



## PLAIN LANGUAGE STATEMENT AND CONSENT FORM

### Plain Language Statement

**Date:** 25/02/2020

**Full Project Title:** Characteristics of users of an eating behaviour psychoeducation website

**Principal Researcher:** Dr Jake Linardon

**Associate Researcher(s):** N/A

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Dear Participant,

This letter is to invite you to participate in a research project. This research aims to understand the characteristics of users' who access [www.breakbingeeating.com](http://www.breakbingeeating.com), by asking basic questions about your demographics, eating habits, and prior help-seeking behavior. This project is being undertaken as part of Dr Jake Linardon's existing research program. He will be responsible for monitoring the study progress and managing the data collection process.

**Who can participate?** While anyone is free to complete this survey, this research will only use the responses provided by those who are aged 18 years or over.

**What will I be asked to do?** Participants will be asked to complete an online survey including several short measures, such as questionnaires about your eating behaviors, demographics, and help-seeking behaviour. Specifically, you will be asked about questions related to dieting (e.g., "have you tried to exclude from your diet any foods that you like in order to influence your weight/shape"), overeating (e.g., "on how many times have you eaten more than someone else would under similar circumstances"), and driven exercise ("on how many times have you engaged in driven exercise in order to influence your weight/shape"). You can complete this 5 minute survey after having read this information letter.

**Are there any risks?** The questions you will be asked relate to your eating behaviour, which may cause some slight discomfort. To minimize any potential discomfort, we have provided you with a list of referral resources should you wish to discuss this further with a professional. The list can be found on the ["get help"](#) tab of this website. All responses will be completely confidential. The data you provide will be nonidentifiable, as no personal details are asked.

**Are there any benefits?** This research project will contribute to greater understanding of the profile of those seeking educational material from an eating behaviour website. No direct reimbursement or incentives will be provided.

**Will anyone else know the results of the project?** The findings of this study will be prepared for presentation at conferences and publication in peer-reviewed journals. Only non-identifiable group data will be reported. The confidentiality of results is assured as no individual responses will be identified, and only aggregated results will be presented.

**Who do I contact if I have questions about the project?** If you have any questions about the project, please contact Jake Linardon ([jake.linardon@deakin.edu.au](mailto:jake.linardon@deakin.edu.au)).

**Can I withdraw from the study?** Participation in this study is voluntary. You are not under any obligation to participate. You can withdraw at any time during the survey. Completion and return of this survey implies that you have read, understood, and are consenting to participate. Please be aware that deciding not to participate in this study or withdrawing from this study will not affect your relationship with the researchers at Deakin University. Because this study is completely anonymous, you will only be able to withdraw from this study prior to submitting your survey responses.

**How will my data be stored?** Your data will be stored on a password protected file on the Deakin server for at least five years after the results of the project have been published.

**Where can I find out about the results?** Aggregated findings can be provided upon request. Once these results are published, you can email Jake Linardon ([Jake.linardon@deakin.edu.au](mailto:Jake.linardon@deakin.edu.au)) for these results. You can expect these results to be available before the end of 2021.

**Has this research received ethical clearance?** Yes, this research has received ethical clearance from the Deakin Universities Human Research Ethics Committee. The ID number is [HEAG-H 39\\_2020](#)

### **Complaints**

If you have any complaints about any aspect of the project, the way it is being conducted or any questions about your rights as a research participant, then you may contact:

The Human Research Ethics Office, Deakin University, 221 Burwood Highway, Burwood Victoria 3125, Telephone: 9251 7129, [research-ethics@deakin.edu.au](mailto:research-ethics@deakin.edu.au)

Please quote project number HEAG-H 39\_2020

**Yours Sincerely,**  
Dr Jake Linardon

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