

## APPENDIX C: PROJECT INFORMATION GUIDE

Project Title: Supports for Eating Disorders in Rural Communities

**Researcher(s):**

Sarah Moret  
Undergraduate Student at Trent University  
[Sarahmoret@trentu.ca](mailto:Sarahmoret@trentu.ca)

**Faculty Supervisor:**

Naomi Nichols  
Department of Sociology at Trent University  
[Naominichols@trentu.ca](mailto:Naominichols@trentu.ca)

**Committee Advisory Members\*:**

Daniela Pagliaro  
ULinks at Trent University  
[Admin@ulinks.ca](mailto:Admin@ulinks.ca)

Amanda Duncombe-Lee  
Point in Time  
[Amandadl@pointintime.ca](mailto:Amandadl@pointintime.ca)

Sandra Woods  
Kawartha/Haliburton Children's Aid Society  
[Sandra.woods@khcas.on.ca](mailto:Sandra.woods@khcas.on.ca)

\*\_Members of the Advisory Committee consulted on the project design and have helped share information about this research with stakeholders. They will not have access to any of the identifiable participant data.

---

**Purpose of the Research:** Based on an expressed knowledge need identified by the National Initiative for Eating Disorders (NIED) and an initial scoping discussion with local stakeholders, we have learned that Haliburton County, Ontario, lacks high quality, evidence-based treatment options, specifically for young people with a diagnosed or suspected eating disorder.

**Potential Risks:** During an interview or focus group, you may experience emotional discomfort. If you experience emotional discomfort or distress at any point and no longer wish to participate in an interview or focus group, you can stop or withdraw at any point. The undergraduate student and their supervisor will be equipped with available mental health services in which they can provide the participant with, in the event this happens. At no point will your name appear in documents or the published project, nor will any identifiers that might reveal your identity or role within your workplace.

**Procedures:** We are conducting 60–90-minute focus groups and 30–60-minute interviews remotely, using the video conferencing application, Zoom. We are interviewing those who have lived experience of an eating disorder, those who have experience caring for their child with an eating disorder, service providers, and leading experts in the field. With the permission of participants, these interviews will be audio-recorded and stored on a password protected computer for further analysis that will contribute to the body of this project. Participants for both individual interviews and focus groups will be invited to set up a meeting with the principal investigator in order to review this project information guide and the informed consent form prior to the agreement to participate in this project.

**Potential Benefits:** Participants may receive helpful, new information about eating disorders through listening to others' experiences in the focus group. Participants may learn about new resources and services for eating disorders that may be helpful now or in the future. The final product of this project and the interview data obtained will contribute to the limited body of research about eating disorders among youth and their families, especially in rural areas, which must be investigated further.

**Confidentiality and Anonymity:** Confidentiality will be provided to the fullest extent possible. However, confidentiality cannot be guaranteed during focus groups. Participants will be asked to protect the privacy of other participants. Individuals may choose to turn off their video camera during the interview if they wish. No identifying information or features that would allow a person to be identified will be used in the project. Focus groups and interviews will be transcribed using audio-recordings. Recordings and transcriptions will be stored on a password protected computer. Committee Advisory members will not have access to identifiable participant data. Participants may withdraw from the project without explanation or consequence, up until data analysis begins, approximately late February 2022. If you choose to withdraw, all data collected will be destroyed. All data collected for this project will be destroyed once the project is completed, approximately April 2022.

**Questions or Concerns:** If you have questions about the research in general or about your role in the study, please feel free to contact Sarah Moret by e-mail at [sarahmoret@trentu.ca](mailto:sarahmoret@trentu.ca). This research has been reviewed and approved by the Department of Sociology at Trent University and conforms to the standards of the Canadian Tri-Council Research Ethics guidelines. If you have any questions about this process or about your rights as a participant in the study, please contact my supervisor, Dr. Naomi Nichols, Department of Sociology, by email at [naominichols@trentu.ca](mailto:naominichols@trentu.ca).