

Perspectives towards eating and exercise interventions among athletes with disordered eating experiences

Investigators details:

Main investigator:

- Mr Sebastian Sandgren, School of Sport, Exercise and Health Sciences, Loughborough University, LE11 3TU, E-mail: s.s.sandgren@lboro.ac.uk

Other investigators:

- Dr Carolyn Plateau, School of Sport, Exercise and Health Sciences, Loughborough University, LE11 3TU, E-mail: c.r.plateau@lboro.ac.uk
- Dr Emma Haycraft, School of Sport, Exercise and Health Sciences, Loughborough University, LE11 3TU, E-mail: e.haycraft@lboro.ac.uk
- Mrs Rhona Pearce, Loughborough Sport, Loughborough University, LE11 3TU, E-mail: r.pearce@lboro.ac.uk

What is the purpose of the study?

We would like to invite you to take part in our study. Before you decide if you would like to take part, we would like you to understand why the research is being done and what it involves. The purpose of this study is to understand athletes' experiences of eating and/or exercise interventions and to explore athletes' experiences and perceptions of the barriers to, and facilitators of, participating in a disordered eating intervention programme. Research has shown that athletes are a high-risk group for disordered eating, therefore, we are interested in exploring some of the challenges that athletes may face in seeking support. This will help us to improve the nature of, and the ways in which support is offered to athletes with disordered eating and exercise in the future.

Who is doing this research and why?

The research is being conducted by Sebastian Sandgren, who is a PhD student at Loughborough University, as part of his PhD project. This research is being supervised by Dr Carolyn Plateau, Dr Emma Haycraft, and Mrs Rhona Pearce who all work at Loughborough University.

Who can take part?

We are looking for male and female athletes age 18 and over, who are currently (or formerly) training/competing in sport, and who self-identify as having a history of, or currently experiencing, symptoms of disordered eating and/or exercise. You do not need to have received an eating disorder diagnosis in order to take part.

What will I be asked to do?

You will be asked to take part in a one-to-one interview with the main investigator. This interview is likely to last for around one hour. It can take place either on the phone, via the internet, or face to face, and will take place at a time to suit you. Face-to-face interviews will take place on the Loughborough University campus. The interview will explore your experiences of seeking support or guidance around disordered eating or exercise. You will also have the opportunity to express any other thoughts and ideas outside of the questions asked. Prior to commencing the interview, we will ask you to complete a background questionnaire, including a few questions about your eating/exercise history.

Once I take part, can I change my mind?

Yes, after you have read this information and asked any questions you may have, and if you are happy to participate we will ask you to complete an Informed Consent Form. However, if at any time, before, during or after the session you wish to withdraw from the study please just contact the main investigator. You can withdraw at any time, for any reason and you will not be asked to explain your

reasons for withdrawing. However, once the results of the study are aggregated/published (expected to be by July 2018), it will not be possible to withdraw your individual data from the research.

What do I get from taking part in the research?

After the interview, you will be reimbursed with a £10 voucher for your time. You will also be contributing to research which aims to improve the support available for athletes around disordered eating.

What personal information will be required from me?

You will be asked to self-report your age, height, weight, gender, type of sport, level of competition, and weekly training duration and frequency. The interview will also ask you about your experiences of disordered eating and your views on support resources. However, you don't have to answer any questions that you don't wish to.

Will my taking part in this study be kept confidential?

All personal data collected will be treated with complete confidentiality. Each participant's documentation will be given a unique identifier. Data will be stored on a password protected computer and personal data will be destroyed in 10 years after completion of the study. Collection and storage of data will comply with the Data Protection Act.

Are there any risks and/or benefits to participating in this research?

Some participants may experience some distress when discussing their eating attitudes and behaviours. You are able to stop the interview at any time, and you don't have to answer any questions that you do not want to. By taking part in this study you are contributing to research that will help us to identify the key issues around supporting athletes with disordered eating and exercise, which will help to inform the development of a new intervention for athletes with these symptoms.

I have some more questions; who should I contact?

You can contact the main investigator Sebastian Sandgren with any further questions at s.s.sandgren@lboro.ac.uk; or supervisors Dr Carolyn Plateau at c.r.plateau@lboro.ac.uk; Dr Emma Haycraft at e.haycraft@lboro.ac.uk.

What will happen to the results of the study?

Once all data is collected, the results will be written up and may be published in an academic journal. Participant quotes may be used in the write up of the study, but individuals will not be identifiable. The results from this study will allow a better understanding of the barriers to, and facilitators of, athletes participation in a disordered eating intervention programme.

What if I am not happy with how the research was conducted?

If you are not happy with how the research was conducted, please contact the Secretary of the Ethics Approvals (Human Participants) Sub-Committee, Research Office, Hazlerigg Building, Loughborough University, Epinal Way, Loughborough, LE11 3TU. Tel: 01509 222423. Email: researchpolicy@lboro.ac.uk. The University also has policies relating to Research Misconduct and Whistle Blowing which are available online at <http://www.lboro.ac.uk/committees/ethics-approvals-human-participants/additionalinformation/codesofpractice/>.