

EXPLANATORY STATEMENT

Project ID: 40120

Project title: NEDC Education Module Impact Evaluation

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You are invited to take part in this study. Please read this Explanatory Statement in full before deciding whether or not to participate in this research. If you would like further information regarding any aspect of this project, you are encouraged to contact the researchers via the phone numbers or email addresses listed above.

What does the research involve?

This research aims:

- i) To evaluate the confidence and capacity of HP working in fertility to identify disordered eating, eating disorders and identify their own weight stigma
- ii) To evaluate the impact of an online module on:
 - Identifying disordered eating and eating disorders in the fertility care setting
 - Exploring perspectives of professionals working or managing appropriate referrals with people with disordered eating and eating disorders undergoing fertility treatment
- iii) To explore the barriers and enablers within individuals and the systems in which they work to reduce weight stigma/s

You will be asked to participate in an online questionnaire pre and post your completion of the National Eating Disorder Collaboration (NEDC) Fertility Care module. This questionnaire will ask about your confidence in identifying disordered behaviours, weight stigma (internalised and externalised) and confidence in referral pathways. We will also ask you about personal information such as your work role and experience with disordered eating and eating disorders. This is so we can contextualise the responses to help us understand the impact of this training. This should take you no more than 15-20 minutes. After you have finished the module, you will also be invited to participate in a semi-structured interview (on Zoom or in person) which will take approximately 60 minutes. This will have audio and visual recording. Audio records will be transcribed using Otter AI. Video files are optional and will only be used for contextualising the transcription data.

Why were you invited for this research?

You have been invited to participate in this research because you are a health professional working in fertility care and have shown interest in completing the NEDC Fertility Care module.

Source of funding

This research has been funded by the Centre for Research Excellence, Health in Pregnancy and Postpartum Early to Mid-Career small grant scheme.

Consenting to participate in the project and withdrawing from the research

This Explanatory Statement and Consent Form tell you about the research project. You will be given a copy of this Explanatory Statement to keep. It explains what will be expected of you, if you choose to take part in the research.

Please read this Explanatory Statement in full before deciding. Ask questions about anything that you don't understand or want to know more about. Before deciding whether or not to take part, you might want to talk about it with a relative, friend or family member. Participation in this research is voluntary. If you don't wish to take part, you don't have to. If you decide to take part in the study you will be asked to sign a consent form. By signing it you are telling us that you:

- Understand what you have read;
- Consent to take part in the research project;
- Consent to participate in the research processes that are described;
- Consent to the use of your personal and health information as described below.

You have the right to withdraw from the study at any time. At this point you will have the option to withdraw your data, if necessary.

Possible benefits and risks to participants

Although we do not expect that this research will cause you any distress and anything more than minor inconvenience, it should be noted that difficult topics such as mental health, body image and relationship to food. Should you become concerned about issues that arise throughout or after the study, we can provide you with a list of counselling services (below) and advise you to seek medical advice from your General Practitioner.

Services on offer if you are adversely affected:

Headspace

Website: <https://headspace.org.au/>

Online chat support and group chat available

Eating Disorders Victoria

Phone: 1300 550 236

Website: <https://www.eatingdisorders.org.au/>

Phone and online support available

Butterfly Foundation

Phone: 1800 33 4673

Website: <https://butterfly.org.au/>

Phone and online support available

Beyond Blue

Phone: 1300 22 4636

Website: <https://beyondblue.org.au/>

Phone and online support available

Lifeline – Crisis support

Phone: 13 11 14

Website: <https://www.lifeline.org.au/>

Phone and online support available

Headspace

Website: <https://headspace.org.au/>

Online chat support and group chat available

Confidentiality

Data collected through surveys and interviews will be deidentified. Meaning that only the researchers listed on this form will have access to the data that links your results with any identifying information. At the conclusion of the project, any published outcomes will not be identifiable.

Storage of data

Data will be stored on Monash University password protected servers for five years. During these five years of data storage, the principal researchers may use the collected data in future, related projects following review and approval of the project from Monash University Human Ethics Committee. After this period the electronic and paper data will be deleted and/ or destroyed.

No personal or identifiable data will appear in any publication or dissemination of results. In accordance with relevant Australian and/or Victorian privacy and other relevant laws, you have the right to access the information collected and stored by the researchers about you. You also have the right to request that any information, with

which you disagree, be corrected. Please contact one of the researchers named at the end of this document if you would like to access your information.

Results

The results will be available six months after the conclusion of this study. If you would like access to your results, please contact the researchers.

Complaints

Should you have any concerns or complaints about the conduct of the project, you are welcome to contact the Executive Officer, Monash University Human Research Ethics Committee (MUHREC):

Executive Officer
Monash University Human Research Ethics Committee (MUHREC)
Room 111, Chancellery Building D,
26 Sports Walk, Clayton Campus
Research Office
Monash University VIC 3800

Tel: +61 3 9905 2052 Email: muhrec@monash.edu Fax: +61 3 9905 3831

Thank you,



Dr Christie Bennett