

Study Title: Exploring the relationship between body checking, body image-related cognitive fusion and eating disorder psychopathology in Muslim Women

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Ethics/ERGO no: 89852

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What is the research about?

My name is Sarah Johnson and I am a Doctorate in Clinical Psychology student at the University of Southampton in the United Kingdom.

I am inviting you to participate in a study that will explore body checking, body image-related thought fusion and eating disorder psychopathology in Muslim women.

The study aims to investigate relationships between body checking, body-image related thought fusion and eating disorder psychopathology in Muslim women. I am also interested in exploring whether religiosity and the practice of veiling is associated with body checking, body image-related thought fusion and eating disorder psychopathology.

This study was approved by the Faculty Research Ethics Committee (FREC) at the University of Southampton (Ethics/ERGO Number: 89852)

What will happen to me if I take part?

This study involves completing a series of anonymous questionnaire which should take approximately 60 minutes of your time. After 120 minutes, the survey will time-out and your responses will not be saved.

If you are happy to complete this survey, you will need to tick (check) the box below to show your consent.

This survey is anonymous, which means the researcher will not be able to know which answers that you have provided.

In recognition of your participation, you will have the opportunity to enter into a prize draw to win a £100 Amazon shopping voucher. If you wish to enter the draw, please follow the link at the end of the questionnaires which will open a separate survey. This survey will ask you to provide an e-mail address so that you can be contacted if you win. To deter duplicate entries from being made, Qualtrics will detect the IP address of anyone that submits their e-mail address to the prize draw. However, It will **not** be possible for the researcher to match e-mail addresses to responses submitted to the main survey of questionnaires.

Why have I been asked to participate?

You have been asked to take part because you identify yourself as:

1. Muslim

2. Female
3. Over the age of 18

Please note that the demographic questionnaire will ask you whether you practice veiling as part of your faith, however the practice of veiling is **not** a requirement to take part. If you do not wear a religious veil and meet criteria 1-3 then **you are still eligible** to take part.

I am aiming to recruit around 189 participants for this study.

What information will be collected?

The questions in this survey ask for information in relation to your ethnicity, marital status and whether you practice veiling as part of your faith. Once you have answered these questions, you will then be presented with 5 questionnaires, followed by a brief, optional mood-repair task. The questions within the questionnaires will ask you for information surrounding religiosity, body checking behaviours, cognitive fusion (the extent to which your thoughts influence your behaviour), body image related cognitive fusion and eating disorder symptomology. Some of these questionnaires may be considered as sensitive, particularly if you or someone you are close to has a history of eating or body image difficulties.

The survey will end with an optional mood-repair task which contains textboxes where you will be asked to type in your own answers. Please note that for this survey to be anonymous, you should not include in your text box answers any information from which you, or other people, could be identified.

What are the possible benefits of taking part?

If you are a student of the University of Southampton, then direct benefit of participation in this study will be awarded via eFolio study credits. If you are not a University of Southampton student, then in recognition of your participation you can instead enter into a prize draw to win a £100 Amazon shopping voucher. You can do this through following the second link at the end of the questionnaires. Please note, any benefit of participation will only be awarded upon completion of all questionnaires.

Are there any risks involved?

There is a possibility that taking part in this study could cause you some psychological discomfort and/or distress. If this happens, you can contact the following resources for support:

BEAT Eating Disorders Helpline: 0808 801 0677

Samaritans Helpline: 116 123

Mind info line: 0300 123 3393

Please also be encouraged to contact your GP for support if you have any concerns relating to the topics explored in this research.

What will happen to the information collected?

All information collected for this study will be stored securely on a password protected computer and backed up on a secure server. In addition, all data will be pooled and only compiled into data summaries or summary reports. Only the researcher and their supervisor will have access to this information.

The information collected will be analysed and written up as part of the researcher's published Doctoral thesis, which will be published in a journal and presented at conferences.

The University of Southampton conducts research to the highest standards of ethics and research integrity. In accordance with our Research Data Management Policy, data will be held for 10 years after the study has finished when it will be securely destroyed.

What happens if there is a problem?

If you are unhappy about any aspect of this study and would like to make a formal complaint, you can contact the Head of Research Integrity and Governance, University of Southampton, on the following contact details: Email: rgoinfo@soton.ac.uk, phone: + 44 2380 595058.

Please quote the Ethics/ERGO number above. Please note that by making a complaint you might be no longer anonymous.

More information on your rights as a study participant is available via this link:

<https://www.southampton.ac.uk/about/governance/participant-information.page>

Thank you for reading this information sheet and considering taking part in this research.

☐ Please tick (check) this box to indicate that you have read and understood information on this form,

are aged 18 or over and agree to take part in this survey.