Consent Form

Title of Study: Social Physique Anxiety, Eating Attitudes and Behaviors in Female College Athletes

**Purposes of the study.** You are invited to participate in a research study being conducted by Yana Kruglikova (yk1014@txstate.edu) to fulfill the requirements for a master's thesis in Health Psychology at Texas State University.The purpose of this study is to learn more about social physique anxiety (a subtype of social anxiety involving self-consciousness about one’s body, and is believed to be a type of negative emotional response to concern about being judged by others), eating attitudes and dietary habits of female college track and field and softball athletes. Past research indicates that these issues may be particularly relevant for female athletes. You have been chosen to participate because you are a female collegiate athlete member of either the track and field or softball team.

**Procedures.**

**If you agree to participate in this study, the following will occur:**

1. You agree to provide your email address in order to be contacted as a reminder to turn in the packet of questionnaires. The email will not be used in any other way except to send a mass reminder to the group to return questionnaire packets. The email will be sent two weeks after the questionnaires are distributed and will be in blinded form so others will not see your email address. The primary investigator, Yana Kruglikova, is the only person who will have access to this information. A reminder email will only be sent once. Then, all the information with each participant’s email address will be destroyed.

2. You will be given and asked to complete an individual survey packet which will take approximately 35 minutes to complete. The packet will consist of general information about you, the Social Physique Anxiety Scale (SPAS) and the Eating Attitudes Test (EAT). You are not obligated to answer all of the questions if you choose not to. SPAS consists of 12 questions which take about 10-15 minutes to complete. EAT includes 40 questions which take about 10-15 minutes to complete. You will have two weeks to complete all the surveys included in the packet. After the deadline you will either have to mail the completed packet to the primary investigator through campus mail, or drop it off at the Department of Psychology office. If you fail to return the packet by the designated date, you will be sent a mass reminder email. After another week no more notifications will be sent and the data collection period will be over.

3. You will be asked to record your dietary intake and physical activity for three days.

4. Your height and weight will be measured at the beginning of the study.

**Risks and Discomforts of Participation in this Study.** Potential psychological risks of this study might include mild discomfort associated with answering questions about the sensitive subjects of social physique anxiety and eating attitudes. It is not possible to assess these constructs of interest in any other way. You do not have to continue completing the surveys if you feel discomfort at any point. You may also skip any questions you feel uncomfortable answering without any penalty and continue with the survey if you wish to do so. If you feel that you need further help or counseling on issues related to your eating attitudes and social physique anxiety, you can find help by contacting the Texas State University Counseling Center at 24-hr Crisis Hotline 1-877-466-0660 (Toll Free) or for emergency after business hours contact 512-245-2890. Also, the Hays County Crisis Hotline can be contacted at 512-396-3939.

**Benefits.** This study may directly benefit your knowledge of your dietary nutrient intake. The information given back to you may be used for planning and enhancing your optimal athletic performance. The information about the overall deficits and nutrient intake issues for your specific team may be focused on in lectures and intervention programs.

**Costs/Incentives.** Participation in this study will not cost you any money.Detailed analysis of dietary intake including nutrient content, energy intake, and daily recommended norms will be provided for each participating athlete at the end of the study. Dietary intake will be analyzed with the help of Food Processor SQL program (Version 10.3, 2008, ESHA Research) in collaboration with the Nutrition and Foods Program at Texas State. With the help of this software it would be possible to identify food and energy values in comparison with the USDA National Nutrient Database for Standard Reference, Release 16 (Fischer, et al., 2005).

**Questions/Contact Persons.** For more information about this research contact Yana Kruglikova at (319)230-8084 or yk1014@txstate.edu, or her supervisor, Dr. Kelly Haskard, at (512) 245-8710 or kh36@txstate.edu. Pertinent questions about the research, research participants’ rights, and/or research-related injuries to participants should be directed to the IRB chair, Dr. Jon Lasser at (512)245-3431or  [lasser@txstate.edu](mailto:lasser@txstate.edu), or to Ms. Becky Northcut, Compliance Specialist (512-245-2102). Summary of the findings will be provided to participants upon completion of the study if requested from Yana Kruglikova.

**Confidentiality.** All information about you obtained as a result of your participation in this research will be kept confidential. The only form of identification asked will be each participant’s preferred email address in order to send a one-time mass email reminder at the end of the 2 week period given to complete the questionnaire packet. The signed consent forms with each individual’s email address will be safely kept in a locked file cabinet in the Psychology Department lab room 312 A for the time of data collection (3 weeks) and will be immediately destroyed after the email reminder has been sent to all the participants. Primary investigator, Yana Kruglikova, and her supervisor, Dr. Kelly Haskard, will be personally responsible for keeping the consent forms stored, secured, and then destroyed. During the survey completion, each participant will be assigned an experiment ID by which the data will be categorized and the results can be matched for analysis. All the surveys inside the packet will have experiment ID written on them in case some forms get misplaced. There will be no documents linking a participant's email address and experiment ID number so the data analysis will be anonymous. No outside individuals except for the primary investigator, Yana Kruglikova and her supervisor Dr. Kelly Haskard, will have access to the data.

