
INFORMATION SHEET

*Expanding the reach and delivery of Media Smart Online:
An intervention found to both reduce eating disorder onset and increase eating disorder remission*

Researcher(s)

Dr Simon Wilksch, Dr Anne O'Shea & Prof Tracey Wade
College of Education, Psychology & Social Work
Flinders University
Tel: 08 8201 7996

What is the study about?

This project will look at online programs for improving body image and the way young people feel about themselves.

In the past, Media Smart has been taught in schools, and online to young adult women and has been found to improve body image and reduce the likelihood of getting an eating disorder. This project is looking to find out if an online Media Smart program for people of different ages can be helpful across young people aged 13 – 25 of all genders.

This project is supported by Flinders University (College of Education, Psychology and Social Work) and Australian Rotary Health.

What will I be asked to do?

First, we will ask you to complete a survey (taking about 25 minutes). You will then be randomly allocated (as in a lucky dip) to one of the 3 programs: Media Smart where you receive a new module each week; Media Smart where you can work through it all at your own speed; or tips to help with positive body image. After the program, you will complete the survey 3 more times: 8 weeks later, 6 months later, and 12 months later.

The survey questions relate to body image, the way you eat and your mood. Some questions ask about personal things (e.g., "How often is social support available to you if you need it?", "How dissatisfied have you felt about your shape?" "Has your weight influenced how you judge yourself as a person?" or level of agreement with "I feel alone in the world"), but all of the questions are from widely used questionnaires.

Who can participate?

To participate in the study you must be age 13 – 25, have access to the internet and want to improve your body image. If your survey answers suggest that you are severely underweight, we will send you some advice for seeking help, and you won't be able to take part in rest of the study.

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

inspiring
achievement

You'll either receive a program that's been shown to help improve body image or some tips on feeling more positive about yourself. You'll also get to give us feedback on your program and help us decide whether it should be made available to more young people.

Will people know about my involvement in this study?

The researchers will know the email addresses of the people who take part in the study. This information will be stored separately from your answers to the survey questions, so they won't be able to be connected and your answers will stay confidential and anonymous. Your teacher, peers, school, family and public will never see your answers.

What happens if the questions raise any unpleasant feelings?

Because of the personal questions that we ask, it is possible that some people could feel uncomfortable or upset. If you feel this way when you complete the survey a list of free supports will be provided each time that you complete the questionnaire, in case you want to talk to someone (e.g., *KidsHelpline 1800 55 1800 (AUS); Kidsline 0800 54 37 54 (NZ)*).

How do I agree to participate?

Your participation is voluntary. If you agree to be involved, you can complete the assent form on the website, enter your email address, and select the "I agree" button.

To make sure that you have all the support that you need and that this is the right study for you, we also need your parent or guardian to give their consent for you to take part. Once you click on the 'I agree' button, you'll be asked to give your parent or guardians email address. An email will be sent to them giving them information about the study (you will be able to view what will be sent to them before you agree). If they agree for you to take part in the study, they will click an 'I Agree' button as well. Once they've done that, we'll send you an email letting you know that you're ready to get started.

The email will have a link to the first survey. You can answer or skip any questions and you're free to stop at any time without any consequences.


Recognition of your time

You will be given a \$20 voucher (iTunes, Netflix or Stan) if you complete 3 of the assessments, or a \$30 voucher (iTunes, Netflix or Stan) if you complete all 4 assessments, as compensation for your time.

How can I find out about the results of the study?

At the end of the study, findings from the project will be summarised and emailed to you if you would like to see them.

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



Dr Simon Wilksch

B. Psych (Hons), PhD (Clin. Psych).
Flinders University

This research project has been approved by the Flinders University Social and Behavioural Research Ethics Committee in South Australia (Project number 8287). For queries regarding the ethics approval of this project, or to discuss any concerns or complaints, please contact the Executive Officer of the committee via telephone on +61 8 8201 3116 or email human.researchethics@flinders.edu.au