

SUPPORTING EATING DISORDER RECOVERY IN YOUNG PEOPLE

- Researchers at Nottingham Trent University are investigating social identity, social networks and eating disorder recovery amongst young people aged 16-25.
- The study involves an online survey and a semi-structured email interview. You are able to take part in either the survey, the interview, or both, depending on your preference.
- The online survey will take approximately 15 minutes to complete. We will ask you some questions about your thoughts and feelings around different sources of help as well as some questions about your health and well-being.
- The semi-structured email interview will explore the experiences of young people who seek out support for their eating disorder online. Interview questions will be emailed to participants in advance with the consent form. A section of questions will be emailed to you and you will have a few days to answer. After you reply with your answers, the next section of questions will be emailed to you. The total time you will spend on writing your responses should be approximately one hour.

Who can take part?

- Participants will be aged 16-25 and have experience of using online support groups for living with an eating disorder.

How can you take part?

- If you would like to take part in the online survey, please click on the link: <https://ntupsychology.onlinesurveys.ac.uk/supporting-eating-disorder-recovery-in-adolescents-3> This will take you to our survey website where you will see the Participant Information Sheet, providing you with more information about what would be involved in participating, and then you will be provided with an online consent form before being able to participate in the survey.
- If you would like to take part in an email interview, please email the study's research assistant, Elizabeth Mair, on elizabeth.mair@ntu.ac.uk