

# PARTICIPANT INFORMATION SHEET

## Feasibility of an early intervention self-help psychological treatment for adult anorexia nervosa in the primary care setting

You are invited to take part in a study investigating a self-help psychological treatment for early or mild forms of adult disordered eating/anorexia nervosa.

Please read this information sheet carefully before deciding whether you would like to participate. Before you decide you may also wish to talk about the study with family, whānau, friends, or healthcare providers. If you decide not to take part there will be no disadvantage to you and we thank you for considering our request.

This project has been reviewed and approved by Southern Health and Disability Ethics Committee (ref: 19/STH/189).

### What is the purpose of the study?

The purpose of this study is to assess how acceptable and effective a specialist workbook is as a treatment for people with an early or mild form of disordered eating/anorexia nervosa.

Treatment and support options for people with early or mild forms of anorexia nervosa are scarce, despite knowledge that earlier treatment results in faster recovery. As the first of its kind in New Zealand, it is hoped that this study will build knowledge as to whether a workbook format is useful in supporting recovery for those who would not typically be eligible for public treatment.

### Why have I been invited to take part?

You have been invited to participate in this study as your healthcare provider or community contact has identified that you may have disordered eating. Therefore, you may benefit from support and/or treatment in this area, which could be gained by taking part in the study.

This study is open to those who are 18 years or older, are medically well and meet criteria for mild or subthreshold anorexia nervosa (as determined by the study research fellow).

### What will it look like if I take part?

Participation in this study is arranged in five stages:

1. A brief phone call (5-10 minutes) from the study researcher, who will ask you about your eating-related difficulties. The purpose of this call is to ensure the treatment on offer is appropriate for your needs.
2. If you are a good fit for the study based on the phone call, you will be invited to an assessment appointment at a clinic in central Auckland:

[Clinical Research Centre](#)

[Level LG, Building 507, 22-30 Park Avenue, Auckland, 1023](#)

The appointment should take about 120-180 minutes. The study will be explained to you in further detail, and there will be an opportunity for questions.

If you are willing to go ahead and you meet study criteria, you will be asked to:

- a. take part in an interview with the researcher regarding your eating patterns and personality
- b. complete some puzzle-like tasks with the researcher, and
- c. fill in some questionnaires regarding your eating patterns, personality, and emotional wellbeing.

You will then be introduced to the treatment workbook and given your own hardcopy to take home. You will also be provided with a suggested reading schedule, however as this is an independent self-help treatment, how you chose to move through the workbook is up to you. We anticipate you will need to complete about one chapter (20 pages) each week. Chapters include a combination of informational reading and brief exercises.

Following the assessment appointment your GP will be informed in writing about your participation in the study, diagnostic information about your eating disorder and any psychological or medical risk identified by the researcher. You will be made aware of any shared information.

4. At 6-weeks after the appointment, you will be asked via email to repeat a smaller selection of the questionnaires online, and rate your experience of the workbook. You will not need to attend the clinic at these times and the process should take about 15 minutes of your time. You will require internet access to complete the forms.



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- At 12- weeks following your initial appointment you will be invited back to the clinic. This second appointment will be with the same researcher and include an interview and the questionnaires. We will also ask for your feedback regarding how you found the workbook and the treatment as a whole. With your permission we will provide your GP with a brief discharge letter outlining whether ongoing treatment would be helpful for you. At the end of this appointment you will be given a \$40 voucher to thank you for your time. The appointment should take about 60 minutes.
- Finally, at 12- weeks following the second appointment we will again ask via email that you repeat the small selection of online questionnaires and offer any additional feedback.

### Will I be identifiable?

No, you will not be identifiable. The results of the project will likely be published in academic journals and presented at conferences. Your results will be analysed collectively together with the other participants. Your name or other identifying information will never be used in any research reports or publications and access to identifying information will be limited to members of the study team only. Data taken from this study may be used in future research or in collaboration with other research teams in an anonymised format.

### What are the risks and benefits in taking part?

There are no guaranteed benefits, however the treatment workbook has been designed by eating disorder specialists to improve your understanding about eating-related difficulties, help you understand what may be keeping them going, and reduce disordered eating by introducing you to new skills and coping strategies. There is minimal risk in taking part. It is possible that reflecting on your experience may cause some distress. Should this be the case we will support you, through your GP, to seek additional support.

### What are my rights?

You are under no obligation to accept this invitation. You have the right to:

- withdraw from the study anytime
- access the information collected about you as part of the study
- decline to answer any particular question
- ask any questions about the study at any time during participation

### Who is conducting the research?

The project is being conducted by researchers at the University of Auckland.

If you have any questions, concerns or complaints about the study, you can contact the Principal Investigator Dr Marion Roberts or Research Fellow Dr Zara Godinovich, in the Department of General Practice and Primary Healthcare.

#### Dr Marion Roberts

Senior Lecturer and Clinical Psychologist

Address: Level 3 Building 507, Park Road, Grafton, Auckland

Email: marion.roberts@auckland.ac.nz

#### Dr Zara Godinovich

Research Fellow and Clinical Psychologist

Email: zara.godinovich@auckland.ac.nz

You can contact the health and disability ethics committee (HDEC) who approved this study on:

Phone: 0800 4 ETHICS

Email: hdecs@moh.govt.nz

If you want to talk to someone who is not involved with the study, you can contact an independent health and disability advocate on:

Phone: 0800 555 050

Email: advocacy@advocacy.org.nz

For Maori mental health support please contact Raukura Hauora O Tainui:

Phone: (09) 263 8040

Address: 47 Druces Road, Wiri, Manukau 2104



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