

## **Participant Information Sheet (PIS)**



### **PARTICIPANT INFORMATION SHEET**

**From Lived Experience to Therapeutic Intervention: Understanding how therapists navigate the use of self-disclosure of eating disorder lived experience when working with clients with disordered eating.**

**Contact person: Lydia Surridge**  
**Email: u2516435@uel.ac.uk**

You are being invited to participate in a research study. Before you decide whether to take part or not, please carefully read through the following information which outlines what your participation would involve. Feel free to talk with others about the study (e.g., friends, family, etc.) before making your decision. If anything is unclear or you have any questions, please do not hesitate to contact me on the above email.

#### **Who am I?**

My name is Lydia Surridge. I am an undergraduate student in the Department for Social Work, Counselling and Social Care at the University of East London (UEL) and am studying for a Counselling BSc (Hons). As part of my studies, I am conducting the research that you are being invited to participate in.

#### **What is the purpose of the research?**

I am conducting research into how therapists experience self-disclosure when working with clients experiencing disordered eating. The study aims to gain an in-depth understanding of therapists' experiences of self-disclosure of eating disorder lived experience, when working with clients experiencing disordered eating. I hope to give voice to therapists to better understand how therapists experience these interventions. Increased awareness and understanding of this phenomenon could be useful in promoting better education on its uses in clinical practice.

### **Why have I been invited to take part?**

To address the study aims, I am inviting counsellors and psychotherapist with eating disorder lived experience who have worked with clients experiencing disordered eating, to take part in my research. If you are aged 18 or over, are a counsellor or psychotherapist who has worked with clients experiencing disordered eating, have prior eating disorder lived experience, and self-identify as recovered from your eating disorder, then you are eligible to take part in the study.

It is entirely up to you whether you take part or not, participation is voluntary.

### **What will I be asked to do if I agree to take part?**

You will be asked to take part in a qualitative research study, which involves understanding your subjective experiences. Prior to partaking in the study, you will be asked to sign an informed consent form which outlines your rights as a participant. You will be asked to take part in a semi-structured interview which will last between 45-60 minutes and will be conducted on Microsoft Teams online. This is a semi-structured interview whereby you will be asked a series of questions about how your experience of using therapist self-disclosure of eating disorder lived experience when working with a client(s) experiencing disordered eating. Despite being called an interview, the process is an informal chat with the intention of understanding your lived experience. Please note, the interview will be recorded via Microsoft Teams so that I can transcribe the data following the interview.

### **Can I change my mind?**

Yes, you can change your mind at any time and withdraw without explanation, disadvantage or consequence. If you would like to withdraw from the interview you can do so by informing the researcher at any time before, during or up to 3 weeks after the interview. If you withdraw, your data will not be used as part of the research.

Separately, you can also request to withdraw your data from being used even after you have taken part in the study, provided that this request is made within 3 weeks of the data being collected (after which point data analysis will begin, and withdrawal will not be possible).

### **Are there any disadvantages to taking part?**

Participation of this research does involve a possible risk of psychological distress, due to the discussion of sensitive topics. You reserve the right to take a break in the interview at any time, as well as leave the interview at any time, in which case your data will be instantly deleted. I have provided details of mental health charities and agencies

that can provide support should you require these. The details of these are provided within the debrief form, which will be given to you upon completion or withdrawal from the interview.

### **How will the information I provide be kept secure and confidential?**

Following the interviews, data will be transcribed verbatim (word-for-word), with pseudonyms being used to protect your confidentiality as a participant. Any data that risks you being identified will be changed to protect your safety and confidentiality. All research data with identifiable information will be stored within my University of East London secure password protected Microsoft account, and any data transfers will be done via my secure, password protected University of East London email account. The raw data, which includes identifiable information, will only be accessed by the researcher. This will be deleted once the interview has been transcribed, which will happen within 3 weeks of the interview taking place. Once the data has been transcribed and anonymised, the researcher, their dissertation supervisor, and the examiner (when work is submitted for grading) will have access to the data. As previously stated, research data will be anonymised using pseudonyms for your name and changing all identifiable details. Once the research is completed, copies of anonymised data may be securely stored by Elizabeth Wilson (research supervisor) for up to three years. The researcher will also have a copy of the anonymised data which will be securely stored.

Any personal contact details that you have provided will be stored within UEL password protected databases, either on Microsoft Teams or on my password protected university email account. Once the interviews have been conducted, I will keep your contact details for 3 weeks before these are deleted from my database.

During the interview process, if you disclose any information that highlights you may at risk of harm yourself or there is a risk of harm to others, then confidentiality may need to be broken. In this instance, I would always try to discuss this with you beforehand.

For the purposes of data protection, the University of East London is the Data Controller for the personal information processed as part of this research project. The University processes this information under the ‘public task’ condition contained in the General Data Protection Regulation (GDPR). Where the University processes particularly sensitive data (known as ‘special category data’ in the GDPR), it does so because the processing is necessary for archiving purposes in the public interest, or scientific and historical research purposes or statistical purposes. The University will ensure that the personal data it processes is held securely and processed in accordance with the GDPR and the Data Protection Act 2018. For more information about how the

University processes personal data please see [www.uel.ac.uk/about/about-uel/governance/information-assurance/data-protection](http://www.uel.ac.uk/about/about-uel/governance/information-assurance/data-protection)

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

The research will be written up as a thesis and submitted for assessment. Findings may also be disseminated to a range of audiences (e.g., academics, clinicians, public, etc.) through journal articles, conference presentations, talks, magazine articles, blogs. In all material produced, your identity will remain anonymous, in that, it will not be possible to identify you personally as pseudonyms will be used to replace your name and any details that may personally identify you, will be changed.

Anonymised research data will be securely stored by Elizabeth Wilson for a maximum of 3 years, following which all data will be deleted.

### **Who has reviewed the research?**

My research has been approved by the Department of Psychology and Human Development Ethics Committee. This means that the Committee's evaluation of this ethics application has been guided by the standards of research ethics set by the British Psychological Society.

### **Who can I contact if I have any questions/concerns?**

If you would like further information about my research or have any questions or concerns, please do not hesitate to contact me using the below listed contact details:

Name: Lydia Surridge  
Email: u2516435@uel.ac.uk

If you have any questions or concerns about how the research has been conducted, please contact my research supervisor Elizabeth Wilson. Department of Psychology and Human Development, School of Childhood and Social Care, University of East London, Water Lane, London E15 4LZ.

Email: e.d.wilson@uel.ac.uk

**or**

Chair of Ethics Committee: Dr Trishna Patel, Department of Psychology and Human Development, School of Childhood and Social Care, University of East London, Water Lane, London E15 4LZ.  
(Email: t.patel@uel.ac.uk)

**Thank you for taking the time to read this information sheet**