

## EXPLANATORY STATEMENT

**Project name: *Mobile Sensing in Eating Disorders and Body Image Development Study***

**Monash University Human Ethics ID: 39399**

### Research team and contact details:

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<b>Bronwyn Dwyer</b> <i>Co-Investigator</i> Department of Neuroscience E: Bronwyn.dwyer@monash.edu	<b>Alex Hu</b> <i>Co-Investigator</i> Department of Neuroscience E: Alex.Hu1@monash.edu	

You are invited to take part in this study on your thoughts on a mobile sensing study. Please read this Explanatory Statement in full before deciding whether to participate in this research. If you would like further information regarding any aspect of this project, you can contact the researchers via the phone numbers or email addresses listed above.

### What does the research involve?

We are studying the use of mobile sensing data in the prediction and early intervention of eating disorders and body image concerns. In particular, we are interested in the perspectives of individuals with a lived experience of eating disorders or body image concerns on this novel digital tool. Our goal is to develop a digital tool that helps us to identify and predict body image concerns and eating disorders earlier.

Our study involves up to three online focus groups with up to four other participants. The focus group is a space where everyone can share their perceptions and experiences together. These sessions will take place on a weekday via Zoom, at a time convenient to you, and last up to 60 minutes. The sessions will be video recorded via Zoom.

The first focus group session will focus on your perspectives toward a new digital data collection technique, called 'mobile sensing.' You will be asked questions like, "how do you think your mobile phone use/activities changes when you're experiencing body image distress?" "How would you feel about being offered assistance via your phone if your use/activities suggested you might be feeling distressed?"

The second and third focus group sessions (likely to take place a few months after the first and second sessions) will focus on seeking your feedback firstly on mock ups or examples of an application developed to collect mobile sensing data (second session), and then on the entire working application (third session). Questions for this session will likely be, "does the application look appealing/make sense?" and "how easy/difficult was this tool to use?"

Please note the focus groups will only discuss the topics described above, related to mobile sensing technologies. The focus groups are not about providing counselling or support for eating disorders.

## Why were you invited for this research?

You were invited for this research as you identify as someone who has a lived experience of an eating disorder and/or body image concerns. You are also aged 16 and over and currently live in Australia. You responded to an email sent by a professional eating disorder support organisation, or an online advert.

## Source of Funding

This project is funded by the National Health and Medical Research Council, but is being conducted by researchers from Monash University. The researchers have no conflict of interest to declare.

## Consenting to participate in the project and withdrawing from the research

Participation in this research is completely voluntary. It is your decision to participate or not. Your decision will not impact your relationship with the professional eating disorder support organisation from which you were invited.

If you choose to participate, please complete the expression of interest questionnaire included in the invitation email which will allow you to leave your contact details. You will also be asked to give your available days/times for participation. A member of the research team will contact you and email you a written consent form for your completion. You will be asked to return the written consent form via email, and confirm verbal consent at the time of the focus group. You will also be asked to consent to the video recording of the focus group.

You may withdraw from the research at any stage prior to the focus group, or up to four weeks after the focus group, or avoid answering any questions which are felt too personal or intrusive. If you decide to withdraw, please notify a member of the research team before doing so. Your data will be removed after you notify us of your withdrawal up to four weeks after the focus group. After this four-week period, the focus group will be transcribed and anonymised and will potentially be published in academic journals, which cannot be easily rescinded or reidentified.

We will use an alias at all times and you will not be identified.

## Possible benefits and risks to participants

You may possibly benefit from learning about the mobile sensing application and discussing the planned ideas for the development of the application.

It is possible that some of the questions asked in the focus groups may be sensitive to you. However, you are free to refuse to answer questions that you don't want to answer, and can log off from the focus group at any time. The research staff will ensure that the focus group unfolds respectfully and at all times will make an effort to minimise any discomfort caused, should any arise.

The investigator team does not anticipate any risks from your involvement in this study. However, if the focus group raises any issues that you would like to discuss with someone, you could contact the following services:

- **Lifeline telephone counselling** (24hr, crisis support) **13 11 14** | <http://www.lifeline.org.au/>
- **Butterfly Foundation** (8am to midnight) **1800 33 4673** | <https://butterfly.org.au/>

## Participant incentives

As a small token of our appreciation for your time and insights, you will receive a \$30 dollar Prezzy voucher for taking part in a focus group. Prezzy allows you to choose a voucher from a range of stores (e.g., Myer, Target, JB HiFi).

## Confidentiality

Any information obtained in connection with this research project (including from the contact details form and focus groups) that can identify you will remain confidential. It will only be disclosed with your permission, except as required by law. In any publication and/or presentation of this study, information will be provided in such a way that you cannot be identified, except with your permission. Publicly presented data at conferences or in academic journals will use numerical participant codes to accompany quotes from focus groups. It will not include any information which may identify you.

It is expected that you respect others' confidentiality, by for example agreeing that 'what is said in the focus group stays in the focus group'.

### **Storage of data**

In accordance with Monash University regulations, if you decide to take part in this study, you will be assigned a number and all electronic files containing data from you will be labelled with this number rather than your name or other information which could potentially identify you. A document detailing which number corresponds with you, and any other details that could identify you will be kept on a password-protected computer hard drive accessible only to the Monash University researchers involved in the study. This document will be deleted at the conclusion of this study to protect your confidentiality. The data from the contact details form will be stored on a password-protected online survey system and computer hard drive accessible only to the Monash University researchers involved in the study. An automated transcription service (Otter AI) will be used to transcribe the recordings from the focus groups. This is a secure password protected system accessible only to the Monash members of the research team. We will keep your data for 5 years and then destroy it by deletion of electronic files.

### **Results**

If you would like to be informed of the overall findings of the research project, please contact A/Prof Gemma Sharp on [gemma.sharp@monash.edu](mailto:gemma.sharp@monash.edu) or 03 9903 8262.

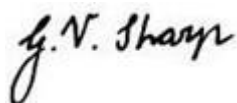
### **Complaints**

Should you have any concerns or complaints about the conduct of the project, you are welcome to contact the Executive Officer, Monash University Human Research Ethics (MUHREC):

Executive Officer  
Office of Research Ethics and Integrity  
Room 116, Administration Building B (3D)  
26 Sports Walk, Clayton Campus  
Monash University VIC 3800

Tel: +61 3 9905 2052      Email: [muhrec@monash.edu](mailto:muhrec@monash.edu)

Thank you,



**Associate Professor Gemma Sharp**