



INFORMATION SHEET (Focus group or interview study)

Title: Body Image and Health Behaviours in Women

Researchers:

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Description of the study:

This study is part of the project entitled '*Body image and health behaviours in women*'. This project is supported by the College of Nursing & Health Sciences at Flinders University and the College of Education at Victoria University.

Purpose of the study:

The aim of this project is to gather information about a) body image and health behaviours in mothers; b) what mothers would like and feel they need to know about maintaining physical activity, mental wellbeing, and positive body image in themselves; and c) what format a resource package could take to best meet mothers needs about maintaining physical activity, mental wellbeing and positive body attitudes in themselves.

What will I be asked to do?

You will be invited to (a) provide some anonymous online feedback on some potential resources for mothers and/or (b) participate in a focus group/individual interview discussion with a member of the research team.

For the online feedback, you will be asked to trial some potential resources and then asked your opinions about these resources. This process will take 10-15 minutes.

For the interviews/focus groups you will be asked about how you feel about your body, any challenges you have faced in terms of looking after yourself since having children and what resources you wished existed for mothers to help improve body image and self-care. This process will take around 60 minutes.

Participation is entirely voluntary.

What benefit will I gain from being involved in this study?

The sharing of your experiences will allow future body image researchers to understand ways to more effectively promote positive body image to large groups of people. We are very keen to deliver resources which are as useful as possible to people. In recognition of your contribution and participation time, you will go into the draw to win 1 of 3 \$100 gift vouchers for providing online feedback. Interview/focus group participants will be reimbursed with an \$20 gift voucher for their time.

Will I be identifiable by being involved in this study?

Be assured that any information provided will be treated in the strictest confidence and none of the participants will be individually identifiable in any resulting report or other publications. However, the researchers are also mandated reporters. As such, if illegal activities are disclosed by participants during the course of the research, we are mandated to report them. You are, of course, entirely free to discontinue your participation at any time or to decline to answer particular questions. Given the nature of focus group discussions occurring with other people, we cannot guarantee your anonymity.

Are there any risks or discomforts if I am involved?

Given the nature of the project some participants could experience emotional discomfort involved with answering questions related to body image. If any emotional discomfort is experienced please contact Lifeline on 13 11 14 or the Butterfly Foundation on 1800 33 4673 for support that may be accessed free of charge by all participants. If you have any concerns regarding anticipated or actual risks or discomforts, please raise them with the researchers.

How do I agree to participate?

Participation is voluntary. You may answer 'no comment' or refuse to answer any questions and you are free to withdraw from the study at any time without effect or consequences.

- 1) For the trialing of resources, please indicate your consent to participate in this research when you have used the resources.
- 2) For interviews, please indicate to the researchers that you are willing to participate by providing your contact details on the enrolment form on the web page and they will contact you to organise a time to participate or alternatively select the anonymous feedback option.

How will I receive feedback?

On completion of the project, a summary of the findings will be available on bodypositivemums.org or by contacting the researchers.

Thank you for taking the time to read this information sheet and we hope that you will accept our invitation to be involved.

This research project has been approved by the Flinders University Social and Behavioural Research Ethics Committee (Project number 8334). For more information regarding ethical approval of the project the Executive Officer of the Committee can be contacted by telephone on 8201 3116, by fax on 8201 2035 or by email human.researchethics@flinders.edu.au