

26<sup>th</sup> October 2023



**Etone College**  
www.etonecollege.co.uk

Dear Parents,

Led by researchers from the University of Warwick, Etone College are taking part in a research study, exploring the feasibility of a new intervention for secondary school pupils with eating and body image concerns. This evidence-based intervention, cognitive behavioural therapy for non-underweight eating disorders (CBT-T), provides recommendations for health eating and has demonstrated positive outcomes in both clinical and non-clinical settings (e.g. via the workplace).

The current study aims to determine whether this intervention might be feasible and acceptable to deliver within a school setting. As one part of this, an online survey is being carried out to understand how many young people are worried about their eating or how their body looks, and how likely it is for them to take part in therapy offered in schools. The participant information leaflet attached to this letter provides further information about what taking part would involve for your child, anonymity, data usage and protection, and who to contact with any additional questions you may have.

If you **WOULD NOT** like your child to participate in this study, please opt out using the QR code below. Choosing not to take part in this study will not affect your child or their education in any way. Otherwise, if you are happy for your child to participate in this study, no further action is required. All pupils will be provided with this same information leaflet, in order to make their own decision on whether they would like to participate, before providing their consent and completing the survey.



Yours sincerely

**Mr I Smith**  
**Headteacher**



## Participant Information Leaflet for young people (WP3)

<b>Study Title:</b>	Ensuring rapid access to brief, effective treatment for adolescents with eating and body concerns: Determining the feasibility of an intervention programme in schools
<b>Investigator(s):</b>	Talar Moukhtarian, Caroline Meyer, Carla Toro, Sophie Tyerman, Charlotte Kershaw (Warwick Medical School), Glenn Waller (University of Sheffield).

### Introduction

We are inviting you to take part in a research study. Before you decide to say yes or no, you need to understand why we are doing the research, and what it would involve for you. Please take the time to read the leaflet carefully. We encourage you to talk to your parent/carers about the study, and to others if you wish.

Please ask us if there is anything that is not clear, and take time to decide whether or not you want to take part.

### Who is organising and funding the study?

This project is funded by the Rosetrees Trust. The design, implementation and management of this study is being conducted by researchers at the Warwick Medical School at the University of Warwick.

### What is the study about?

We know that a therapy called CBT-T, which involves recommendations for healthy eating and learning to respond to feelings of hunger and fullness, works for people who have troubles with their eating and feel bad about how their body looks (body image). It can be hard to fit in this therapy with going to school, which may mean people don't take part. We would like to understand if this therapy could be provided to children and young adults at school, making it more available to people who need it without having to travel to a specialist service. We are doing this work at several different schools in the West Midlands area of the UK.

To find out if this is something that could be done, and learn about how it could be done, we will talk to different people who would be involved in either offering the therapy or taking part. As one part of this, we are sending out online surveys to young people (11-18 year olds) to understand how many people are worried about their eating or how their body looks, and how likely it is for them to take part in therapy offered in schools.

### What would taking part involve?

Taking part in this study requires you to complete an online survey questionnaire, which you will be redirected to at the end of this form.

The survey has four sections-

1. Consent form that you need to complete to access the questionnaire.
2. Questions about yourself (e.g. age, ethnicity, gender).
3. Questions about eating and body image concerns, quality of life and mood.

It will take you on average 10 minutes to complete the questions.

**Do I have to take part?**

No. Participation is completely up to you, and choosing not to take part will not affect you or your education at your school in any way. You can also change your mind after choosing to take part, without giving a reason. Further details about withdrawing from the study are provided later on in this document.

**What are the possible benefits of taking part in this study?**

There are no direct or immediate benefits to you taking part, but by sharing your views you could help make this therapy available to young people who need it in the future.

**What are the possible disadvantages, side effects or risks, of taking part in this study?**

We do not anticipate any risks or disadvantages from taking part in this study. But completing the online survey means reflecting on your own thoughts and feelings about eating, body image and mood, and this may make you feel anxious. We will make sure to offer support. This will include contact details for the eating disorder charity Beat (<https://www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/i-need-support-now/>) and the contact details of the research team (please see email addresses for the lead researcher and research assistant below).

**Expenses and payments**

There will not be any incentives or rewards to take part in this study.

**Who will know that I've taken part?**

If you are under 16 then we will have asked your parent or caregiver to consent to your taking part in the study. If you then decide not to take part, that will be completely up to you. We will not ask you to tell us your name or any other information that can identify you. We will ask you to answer some questions about your age, ethnicity, mood and eating and body image concerns, and use this anonymous data in reports and publications. However it will not be possible to identify you.

**What will happen to the data collected about me?**

We will be using information from you in order to undertake this study and will act as the data controller for this study. The University of Warwick will keep information collected from this study for 10 years after the study has finished.

No identifiable data such as your name will be collected from you as part of this study. This means that once you complete the online survey, it will not be possible to go back and delete this data as your individual responses cannot be traced back to you.

### **Data Sharing**

Your rights to access, change or move your information are limited, as we need to manage your information in specific ways in order for the research to be reliable and accurate. The University of Warwick has in place policies and procedures to keep your data safe.

This data may also be used for future research, including impact activities following review and approval by an independent Research Ethics Committee and subject to your consent at the outset of this research project.

For further information, please refer to the University of Warwick Research Privacy Notice which is available here:

<https://warwick.ac.uk/services/idc/dataprotection/privacynotices/researchprivacynotice> or by contacting the Legal and Compliance Team at [infocompliance@warwick.ac.uk](mailto:infocompliance@warwick.ac.uk).

### **What will happen if I don't want to carry on being part of the study?**

You can change your mind about taking part at any point, and this would not affect you or your education in any way. You can close the survey (close the webpage) at any point and this will end your participation and your data will not be saved.

Please note that if you withdraw from the study after you complete the online survey, it will not be possible to delete your data which have already been collected because they have been anonymised. To safeguard your rights, we will keep the data secure in line with the University's Information and Data Compliance policies.

### **What will happen to the results of the study?**

After this study we hope to have enough data to be able to ask Rosetrees Trust for more funding to run a trial providing the therapy in schools. We will also report back to Rosetrees what we find out about how the therapy could be provided in schools, and how young people, parents, and school staff feel about it.

### **Who has reviewed the study?**

This study has been reviewed and given favourable opinion by the University of Warwick's Biomedical & Scientific Research Ethics Committee (BSREC): BSREC 77/22-23 (11/04/2023).

### **Who should I contact if I want further information?**

If you want further information or have any questions or concerns, please contact lead researcher Dr. Carla Toro at [carla.toro@warwick.ac.uk](mailto:carla.toro@warwick.ac.uk), or research assistant Sophie Tyerman at [sophie.tyerman@warwick.ac.uk](mailto:sophie.tyerman@warwick.ac.uk).

### **Who should I contact if I wish to make a complaint?**

Any complaints you have will be taken seriously. Please send any complaints to the person below, who is a senior University of Warwick official entirely independent of this study:

**Head of Research Governance**

Research & Impact Services

University House

University of Warwick

Coventry

CV4 8UW

Email: [researchgovernance@warwick.ac.uk](mailto:researchgovernance@warwick.ac.uk)

Tel: 02476 575733

If you wish to raise a complaint on how we have handled your personal data, you can contact our Data Protection Officer who will investigate the matter: [DPO@warwick.ac.uk](mailto:DPO@warwick.ac.uk).

If you are not satisfied with our response or believe we are processing your personal data in a way that is not lawful you can complain to the Information Commissioner's Office (ICO).

**Thank you for taking the time to read this Participant Information Leaflet**