

Innovative, high quality
implementation research into
improved outcomes for body
image and eating disorders



Yuan Zhou
PhD Candidate (Clinical Psychology)
School of Psychology
Flinders University
GPO Box 2100, Adelaide, SA, 5001
Email: joanne.zhou @flinders.edu.au

Research Participation: **AN INVESTIGATION OF NEW METHODS TO IMPROVE BODY IMAGE AMONG YOUNG WOMEN**

What is the study about?

This study will investigate new strategies to improve body image among young women.

Who can participate?

Females aged between 18 and 25 years old who can read and write in English. All interested participants will be given a brief questionnaire to determine their eligibility. Eligible participants will be invited to participate in the full study.

What will happen during the study?

You will first complete some questionnaires and then you will be asked to visualize a time in the past where you felt bad about your body. Then you will either be randomly allocated (as in the toss of a coin) to a condition that may involve further visualization, reading some engaging materials about how eating disorders may develop, or a time to let your mind wander. Depending on the group you are allocated in, you may or may not have some brief homework to do over a week. The homework contains a writing exercise related to the visualization task in the study. This exercise should not take you more than five minutes to complete on each occasion (i.e., less than 5 mins per day for a week). We expect no additional risk associated with this homework. All participants will complete a 10-minute follow-up survey in a week's time. Links to homework and follow-up survey will be sent to you via email. Completing this study will roughly take 60 minutes of your time (with an additional 35 minutes if you are allocated to complete homework).

How can I contact the researcher?

If you would like to participate, please go to this link: https://qualtrics.flinders.edu.au/jfe/form/SV_0vtVkj6Bcu9PGyV to access the study. If you have further questions, please email Yuan Zhou via Joanne.zhou@flinders.edu.au.