

## **Caring for someone with an eating disorder: Different perspectives**

### **Information for the person with an eating disorder**

Thank-you for your interest in finding out more about this project; without your interest in helping, it would not be possible to learn more about....

My name is Kerri Coomber and I am completing a PhD in Psychology looking at the experience of caring for someone recovering from an eating disorder. While we now know a lot about what this is like, we don't know whether the person in recovery and the carer see the experience of recovery and caregiving similarly or whether their experience is different. I'd like to invite you to share your perspective.

If you choose to take part, both you and your carer (the person most involved in supporting your recovery, such as your mum) would each complete a short questionnaire. You won't see each other's responses and what you say will have any identifying information kept separate. I will give each of you a code number so I can match up your questionnaires.

The questionnaire that you will complete will ask you about your eating disorder, where you feel you are on the road to recovery, and how you think the eating disorder affects the person who cares for you. This questionnaire will take you about 20 to 30 minutes to complete.

If you are under the age of 18 you will need your parent's permission to take part.

If you think that you, and the person who cares for you, would like to take part, please email me on [kcoomber@deakin.edu.au](mailto:kcoomber@deakin.edu.au) and please let me know your address so I can send you the questionnaires, your age, and whether you have bulimia nervosa or anorexia nervosa. The last two pieces of information are needed to make sure I send you the appropriate version of the questionnaires.