MEISTR CWNSELA
MSC COUNSELLING

Ysgol Seicoleg
School of Psychology

Coleg Meddygaeth ac Iechyd
College of Medicine and Health

PRIFYSGOL BANGOR UNIVERSITY

Information Sheet

You are invited to take part in a research study. Please read the description below carefully.

What is the purpose of this study?

The findings of this study will help to inform our understanding of autistic people's experiences of Cognitive Behavioural Therapy (CBT) as a treatment for eating disorders.

What is involved in the study?

This study asks you to complete an online questionnaire containing questions about the following:

- Your background information, such as age, gender, etc.
- Your experiences of Cognitive Behavioural Therapy for eating disorder treatment
- How you experience Cognitive Behaviour Therapy as an autistic individual

This questionnaire can be completed at any time in the next week. It should take no longer than 30 minutes to complete this questionnaire, but the whole questionnaire must be completed in one sitting as it is not possible to save and return to your answers. If you have signed up to participate in this study through the School of Psychology Student Participation System (SONA), then will receive one course credit after submitting this questionnaire. Please note that some of the questions in this study will be available in the medium of English only, because these measures have not been validated for research through the medium of Welsh.

Will my taking part in the study be kept confidential?

Your responses and data will be treated as strictly confidential. We will not be collecting IP-addresses and your data will be fully anonymised. This means that you will not be able to request its removal once you have begun to complete the survey. Your data will be combined with those of the other participants. The study results will form part of an MSc research dissertation and may be published in academic seminars, research talks ,or papers in scientific journals. However, it will not be possible for anyone to identify your responses in these publications.
At the end of the study, the anonymised dataset may be deposited on a publicly available data repository so that other scientists can check and examine our results for themselves. Access to your data will be strictly restricted to the study researchers and MSc dissertation examiners, although occasionally authorised Bangor University staff can request access for auditing purposes.

What if I don't want to take part?

PRIFYSGOL BANGOR
BANGOR,
GWYNEDD,
LL57 2DG

FFÔN: +44(0)1248 351151

www.bangor.ac.uk/cy/ysgch

BANGOR UNIVERSITY
BANGOR,
GWYNEDD,
LL57 2DG

TEL: +44(0)1248 351151

Registered charity number: 1141565

PROF PAUL DOWNING
PENNAETH YSGOL
HEAD OF SCHOOL
EBOST/ EMAIL: p.downing@bangor.ac.uk

www.bangor.ac.uk/spss

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It is up to you to decide whether you would like to participate. Your participation is completely voluntary. You can withdraw from the study without having to provide any explanation. You can do this by simply closing your web browser page before submitting. However, since the study is anonymous, we will not be able to remove your responses after you have clicked to submit as they will no longer be identifiable to the research team. You can also choose to skip any questions within the questionnaire by answering 'prefer not to say' or typing 'X' or 'no answer' in the free text boxes.

Is there anything else I should know?
There are no direct benefits or significant risks for you in taking part. In the long term, our study could help provide insights into more effective ways to support people experiencing eating disorders
It is not expected that this study will result in any distress or offence. However, the questionnaire does focus on topics related to eating disorders, so it is possible that thinking about these topics may result in brief discomfort. In the unlikely event that these questions draw your attention to any distressing thoughts or raise concerns, we recommend that you contact one of the following support services:
Your GP
Mind (English): https://www.mind.org.uk/ Telephone 0300 123 3393
Mind (Welsh): https://www.mind.org.uk/cy/mind-cymru/ Telephone 0300 123 3393
Samaritans (English): https://www.samaritans.org/ Telephone 116 123
Samaritans (Welsh): https://www.samaritans.org/england-cy/how-we-can-help/contact-samaritan/welsh-language-phone-line/ Telephone 0808 164 0123
If you are a Bangor University student, you can also contact Bangor University Student Counselling Service: Tel 01248 388520
https://www.bangor.ac.uk/studentservices/counselling/

Who is running the study?
This questionnaire is being completed as part of an MSc in Counselling within the Department of Psychology in the School of Psychology at Bangor University. The study is led by Professor Fay Short and Dr Suzy Clarkson.

Who has reviewed the study?
The study has been given a favourable opinion by a Bangor University Approved Research Ethics Committee (Project ID: 1840). Bangor University has appropriate insurance in place in the unlikely event that you suffer harm as a direct consequence of your participation in this study.

Who do I contact if I have any questions about this study?
If you wish to contact the student researchers of this study, please contact:

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Philippa Crundwell phc25sqc@bangor.ac.uk

Who do I contact with any concerns about this study?
If you have a concern about any aspect of this study, please contact Prof Fay Short on f.short@bangor.ac.uk. We will attempt to contact with a response within three working days. If, after that, you wish to take the matter further or make a formal complaint, please contact Bangor University's Senior Research Governance & Policy Officer, Governance Services, Bangor /e-mail: seniorresearchgovofficer@bangor.ac.uk.

Thank you for your participation