

## **The relationship between trauma, mood and emotional eating**

**QUT Ethics Approval Number 1700000163**

### **RESEARCH TEAM**

**Principal Researcher:** Natalie Miller – Master of Psychology (Clinical) student  
**Associate Researchers:** Dr Esben Strodl – Principal Supervisor and Senior Lecturer  
**School of Psychology and Counselling, Faculty of Health  
Queensland University of Technology (QUT)**

### **DESCRIPTION**

This project is being undertaken as part of a Master of Clinical Psychology Program for Natalie Miller to explore the relationship between emotional eating, mood, and childhood traumatic experiences. The project involves completing an anonymous online survey with various sections. You will be asked questions about stressful/traumatic life events (e.g. bullying, unwanted sexual experiences, feeling neglected), eating behaviour and ways of coping after the stressful/traumatic events.

You are invited to participate in this anonymous online survey because you are 18 years or older, and do not have a current diagnosis of an eating disorder. The survey can be found at: <https://survey.qut.edu.au/f/188650/8dc0/>

### **PARTICIPATION**

Participation will involve completing an anonymous online survey with various sections, which you can complete at any time or location you choose.

The survey will include questions on your eating behaviour (e.g. rating how often you eat in response to various emotions), your experience of stressful events (e.g. "have you been a victim of a violent crime such as rape, robbery, or assault", "as a child my family said hurtful things"; "have you been in serious danger of losing your life or of being seriously injured"), and your experiencing coping after the stressful event/s (e.g. "did you try to put thoughts and memories out of your mind"). You are able to respond to these questions with Likert scale answers (e.g. a scale from strongly agree – strongly disagree).

It is encouraged that anyone who may find it difficult to think about stressful childhood experiences, should carefully consider participation in this research.

Participation in this anonymous online survey will take up to approximately 20-30 minutes of your time, however, this time may be reduced based on your experience of adverse events.

Your participation in this project is entirely voluntary. Your decision to participate or not participate will in no way impact upon your current or future relationship with QUT. Please be advised, you may withdraw from the survey at any time by simply shutting the internet browser. Data will only be captured at the end-point of the survey when you hit 'submit'. The survey is anonymous so once it has been submitted it will not be possible to withdraw.

### **EXPECTED BENEFITS**

It is expected that this project will not directly benefit you. However, it may benefit clinicians and researchers by allowing them to understand and examine the relationship between stressful life events and emotional eating behaviour.

To recognise your contribution should you choose to participate, the research team is offering you the opportunity to enter into a draw to win one of three \$50 Coles Myer gift vouchers. The Terms and Conditions of the prize draw are below. Entries open on 06/04/2017, and close at 11:59pm on 31/10/2017.

Please note, first year students completing the survey through SONA will be eligible to receive course credit and will not be eligible to enter into the prize draw.

## **RISKS**

There are risks associated with your participation in this project. This includes experiencing elevated distress or discomfort when answering questions about stressful life events or emotional eating behaviour.

If you were to experience any elevated distress, please contact one of the following organisations for support.

Lifeline provides access to online, phone, or face-to-face support, call **13 11 24** for 24-hour telephone crisis support.

The Butterfly Foundation provides a national eating disorder support service providing phone, email and web counselling as well as a range of online resources. They can be contacted on **1800 33 4673** or at <http://thebutterflyfoundation.org.au>.

For participants who live in Brisbane QUT provides for limited free psychology, family therapy or counselling services (face-to-face only) for research participants of QUT projects who may experience discomfort or distress as a result of their participation in the research. Should you wish to access this service please call the Clinic Receptionist on **07 3138 0999** (Monday–Friday only 9am–5pm), QUT Psychology and Counselling Clinic, 44 Musk Avenue, Kelvin Grove, and indicate that you are a research participant.

Notifications throughout the survey will remind you that you are free to withdraw at any time, and ask if you would like to continue. There will also be notifications which will provide details of support services.

## **PRIVACY AND CONFIDENTIALITY**

All comments and responses are anonymous and will be treated confidentially unless required by law. The names of individual persons are not required in any of the responses. If you choose to supply your contact details for the prize draw, please note that this information will be stored separately, and securely, and will not be connected to the survey data in any manner.

Any data collected as part of this project will be stored securely as per QUT's Management of research data policy. Please note that non-identifiable data collected in this project may be used as comparative data in future projects or stored on an open access database for secondary analysis.

## **CONSENT TO PARTICIPATE**

Submitting the completed online survey is accepted as an indication of your consent to participate in this project.

### **QUESTIONS / FURTHER INFORMATION ABOUT THE PROJECT**

If you have any questions or require further information, please contact one of the listed researchers.

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### **CONCERNS / COMPLAINTS REGARDING THE CONDUCT OF THE PROJECT**

QUT is committed to research integrity and the ethical conduct of research projects. However, if you do have any concerns or complaints about the ethical conduct of the project you may contact the QUT Research Ethics Advisory Team on 07 3138 5123 or email [humanethics@qut.edu.au](mailto:humanethics@qut.edu.au). The QUT Research Ethics Advisory Team is not connected with the research project and can facilitate a resolution to your concern in an impartial manner.

**THANK YOU FOR HELPING WITH THIS RESEARCH PROJECT.**