

LIVERPOOL JOHN MOORES UNIVERSITY PARTICIPANT INFORMATION SHEET



Title of Project: Emotions, Mindfulness and Eating.

Name of Researcher and School/Faculty: Ms Naomi Fisher, Dr Peter Malinowski, Dr Paul Lattimore and Ms Bethan Mead, School of Natural Sciences & Psychology, Faculty of Science.

You are being invited to take part in a research study. Before you decide it is important that you understand why the research is being done and what it involves. Please take time to read the following information. Please contact the researcher before proceeding if you would like more information. Take time to decide if you want to take part or not.

1. What is the purpose of the study?

The purpose of this study is to investigate the relations between emotions, mindfulness and eating attitudes.

Am I eligible for the study?

You are eligible if you are over 18 years old and you have a good command of the English language.

2. Do I have to take part?

You are not obliged to take part in this study. If you do take part you will be asked to provide consent. Your involvement is voluntary and you may withdraw at any time. If you decide to take part you are still free to withdraw at any time without giving a reason.

3. What will happen to me if I take part?

- You will be asked if you have read this information and consent to take part.
- You would be asked to complete an online questionnaire which takes between 15 and 20 minutes to finish.
- You will be asked if you wish to enter a prize draw for completion and submission of the online survey. To take part in the prize draw you will have to provide a valid e-mail address, so that we can contact you, if you are a winner.
- If you opted-in for a prize draw entry and you could win an Amazon.co.uk voucher worth up to £100 (or equivalent in US dollars for Amazon.com). There is £1000 worth of prizes (4x£100, 4x£50 and 20x£20) so you will have

about a 7 in 100 chance of winning a prize. We will let you know if you are a winner.

4. Are there any risks / benefits involved?

There are no identifiable risks to taking part in the study. The study has received ethical approval from the Universities Ethics Committee (09/PSY/044). There are no intended benefits to individuals but the information obtained may help researchers understand how the way we relate to our thoughts and emotions affects over eating and this may inform the development of better weight control interventions. If you are concerned about your own weight or eating we would suggest you make an appointment to see your GP.

5. Will my taking part in the study be kept confidential?

If you consent to take part in this research, the information you provide will be kept strictly confidential. The survey is administered through Bristol Online Survey web servers which are highly secure. Any personally identifiable information submitted will be kept secure and separate from any other information you provide and will be destroyed by electronic deletion or shredding on completion of the study and the prize draw. You are requested to provide the researcher with a data identifier so that your data can be removed from the study if you want. This will be kept separate from any other information you may provide.

Contact Details

If you have any questions about the research study please contact:

Naomi Fisher

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Alternatively you may contact

Dr Peter Malinowski (p.malinowski@ljmu.ac.uk) or

D Paul Lattimore (p.j.lattimore@ljmu.ac.uk)

LJMU Research Ethics Committee Chair- Mr Brian Kerrigan – b.a.kerrigan@ljmu.ac.uk