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Associate investigator's Name: Thea House  
Research Assistant's Name: Jordan Rogers

### **Participant Information and Consent Form**

Name of Project: Attention and Body Image Study (Dot Probe) - LABORATORY

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](mailto:thea.house@students.mq.edu.au)) and Jordan Rogers (email: [jordan.rogers@mq.edu.au](mailto:jordan.rogers@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](mailto:ian.stephen@mq.edu.au)) of the Department of Psychology at Macquarie University.

If you decide to participate, you will be asked to attend a one hour study at the Department of Psychology, 4 First Walk (4FW), Macquarie University. During the study, you will have your height and weight measured 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 wish to participate, you can choose to be reimbursed with either \$20 or one hour of 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/>) 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](mailto:thea.house@students.mq.edu.au)).

Participation in this study is entirely voluntary: you are not obliged to participate and if you decide to participate, you are free to withdraw at any time without having to give a reason and without consequence. If you decide to withdraw from the study we will honour this request and delete your data and you will still receive either the \$20 or course credit.

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.

I, *(participant's name)* have read *(or, where appropriate, have had read to me)* and understand the information above and any questions I have asked have been answered to my satisfaction. I agree to participate in this research, knowing that I can withdraw from further participation in the research at any time without consequence. I have been given a copy of this form to keep.

Participant's Name: \_\_\_\_\_  
(Block letters)

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Investigator's Name: \_\_\_\_\_  
(Block letters)

Investigator's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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](mailto:ethics@mq.edu.au)). Any complaint you make will be treated in confidence and investigated, and you will be informed of the outcome.

**(INVESTIGATOR'S [OR PARTICIPANT'S] COPY)**