08) 9347 6502 or NMAHSMHREGO@health.wa.gov.au or the Human Research Ethics Office at Curtin University on (08) 9266 9223 or by emailing to hrec@curtin.edu.au. All research participants are entitled to retain a copy of any Participant Information Form and/or Participant Consent Form relating to this research project.



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I _____ (the participant) have read the Information Sheet and any questions I have asked have been answered to my satisfaction. I agree to participate in this activity, realising that I may withdraw at any time without reason and without prejudice.

I understand that all information provided is treated as strictly confidential and will not be released by the investigator unless required to do so by law. I have been advised as to what data are being collected, what the purpose is, and what will be done with the data upon completion of the research.

I agree that research data gathered for the study may be published as long as my name, or any identifying data, is not used in any publication

Participant (person with an eating disorder) _____ Date

Parent/Guardian (if person with an eating disorder is under 18 years) _____ Date

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