



Participant Information Sheet

Exploring experiences of weight stigma in people with a higher weight

You are being invited to take part in a research study. Before you decide to take part, 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 and discuss it with others if you wish. Ask us if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part.

What is the purpose of the study?

Individuals who have a higher body weight often experience stigma as a result of their weight status.

We would like to better understand how people respond to these experiences, and other stressful events.

Your participation in the study will be required daily over a two-week period, along with completion of questionnaires.

Why have I been chosen?

We are looking to recruit participants who are affected by obesity in the community via various social media channels, obesity charities or weight management services. To take part, you must live anywhere in the UK, be fluent in English, own a smartphone and be aged 18 years or above.

Do I have to take part?

No, taking part is completely voluntary. If you do decide to take part, you will be asked to declare your consent to take part in the study on the next webpage. Or you may want to have a think about taking part having read this information. If so, you can exit this webpage, and simply follow the same link if you do decide to take part later on. You can also request a copy of this Participant Information Sheet to keep if required. At any time, you may ask any questions about the purpose of the study or what is expected from participants. You have the right to withdraw from the study at any time. You will not be required to give any explanation as to your decision to do so, nor will there be any penalty for this.

What do I have to do if I take part?

Firstly, you will complete some questionnaires asking about experiences such as previous experiences of stress and weight stigma and how you feel about your weight, Then, the study will mainly involve completing a number of brief surveys over the course of a day for a two-week period. How many times you will complete the survey will depend on your experiences that day, but you will complete the survey at least twice (between 9am-7pm) at random time points as prompted by the app. Aside from these two daily prompts, you will also be asked to complete a survey when you experience weight stigma or other stressful event.

The survey will be completed on an app which you download onto your personal smartphone. This app is free to download.

In each survey, you will be asked to report on experiences of weight-based stigma and other stressful events in the course of your everyday life.

This survey will take approximately 5 mins each time you complete it



You will also be asked to complete some questionnaires at the beginning and end of this 2-week survey period.

Due to the design of the study it will not involve any travel anywhere special to take part. You will simply be asked to go about your everyday life and report on these experiences via the daily surveys.

What are the possible disadvantages and risks of taking part?

It is possible that being asked to report on weight-based stigma and stress draws your attention to these experiences which may be distressing.

If you are negatively affected in any way by the study, you can contact the lead researcher who can signpost you to support available.

What are the possible benefits of taking part?

There are no immediate benefits for those people participating in the project. However, you will be contributing to novel research which aims to better understand weight-based stigma in all its form so that services/interventions may better serve individuals affected.

For your time and effort, you will be compensated with a £10 online shop voucher if you are able to complete a minimum of 80 per cent of the study.

Will I be receiving a form of support or a particular intervention/treatment in the course of taking part in the study?

No, this study does not evaluate the effects of a support package or new intervention/treatment. This study is an observational study which captures people's experiences of weight-based stigma. However, if during the course of the study, you were to experience any distress you can contact the lead researcher who will be able to signpost you to appropriate support.

What type of information will be sought from me and why is the collection of this information relevant for achieving the research project's objectives?

Before starting the survey period, you will be asked to complete some demographic and personal information. You will also be asked to complete some questionnaires relating to lifetime experiences of stigma, recent stress and personality traits. This is to see if these factors have any effect on your responses.

For the daily survey, you will be asked to briefly report on your experiences of weight-based stigma and other stressful events. This is to better understand how people respond to these experiences which is the study's main objective.

What will happen to the results of the research project?

It is expected that the results of this study will be disseminated and shared with service providers, and that the study will be published in a peer reviewed journal.

It is hoped that this study will contribute to a greater understanding about the frequency and impact of weight stigma, which will raise awareness about this experience. Raising awareness of this topic and its impact aims to provide the foundation for changes to practice or the development of appropriate support and interventions.

Use, dissemination and storage of research data



The screening questions, baseline questionnaires and informed consent will be completed using Online Surveys. Online Surveys is GDPR compliant.

The survey data will be collected by an app on your smartphone called Ethica Data. Ethica Data is GDPR compliant. All data is encrypted immediately after it is recorded, stored in private servers, and accessible only through secure protocols.

It is planned this data will be written up for a publication in a peer review journal. The data will be archived and stored for five years (following completion of the study) on University of Leeds drives. Other researchers may also request this data; requests will be considered on a case by case basis. In such instances, data will remain anonymised. All personal data will be deleted following completion of the study.

What will happen to my personal information?

Any personally identifiable data which is required to be stored, such as name and other demographic information, will be stored on a password-protected storage system. No identifiable data will be included in the analysis or write up of the study. We will never share your information with third parties (unless we were required to for your own or others' safety and protection). Following completion of the study, all personal information records will be deleted.

You have the right to withdraw your personal data from the study at any time; this means that any personal information (e.g. name, email, demographic information) will be deleted. However, we reserve the right to keep the anonymised survey data.

Please click this link to see the [Research Privacy Notice](#).

If during the course of your participation with the study, you disclose any intention to harm yourselves or others then it is not possible for this to be kept confidential.

Who is organising/ funding the research?

This research is part of the Clinical Psychology Doctorate training and is funded by the NHS.

Ethical review of the study

The project has been reviewed and given ethics approval by the University of Leeds Psychology School of Medicine Research Ethics Committee.

This research is being conducted by Clare Pickett (Clinical Psychologist in Training), under the supervision of Dr Rebecca Beeken (r.beeken@leeds.ac.uk) and Dr Ciara Masterson (c.masterson@leeds.ac.uk).

Contact for further information

Lead researcher – Clare Pickett – umcpi@leed.ac.uk

Thank you for taking the time to read through this information sheet. Please seek further information from the lead researcher should you have any further questions now or at any point in the study.

If you would like a copy of this Participant Information Sheet, please contact Clare.

Further guidance is available at <http://ris.leeds.ac.uk/involvingresearchparticipants> and at <https://dataprotection.leeds.ac.uk/information-for-researchers>.



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