

Interview study exploring the impact of weight on cognitions, emotions and behaviour

You are being invited to take part in an interview as part of a research study. Before you decide if you want to participate, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully. If there is anything that is not clear or if you would like more information, just ask.

Please note: If you have never been overweight, if you are pregnant, have been diagnosed as terminally ill or are seeing a doctor for an eating disorder or a chronic illness that has resulted in a weight problem or you are unable to stand unassisted we are unable to include you in the current research. Please let the researcher know if you fall into one of these categories.

What is the purpose of the interview?

The purpose is to find out how your weight/ body shape affects different aspects of your life. The information provided during the interview will be used alongside interview data from other participants to develop a way of measuring weight-related quality of life. This study forms a part of a research students PhD.

Why have I been chosen?

You have been chosen to participate in this interview as you have shown your interest in the research.

Do I have to take part?

It is up to you as to whether you take part or not. If you do take part, after reading this information sheet and asking any questions you may have, you will be asked to sign a consent form to say that you understand what the study involves. If you decide to take part, you are still free to withdraw at any time during the interview and up to 7 days after the interview without giving a reason. After these 7 days your interview data will no longer be identifiable, as it will have been anonymised, therefore it will not be possible to withdraw after this time.

What will I have to do?

If you decide to participate you will be asked to attend a one to one interview at a convenient time and location (e.g. community centre, library etc.). The interview will involve filling out a short questionnaire followed by a discussion about the way your weight or body shape affects how you think and feel and how this effects the different aspects of your life (e.g. work, social activities, and relationships). The interview is expected to last an hour. The interview will be tape recorded and notes may be taken throughout. You can stop the interview at any time. After the interview, the researcher will measure your weight, height and waist circumference and you will be asked to fill in a demographic questionnaire. This will ensure we interview a range of people with differing backgrounds, weights and body shapes. Before having your measurements taken you will be asked to remove your shoes and any coats or jumpers, so

please ensure you wear thin clothing underneath any removable layers. **Please note that the researcher taking the measurements will be female.**

What are the possible benefits of taking part?

The information gained from this study will help develop a way to assess how a person's weight is affecting their quality of life, and whether this improves through weight and lifestyle interventions.

Will my taking part in this study be kept confidential?

Yes. Ethical and legal practices will be followed and all information about you will be handled in confidence. Your name will be removed from the interview transcripts and documents recording your weight, height and waist circumference to keep your identity confidential. Direct quotes may be used in publications but these will be labelled with an ID number and anything which could identify you will be removed. Interview tapes will be destroyed once typed up and transcriptions will be kept on a password protected computer only accessible to the research student and her two supervisors. Any paper copies of the transcribed interview and any other documents will be kept in a locked filing cabinet.

What will happen to the results of the research?

The results of the interview will be used to develop a measure of quality of life for future research and for health care providers. The results will also be written up as part of the student's PhD thesis and may be published in health professional journals and presented at conferences in the UK and abroad.

Who is organising and funding the research?

The research is funded by the College of Science and Technology and organised by the School of Psychology at the University of Central Lancashire as part of a PhD study.

Who has reviewed the study?

The UCLan PSYSOC ethics committee has reviewed and approved the current research.

What happens now?

If you are happy to participate or have any questions, please contact Rebecca Jefferson (PhD research student) via email rljefferson@uclan.ac.uk or via telephone 07754483357.

Thank you for taking time to consider participating in this study.

If you have any concerns or complaints about any aspect of the way you have been approached or are treated during this study, you can contact the lead supervisor, Dr Janice Abbott on 01776 893790 (JAbbott@uclan.ac.uk) or the university officer for ethics on OfficerforEthics@uclan.ac.uk.

If you are worried about your weight, please visit your local GP for advice. Alternatively, you can visit the NHS website for advice and to find out about local weight loss groups (<http://www.nhs.uk/Livewell/loseweight/Pages/WhataGPCando.aspx>).