

Metacognitions, Emotional Dysregulation and Alexithymia in Eating Behaviour

Research team contacts

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What is the purpose of the research?

The purpose of this research is to examine the relationship between people's beliefs about their emotions, their ability to experience and regulate their emotions and their patterns of eating behaviour.

Are you looking for people like me?

You are invited to participate in this research if you are 18 years or older, currently reside in Australia and do not currently have a diagnosed eating disorder.

What will you ask me to do?

Your participation will involve completing an anonymous, 30-minute survey online. In this survey, you will be asked some questions relating to your eating behaviour, emotional regulation strategies and beliefs about your emotions (e.g., whether they are helpful or unhelpful). You will also be asked about the clarity and expression of your emotions. Some demographic information, alongside your height and weight (for the purpose of calculating BMI) will also be collected.

Are there any risks for me in taking part?

The research team has identified the following possible risks in relation to participating in this study, mainly that if you experience or have experienced difficulty relating to your emotions or personal eating behaviour, you may experience some discomfort when responding to questions about your experience of emotions and eating behaviour.

It should be noted that if you do agree to participate you can withdraw from participation at any time during the project without comment or penalty.

Are there any benefits for me in taking part?

It is not expected that this project will benefit you directly. However, it may benefit others by helping clinicians and researchers understand the relationship between emotional experience and eating behaviour.

Will I be compensated for my time?

To recognise your contribution, should you choose to participate, the research team is offering the opportunity to submit your email address to go into the draw to win one of four \$50 Coles Myer gift vouchers. This email will be kept separate from your survey responses and will not be able to be used to identify your answers. All records of email contacts will be destroyed at the completion of the study.

First year QUT Psychology students in the unit PYB102 are eligible to earn 0.5 of a mark towards their course credit for their completion of this survey.

I am interested – what should I do next?

If you would like to participate in this study, please follow this link to the study site:
<http://survey.qut.edu.au/f/189851/1532/>

Alternatively you can contact the research team via: ashleigh.schull@connect.qut.edu.au

You will be provided with further information to ensure that your decision and consent to participate is fully informed.

Thank You!

QUT Ethics Approval Number: 1700000487