



What can we learn from parents who have had a child experience an eating disorder?

Information sheet for participants

What is the purpose of the research?

The purpose of this study is to assess parental experiences of their child's eating disorder so that improvements can be made to: early detection of eating disorder symptoms; improve service pathways from early detection through to accessing specialist treatment; identifying how schools can play a helpful role in prevention, early identification and supporting treatment; and, developing services to support parents with children going through these harrowing illnesses.

Who is doing this research?

The research is being undertaken by Dr Simon Wilksch from Flinders University and it is open to all parents in Australia who have a child who is either currently or has previously received treatment for an eating disorder.

What does this research involve?

The research involves a one-off confidential online survey that will take approximately 20 minutes to complete. The results from the survey will be kept completely confidential. A list of support options is provided at the end of the survey in the unlikely event that answering the survey questions raises any concerns.

Questions in the survey are designed to examine: the impact of the eating disorder on parental wellbeing; parental experiences of accessing treatment; messages received from health professionals during treatment; experiences of the child's school in supporting treatment; parent perceptions of school curriculum messages around eating and body image; and, parental views on how best to support parents going through treatment.

For example, "How old was your child when the eating disorder started?", "How helpful was the GP the first time you saw them about the eating disorder?", "Did a health professional ever give the message that 'recovery is possible'?", "How was your emotional (or mental) health during your child's eating disorder?" and "Have you ever had concerns at your child's school regarding body image curriculums?".

Participation is voluntary.

Please note that you may not directly benefit from taking part in this research. Your participation in the study is entirely voluntary and you have the right to withdraw at any time. All records containing personal information will remain confidential, and no information that could lead to yours or your child's identification will be released or published. However, in accordance with usual practice, study results (de-identified questionnaire data) become the property of the researchers and will be published in scientific journals at a later date. During the survey you have the option of providing your email address to be kept informed of the survey findings and outcomes from the research.

How do I agree to, or opt out of, participation?

If you are happy to complete the survey and for the data to be used for this research project, please go to the study link:

https://qualtrics.flinders.edu.au/jfe/form/SV_a6107SqqB5rMeUJ

If you are not willing to participate, you do not need to do anything.

Please note that

- Whether you participate or not, or withdraw after commencing, will have no effect on yours or your child's treatment in any service. Indeed, any services you access will have never know whether or not you have participated.
- You may withdraw at any time
- You are free to decline to answer particular questions

Questions about this project?

Should you have any questions about the project before, during or after the study, you are welcome to contact Dr Simon Wilksch at Flinders University at simon.wilksch@flinders.edu.au. Please keep this information sheet for reference

[Thank you for your time.](#)



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This research project has been approved by the Flinders University Social and Behavioural Research Ethics Committee (Project Number 8148). For more information regarding ethical approval of the project, the Secretary of the Committee can be contacted by telephone on 8201 3114, by fax on 8201 2035 or by email human.researchethics@flinders.edu.au