

Department of Psychology

Faculty of Human Sciences

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Participant Information and Consent Form

Name of Project: Attention and Body Image Study (Dot Probe) – ONLINE

You are invited to participate in a study exploring the effect of attention on body image. The purpose of the study is to investigate whether an attention training task influences body perception and body dissatisfaction.

The study is being conducted by Thea House (email: thea.house@students.mq.edu.au) to meet the requirements of a Master of Research (MRes) in Psychology under the supervision of Dr Ian Stephen (phone: 9850 8001, email: ian.stephen@mq.edu.au) of the Department of Psychology at Macquarie University.

If you decide to participate, you will be asked to complete a one-hour online experiment using a computer with a keyboard. You can complete the experiment at a time and in a location of choosing. During the experiment, you will be asked to provide your height and weight so that your body mass index (BMI) can be calculated. Then you will be asked about your feelings related to your body. You will also be asked to manipulate images of people to make them look as normal as possible. The main part of the study will involve a computer-based attention training task. This task will involve looking at images of people and responding to a stimulus as quickly as possible. The entire study should not take longer than 60 minutes. If you decide to participate and go on to complete the experiment, you will be reimbursed with one hour of course credit. If you do not complete the experiment within 90 minutes then the experiment will expire and you will not receive the course credit.

This study involves thinking about your body and therefore may cause some people mild discomfort. If you experience discomfort from any part of this experiment, support is available from Campus Wellbeing, Level 2, Lincoln Building (C8A), Macquarie University (telephone 02 9850 7497). Support can also be found at the Butterfly Foundation's website <https://thebutterflyfoundation.org.au/> (<https://thebutterflyfoundation.org.au/>) or by calling their helpline: 1800 133 4673.

Any information or personal details gathered in the course of the study are confidential, except as required by law. No individual will be identified in any publication of the results. Only the body image research team will have access to the data recorded, which will be kept on password-protected computers. Responses for this survey are stored in the EU and not in Australia. A summary of the results of the data can be made available to you on request by emailing Thea House (thea.house@students.mq.edu.au).

This is an online study. You are under no obligation to participate and will not be given the study URL until you have signed up for the study. In order to sign up for the study, you must agree to the terms of participation noted in the information and consent form. This includes not receiving credit for participation until the end of the experiment. You are free to stop the experiment at any stage; but, you will not receive credit for participating unless you complete the entire experiment within 90 minutes. As a



participant, you are obligated to answer all questions accurately and honestly. Answering fictitiously or haphazardly jeopardises the quality of the research. If you terminate your research participation due to adverse circumstances, please contact Thea House (thea.house@students.mq.edu.au).

As a research participant you are responsible for:

- Completely reading information and consent forms
- Carefully weighing the risks and benefits of participation
- Knowing when, where, and for how long participation is required
- Talking to the researcher when concerns arise
- Fulfilling the responsibilities as described in the information and consent forms

The ethical aspects of this study have been approved by the Macquarie University Human Research Ethics Committee. If you have any complaints or reservations about any ethical aspect of your participation in this research, you may contact the Committee through the Director, Research Ethics & Integrity (telephone (02) 9850 7854; email ethics@mq.edu.au). Any complaint you make will be treated in confidence and investigated, and you will be informed of the outcome.

For any participants that wish to learn more about eating disorders and body image, support and information can be found at the Butterfly Foundation's website (<https://thebutterflyfoundation.org.au/>) or by calling their helpline: 1800 133 4673.

Do you want to participate in this study in order to receive credit?

- Yes. I am happy to participate in this research knowing that I can withdraw at any stage. I understand I will only receive credit if I register my details at the end of the survey.
- No. I have changed my mind and will find an alternative study. As such I understand I will not be given credit for participating in this research.

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