

*Participant Information Sheet*

**Anorexia Nervosa**

**Perceptions of living with and living without Anorexia Nervosa**

This participant information sheet contains information about this study, so that you are able to make an informed decision about whether you wish to take part.

- This project is being conducted by Wendy Whipp. Wendy is a Chartered Counselling Psychologist, an Associate Fellow of the British Psychological Society and a BABCP Accredited Therapist, Trainer and Supervisor. The research is being undertaken as part of her 'Top Up' Practitioner Doctorate in Counselling Psychology.
- You have been invited to participate in this research because you were previously diagnosed with Anorexia Nervosa (but no longer meet the diagnostic criteria) and so could provide personal insights into what you believe were the contributing factors to the problem and what you feel helped you to overcome it.
- The aim of this research is to explore what it was like for you living with Anorexia Nervosa and what aided your 'recovery'. I am also interested to understand if you feel that anorexia plays a part in your life and relationships now and if so how? To answer these questions you will be asked personal questions about your life both past and present. If you do not wish to answer any of these questions then you will not be pressed to do so.
- The research will involve an interview (a link to participate on line will be sent) that could take approximately one hour
- All your responses are anonymous and confidential, and you are free to withdraw at any time prior to the interviews being analysed.
- Should you decide to participate then signed consent forms will be stored separately from the interview recordings and the transcribed information. Recordings will be pass word protected and transcripts will be stored in a secure box to which only the researcher has access. Extracts from the interviews will be used in the written work and you will be invited to choose a name by which to be known.
- It is anticipated that the findings from this study will provide insight into living with Anorexia Nervosa, contributing factors to the disorder, protective factors and longer term effects to better inform current treatment approaches.

- The study has been reviewed and approved by the London Metropolitan University Psychology Ethics Committee.

If you have any additional questions regarding this study, or if you would like to participate please contact:

Wendy Whipp at:

[wendywhipp@hotmail.com](mailto:wendywhipp@hotmail.com) or  
[wdw001@my.londonmet.ac.uk](mailto:wdw001@my.londonmet.ac.uk)

Should you feel distressed but do not wish to talk to the interviewer then please contact:

Mind: [www.mind.org.uk](http://www.mind.org.uk) or

Beat: [www.b-eat.org.uk](http://www.b-eat.org.uk)

MIND: are a national mental health charity that accept self-referrals from the public for counselling or

B-EAT: an organisation that specialises in providing information and help to those with an eating disorder.