
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)

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Description of the study

This project will investigate online programs for improving body image and the way young people feel about themselves. This project is supported by Flinders University (College of Education, Psychology and Social Work) and Australian Rotary Health.

Purpose of the study

Media Smart has previously been taught face to face in schools, and delivered online to young adult women and has been found to

- improve body image and other eating disorder risk factors (e.g. depressive symptoms, weight based teasing);
- reduce the onset of eating disorders; and
- increase eating disorder remission.

This project aims to find out if an online Media Smart program targeted at specific age groups can be as effective across young people aged 13 – 25 of all genders.

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 released weekly; Media Smart at your own pace; or tips on promoting positive body image. After the program, you will complete the survey on 3 more occasions: 8 weeks later, 6 months later, and 12 months later.

The survey questions relate to body image, eating habits and mood. Some questions refer to personal matters (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 affected how you judge yourself as a person?", "Has your shape affected how you judge yourself as a person?" "I compare my body to the bodies of TV and movie stars" or level of agreement with "I feel alone in the world"), but all questions are from standardised, international questionnaires. Participation is voluntary.

Am I eligible to 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 first survey answers suggest that you are severely underweight or have other acute symptoms requiring urgent attention (e.g., substance use problems), 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 gain from being involved in this study?

You will either receive a program that has previously shown promise in improving body image or a series of tips on feeling more positive about yourself. You will also get to provide feedback on your program and guide whether the program should be made more widely available.

Will I be identifiable by being involved in this study?

Researcher's will be aware of the email addresses of those who participate. This information will be stored separately from survey responses so anonymity can still be assured. All information and results obtained in this study will be stored in a secure way, with access restricted to relevant researchers.

Your questionnaire answers will remain confidential, and no information that could lead to their identification will be released or published.

Are there any risks or discomforts if I am involved?

Due to the sensitive nature of the questions asked in the survey, it is possible that some participants may experience emotional discomfort and/or distress. Should answering any of the questions in the survey raise any concerns for you, a list of free support options will be provided to you each time that you complete the questionnaire should you wish to talk to someone (e.g., *Lifeline ph 13 11 44 (AUS); 0800 54 33 54 (NZ)*).

How do I agree to participate?

Participation is voluntary. If you agree to participate please select "I agree" option on the website consent page. You may answer or skip any questions and you are free to withdraw at any time without effect or consequences.

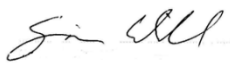
Recognition of Time

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 conclusion of the study, outcomes 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.



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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