**Voluntary Participation**. Your participation in this study is completely voluntary. You do not have to participate, and you may withdraw your consent to participate in this study at any time without prejudice or jeopardy to your standing with the University or Athletic Department. You may choose to not answer any question(s) for any reason without any further penalties or consequences.

If requested, summary of the findings will be provided to you as a participant upon completion of the study. Contact primary investigator, Yana Kruglikova at [yk1014@txstate.edu](mailto:yk1014@txstate.edu) to request the results of the study after April 30, 2009.

**Statement of Consent**. I have read the above information. I willingly consent to participate in this research. I willingly agree to share my preferred email address for the purpose of a one-time mass email reminder. I understand that confidentiality of my information will be maintained. I can terminate my participation at any time. Upon signing this form, I will receive a copy for my personal records.

*Your preferred email address*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Participant Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Investigator Date

Eating Attitudes Test

(Garner & Garfinkel, 1979)

Please place an (X) under the column which applies best to each of the numbered statements. All of the results will be *strictly* confidential. Most of the questions directly relate to food or eating, although other types of questions have been included. Please answer each question carefully. Thank you.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Always | Very  Often | Often | Some  times | Rarely | Never |  |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I like eating with other people. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I prepare foods for others but do not eat what I cook. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I become anxious prior to eating. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I am terrified about being overweight. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I avoid eating when I am hungry. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I find myself preoccupied with food. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I have gone on eating binges where I feel that I may not be able to stop. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I cut my food into small pieces. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I am aware of the calorie content of foods that I eat. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I particularly avoid foods with high carbohydrate content (e.g. bread, potatoes, rice, etc.) |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I feel bloated after meals. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I feel that others would prefer if I ate more. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I vomit after I have eaten. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I feel extremely guilty after eating. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I am preoccupied with a desire to be thinner. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I exercise strenuously to burn off calories. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I weigh myself several times a day. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I like my clothes to fit tightly. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I enjoy eating meat. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I wake up early in the morning. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I eat the same foods day after day. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I think about burning up calories when I exercise. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I have regular menstrual periods. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. Other people think I am too thin. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I am preoccupied with the thought of having fat on my body. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I take longer than others to eat my meals. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I enjoy eating at restaurants. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I take laxatives. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I avoid foods with sugar in them. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I eat diet foods. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I feel that food controls my life. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I display self control around food. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I feel that others pressure me to eat. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I give too much time and thought to food. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I suffer from constipation. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I feel uncomfortable after eating sweets. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I engage in dieting behavior. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I like my stomach to be empty. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I enjoy trying new rich foods. |
| ( ) | ( ) | ( ) | ( ) | ( ) | ( ) | 1. I have the impulse to vomit after meals. |

Social Physique Anxiety Scale (SPAS)

(Hart, Leary, & Rejeski, 1989)

*For each item, please indicate the degree to which the statement is characteristic or true*

*of you on a 5-point scale*

1. I am comfortable with the appearance of my physique/figure

( ) Not at all ( ) Slightly ( ) Moderately ( ) Very ( ) Extremely

1. I would never worry about wearing clothes that might make me look too thin or overweight

( ) Not at all ( ) Slightly ( ) Moderately ( ) Very ( ) Extremely

1. I wish I wasn’t so uptight about my physique/figure

( ) Not at all ( ) Slightly ( ) Moderately ( ) Very ( ) Extremely

1. There are times when I am bothered by thoughts that other people are evaluating my weight or muscular development negatively

( ) Not at all ( ) Slightly ( ) Moderately ( ) Very ( ) Extremely

1. When I look in the mirror I feel good about my physique/figure

( ) Not at all ( ) Slightly ( ) Moderately ( ) Very ( ) Extremely

1. Unattractive features of my physique make me nervous in certain social settings

( ) Not at all ( ) Slightly ( ) Moderately ( ) Very ( ) Extremely

1. In the presence of others, I feel apprehensive about my physique/figure

( ) Not at all ( ) Slightly ( ) Moderately ( ) Very ( ) Extremely

1. I am comfortable with how fit my body appears to others

( ) Not at all ( ) Slightly ( ) Moderately ( ) Very ( ) Extremely

1. It would make me uncomfortable to know others were evaluating my physique/figure

( ) Not at all ( ) Slightly ( ) Moderately ( ) Very ( ) Extremely

1. When it comes to displaying my physique/figure to others, I am a shy person

( ) Not at all ( ) Slightly ( ) Moderately ( ) Very ( ) Extremely

1. I usually feel relaxed when it is obvious that others are looking at my physique/figure

( ) Not at all ( ) Slightly ( ) Moderately ( ) Very ( ) Extremely

1. When in a bathing suit, I often feel nervous about the shape of my body

( ) Not at all ( ) Slightly ( ) Moderately ( ) Very ( ) Extremely