
Information Sheet for Participants in Research Studies

We would like to invite you to participate in this research study by researchers at UCL. Before you decide whether you want to take part, it is important to read the following information and discuss it with the investigators if you have any questions.

Title of Project: **Executive Functioning and Emotion Processing in Recovery from Anorexia Nervosa**

This study has been approved by the Clinical, Educational and Health Psychology Research Department's Ethics Chair.
Project ID No.: 8515/001

Student Investigator: Leah Kugelmass

Supervisors: Dr. Lucy Serpell, Clinical, Educational & Health Psychology
Dr. Sam Gilbert, Institute of Cognitive Neuroscience

What is the purpose of this study?

People with Anorexia Nervosa (AN) Sometimes have ways of thinking which are more rigid and perfectionistic than people without AN.

We want to find out whether people who have recovered from AN show the same thinking styles as people who are currently ill, and find out how they compare to people who have never had AN.

This study will help us to better understand how thinking styles relate to Anorexia Nervosa and recovery. In the future, using this information, we hope to learn how to adapt current treatments for AN, making them as effective as possible.

What will I be asked to do?

You will first be asked to participate in a brief interview to find out if you are eligible to participate in the study (stage 1). The interview will be conducted via Skype or over the phone and will involve a set of questions regarding your current and past mental health. This initial interview will take approximately 30 minutes. You will need to find a private place to do the interview where you can talk without being disturbed.

If you are eligible to participate, you will be emailed a link which will take you to a secure online site (stage 2). You will then be asked to complete some questionnaires and tasks on the computer, which look at different aspects of thinking styles. This stage of the study will take approximately 1.5 hours.

Participation in this study is voluntary and you will be asked to give your consent before the initial interview and again before completing the online measures. Your consent will indicate that you have been informed of the study and all the information provided on this sheet, and have had the chance to ask the investigator any questions you may have about the study.

You should only participate if you want to; choosing not to take part will not disadvantage you in any way. If you decide to take part you are still free to withdraw at any time during the process and without giving a reason.

Who can take part in this study?

We are looking to recruit women with either:

- a) **A past history** of Anorexia Nervosa, who have been recovered for at least 12 months, but no longer than 10 years (and with no current diagnosis of any eating disorder); **OR**
- b) **No prior history** of any eating disorder (this includes Anorexia Nervosa, Bulimia Nervosa, Binge-Eating Disorder, and Eating Disorder Not Otherwise Specified)

To be eligible to take part in this study, you must be female between the ages of 18 and 65. Participants must be fluent in English with no currently diagnosed psychiatric or neurological conditions.

What are the benefits of participating in this study?

As compensation for your participation in this study, you will have the choice of either:

1. Having a donation made to an Eating Disorders charity (£1 donation for completing stage 1; additional £3 for completing stage 2); or
2. Having your name entered into a draw to win one of ten £10 vouchers for Amazon (you will be entered once for completing stage 1, additional entry for completing stage 2)

Your participation in this study will also contribute to the body of knowledge on the long-term effects of Anorexia Nervosa on individuals' ways of thinking. Understanding how Anorexia Nervosa affects individuals' thinking, even after recovery, will help to improve treatments for AN that focus on both physical and psychological recovery.

What are the risks of participating in this study?

Some participants may find being asked questions regarding their mental health or current mood potentially upsetting. You will be provided with contacts of helplines and additional sources of support in your country if you wish to speak with someone about this.

You have the right to withdraw from the study at any point without penalty. If you have completed the screening you will still have the choice of having your name entered into the Amazon voucher draw once, or making a £1 donation to charity.

Who will have access to my information and how will my information be kept confidential?

All data will be kept confidential and only the student researcher and supervisors will have access to the data collected in this study. Any personally identifiable information (e.g., your name, e-mail address) will be kept separately from all other data collected in this study. Data entered online will be stored in password protected or encrypted files on UCL computers. Any hard copy files will be stored in a locked cabinet in Dr. Lucy Serpell's office at UCL. All data will be handled according to the Data Protection Act 1998 and will be kept confidential.

What will happen with the results of this study?

Once the study has been completed the results will be published in a report. Confidentiality and anonymity will be maintained, and it will not be possible to identify you from any publications. If you would like to receive a summary of the results once the study has finished, you may indicate so on the Consent Form.

If you agree to take part you will be asked whether you are happy to be contacted about participation in future studies. Your participation in this study will not be affected should you choose not to be re-contacted.

Please discuss the information above with others if you wish or ask us if there is anything that is not clear or if you would like more information.

If you have any questions about this study please contact:

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