## Participant Letter of Invitation

<table>
<thead>
<tr>
<th><strong>Project title</strong></th>
<th>Incidence of body image disturbance in a student population, compared with incidence of body image disturbance in an Anorexic population</th>
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| **Supervisor**    | Name: Rob Skinner  
                   Email address: r.skinner@chester.ac.uk |
| **Student**       | Name: Victoria Hilton  
                   Email address: 1300191@chester.ac.uk |

14/01/2016

Dear Sir or Madam

This is a letter of invitation to enquire if you would like to take part in a research project at the University of Chester.

Before you decide if you would like to take part it is important for you to understand why the project is being done and what it will involve. Please take time to carefully read the Participant Information Sheet on the following pages and discuss it with others if you wish. Ask me if there is anything that is not clear, or if you would like more information.

If you would like to take part, please complete and return the Informed Consent Declaration form.

Please do not hesitate to contact me if you have any questions.

Yours faithfully,

Victoria Hilton  
Nutrition and Dietetic Undergraduate at the University of Chester  
University email: 1300191@chester.ac.uk
1. Project title
   Incidence of body image disturbance in a student population, compared with incidence of body image disturbance in an Anorexic population

2. Supervisor
   Name: Rob Skinner
   Email address: r.skinner@chester.ac.uk

3. Student
   Name: Victoria Hilton
   Email address: 1300191@chester.ac.uk

4. What is the purpose of this project?
   The purpose of this project is to assess the level of Body Image distortion in a student population. These results will then be compared with those of an anorexia nervosa population. The results of this study will add to any previous research conducted about body distortion, and will be useful for gaining a better insight into the differences between distortions in different populations. A comparison between students who undertake a nutrition-related degree and those who do not will also be made.

5. Why have I been chosen?
   A number of Faculties in the University of Chester have been randomly selected. The various Heads of Departments of these faculties were then contacted to ask whether the student conducting the study was allowed to attend the lectures they were teaching. The student then attended the various lectures and has invited the students to fill out a questionnaire and take part in the research being conducted.

6. What happens if I volunteer to take part in this project?
   First, it is up to you to decide whether or not to take part. If you decide to take part, you will be given this Participant Information Sheet to keep and asked to complete the Informed Consent Declaration at the back. You should give the Informed Consent Declaration to the investigator at the earliest opportunity. You will also have the opportunity to ask any questions you may have about the project. If you decide to take part you are still free to withdraw at any time and without needing to give a reason.
7. **What will I have to do?**

   Read the participant letter of invitation, read the participant information sheet, sign the informed consent declaration and complete the questionnaire provided. All of this information will then be returned to the researcher (Victoria Hilton).

8. **Will I receive any financial reward or travel expenses for taking part?**

   No financial reward will be offered and no travel will be required.

9. **Are there any other benefits of taking part?**

   You will be contributing to a greater understanding of body distortion between different populations.

10. **Will participation involve any physical discomfort or harm?**

    No

11. **Will I have to provide any bodily samples (e.g. blood or saliva)?**

    No

12. **Will participation involve any embarrassment or other psychological stress?**

    Questions require participants to give their weight, and select images you believe will represent your ideal weight and your perceived weight. This may cause participants to feel uncomfortable if you are sensitive about anything to do with your weight or body image. Participants will also be asked if they have a previous history of an eating disorder and/or body dysmorphic disorder (BDD). If any of the questions asked affect participants in any way, both Rob Skinner’s and the student conducting the research (Victoria Hilton) details are given. Participants are welcome to get in contact at any time, with queries regarding any aspect of the project.

13. **What will happen once I have completed all that is asked of me?**

    The participant letter of invitation, participant information sheet, signed informed consent declaration and complete questionnaire will be collected and taken to be analysed. Results and conclusions can be sent back to you at your discretion. You are also welcome to contact myself at any stage during the research project with any questions you may have.
14. How will my taking part in this project be kept confidential?

All questionnaires will be kept in a secure place so only the student and supervisor will have access to the results and all data will be stored on the university system which is encrypted and password protected. Also all data analysed in the final dissertation will be anonymous.

15. How will my data be used?

All questionnaires will be collected and the data will be analysed and compared with previous research conducted which assessed body distortion in an anorexic population. A test will then be conducted to assess whether there is a statistical significant difference in the data.

16. Who has reviewed this study?

This project has undergone full ethical scrutiny and all procedures have been risk assessed and approved by the Department of Clinical Sciences Ethics Committee at the University of Chester.

17. What if I am unhappy during my participation in the project?

You are free to withdraw from the project at any time. During the study itself, if you decide that you do not wish to take any further part then please inform Victoria Hilton and they will facilitate your withdrawal. You do not have to give a reason for your withdrawal. Any personal information or data that you have provided (both paper and electronic) will be destroyed or deleted as soon as possible after your withdrawal. After you have completed the research you can still withdraw your personal information and data by contacting the person named in Section 18. If you are concerned that regulations are being infringed, or that your interests are otherwise being ignored, neglected or denied, you should inform Lynne Kennedy Head of Department, Department of Clinical Sciences and Nutrition, University of Chester, who will investigate your complaint (Tel: 01244 513090; Email:clinsci@chester.ac.uk).

18. How do I take part?

Contact the investigator using the contact details given below. He or she will answer any queries and explain how you can get involved.

**Name:** Victoria Hilton  **Email:** 1300191@chester.ac.uk
# Informed Consent Declaration

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| Student       | Name: Victoria Hilton  
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Please Initial

- I confirm that I have read and understood all the information provided in the Informed Consent Form (XN2) relating to the above project and I have had the opportunity to ask questions.
- I understand this project is designed to further scientific knowledge and that all procedures have been risk assessed and approved by the Department of Clinical Sciences Research Ethics Committee at the University of Chester. Any questions I have about my participation in this project have been answered to my satisfaction.
- I fully understand my participation is voluntary and that I am free to withdraw from this project at any time and at any stage, without giving any reason. I have read and fully understand this consent form.
- I agree to take part in this project.

Name of participant:  
Date:  
Signature:  

NB – if this is being returned via email, the name of the participant is sufficient as a signature.
# Questionnaire

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| Student                | Name: Victoria Hilton  
Email address: 1300191@chester.ac.uk |

Please fill out all information. (This will all be kept anonymous)

Name: ____________________________________________________________

Age: _______  Date of Birth: ___________________________  Gender: M / F

Height (cm): _______________  Weight(kg): _______________
Highest Educational Level: ______________________________________

Course currently studying at the University of Chester:
_________________________________________________________
__________________________________________________________

Have you ever been diagnosed/ have any history of an eating disorder and/or body dysmorphic disorder?
Yes              No

If yes, please give details;
________________________________________________________

You will now see a series of figural drawing scales of body shapes. Select the image you feel appropriate by either shading in or writing in the box below the image.

Please only complete the one necessary to your gender as selected in this questionnaire.
Female Images 1: Select the image (by highlighting the box below) that you think represents your current body shape.
Female Images 2: Select the image (by highlighting the box below) that represents your ideal body shape.
Male Images 1: Select the image (by highlighting the box below) that you think represents your current body shape
Male Images 2: Select the image (by highlighting the box below) that represents your ideal body shape.
Thank you for taking the time to take part in this research.

Please email this back to 1300191@chester.ac.uk