How can we improve primary care for children and young people with eating disorders?
Exploring the views of patients and carers

Information about the study for participants

Thank you for your interest in our project. Before we get started we would like to give you some information about the project.

Our aim is to understand people’s experiences of the ‘non-specialist’ healthcare services that children and young people with an eating disorder receive at their local GP surgeries from doctors and other ‘non-specialist’ healthcare staff such as nurses who work in GP surgeries. We want to hear about people’s views and experiences so that we can make recommendations for improving the local services available to children and young people with an eating disorder.

Who can take part in the study?
If you are either
• a child or young person (aged 12 – 25 years) with current or past experience of an eating disorder or an eating disorder like problems or
• someone (such as a parent) who has or has previously had a particular responsibility for a child or young person with an eating disorder
then we would love to hear from you. You are, of course, under no obligation to participate in this project. It is up to you to decide whether or not you would like to take part.

What would participation involve?
If you decide you would like to take part in this study then we will ask you some questions about your experiences of healthcare services provided by GPs and other ‘non-specialist’ healthcare staff for children and young people with an eating disorder. You can choose to tell us about your experiences either by taking part in an interview or by completing an online questionnaire.

If you would like to take part in an interview (face to face or by phone) please email Catherine at Catherine3.phillips@uwe.ac.uk so that we can arrange an interview with you.

If you would prefer to tell us about your experiences by completing a questionnaire then please continue to the next page where you can agree to take part and complete the questionnaire online. This should take 20 to 30 minutes depending on how much you write. You can tell us as much or as little as you choose. We will also ask you some questions about yourself such as your age, gender and the nature of your or your child’s eating disorder. This will help us to describe the groups of people who have taken part in our study. Your answers will not be used to identify you. However, you do not have to answer these questions if you would prefer not to.

You may find sharing your experiences helpful, but it may also bring up difficult memories, thoughts or feelings. If you feel distress during or after participating in the study, then support is available to you. Contact details for support helplines and the research team are listed below.

If you are under 18 we will also need to ask for a parent or guardian to agree for you to take part in the project. We will ask you to provide an email address for a parent or guardian so that we can email them to confirm that we have received their consent.

All data collected will be stored securely and anonymously. It will be analysed qualitatively and used to make recommendations for improving local primary care services for children and young people with an eating disorder. The findings may also be published in academic journals. You will not be identifiable any publications resulting from this study.
If you decide you would like to withdraw from this study you can do so up to 1 month from completing the questionnaire by emailing Catherine Phillips at Catherine3.phillips@uwe.ac.uk

If anything is unclear or you would like to ask us any questions, please do not hesitate to contact us. If, having read this, you would like to help us with this project please continue to the next page.

Research Team contact details

Catherine Phillips,
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Dr. Helen Malson,
Associate Prof of Social Psychology, UWE.
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Dr Hugh Herzig,
Consultant Psychiatrist, STEPS.
Email: Hugh.herzig@nhs.net

Eating Disorders Health Integration Team
http://www.bristolhealthpartners.org.uk/health-integration-teams/eating-disorders/

Helpline contact details

B-eat Uk Eating Disorder Charity
www.b-eat.co.uk/support-services/helpline
ADULT HELPLINE 0345 634 1414 (open to anyone over 18)
Email: help@b-eat.co.uk
YOUTHLINE 0345 634 7640 (open to anyone under 18)
Email: fyp@b-eat.co.uk

Anorexia & Bulimia Care
http://www.anorexiabulimiacare.org.uk/
HELPLINE 0300 011 1213 (open to those affected including family and friends)

Off The Record (Bristol)
http://www.otrbristol.org.uk/
YOUTH HELPLINE 0808 808 9120
Email: confidential@otrbristol.org.uk
Text 07896 880011