Title: Consent Form for Eating Behaviors and Body Satisfaction Survey

It is intended that the Consent Form is written in language that is easily understood. Please feel free to ask if there is anything that you do not understand. The target population is English-speaking and the consent form is not available in languages other than English. Dr. Harvey Ginsburg, Ph.D is the researcher. He is a professor in the Department of Psychology at Texas State University, San Marcos, TX 78666. He may be contacted at 512-245-2526 or hg01@txstate.edu.

This study involves research. However, there is no research funding source. The purpose of this research is to examine attitudes about eating behaviors and body satisfaction among college undergraduates. I want to study a sample of Texas State undergraduates because concerns about eating behaviors and body satisfaction are prevalent among college students. That is the reason you have been asked to participate. As part of the research procedure, you will be asked to read, understand and sign this consent form with your name written on it. The Consent Form is on a separate page from the survey. To assure that you will remain anonymous and that it is impossible to identify any participant, there are no identifiers on the survey or the answer sheet. The Consent form with your name and signature will be turned in separately. After completing the survey, place the survey and answer sheet in one box, and the Consent Form in a separate box located at the front of the room. It should take you about 20-30 minutes to complete the 50 questions. You do not have to answer questions that make you feel uncomfortable. Here are four sample questions: I eat or drink in secrecy. I have planned to vomit in order to lose weight. I am concerned I have lost control over how much I exercise. I am preoccupied with the desire to be thinner.

As part of the experimental procedure, ½ of the surveys have questions written in the first person “I” form (about you) while ½ of the surveys are written in about a hypothetical person named ‘K.W.’ (about someone else). Participants will be randomly assigned to one of the survey forms. . In the alternative event that you chose to decline participation, but would like to still obtain the extra credit points, you may write a two-page paper about eating behaviors and/or body image satisfaction and email it to Dr. Ginsburg as a Word attachment no later than one week prior to the final class day. Title the email ‘Extra Credit Eat’. At the end of the survey is a page with information and websites about eating behaviors. You may detach it and take it with you and learn more as a participant benefit. You will also obtain class extra credit (amount specified by your instructor) as a benefit. Please either decline participation or perform the alternative if you feel that completing a survey on eating behaviors and body satisfaction, with questions like those shown above, would create any unusual level of distress. If you feel comfortable completing this survey on eating behaviors and body satisfaction, there are no foreseeable physical or psychological risks to participants.

Potential participants are instructed in the previous paragraph not to participate should they feel participating in this research would be distressing to them. However, in the event that any participant might experience unanticipated distress, the contact information for the University Counseling Center is 512.245.2208 | Hours: 8:00 am - 5:00 pm Monday – Friday <http://www.counseling.txstate.edu/intro.html>. Approximately 15 Counselors are available at link: <http://peoplesearch.txstate.edu/peoplesearch.pl?query=department%3D%22Counseling+Center%22&srchmode=search>. The email address is [counselingcenter@txstate.edu](mailto:counselingcenter@txstate.edu). In the event that the participant requires attention from a mental health provider from University Counseling, mental health services are free for registered students though the number of sessions may be limited. The participant is responsible for covering expenses incurred in the event that the participant requires attention from a mental health provider. Other possible mental health providers include: Kathie Cleveland MA, LPC at 829 N. LBJ Suite# 207, phone # 512-353-3103; Winston Haun at 13 Pampass Pass, phone # 512-396-1722; Trini Rodriguez LPC at 205 Chetham St. Suite# 1, phone # 512-396-7170. There is no risk of physical harm or medical complications; as such, no emergency medical protocol is listed.

The extra credit compensation will range from 1-5 class points, as determined and described by your instructor. In the alternative event that you chose to decline participation, but would like to still obtain the extra credit points, you may write a two-page paper about eating behaviors and/or body image satisfaction and email it to Dr. Ginsburg as a Word attachment no later than one week prior to the final class day. Title the email ‘Extra Credit Eat’. Participation is voluntary and participants may withdraw from the study at any time without prejudice or jeopardy to their standing with the University and any other relevant organization/entity with which the participant is associated. Participants may choose to not answer any question(s) for any reason. To assure that your participation, decline or withdrawal is also confidential, your instructor has also signed this document, acknowledging your right to confidentiality about participating, declining or withdrawing.

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 (512-245-3413 – [lasser@txstate.edu](mailto:lasser@txstate.edu)), or to Ms. Becky Northcut, Compliance Specialist (512-245-2102).

The data collection procedures assure anonymity as described in this consent form. Regarding data records and record keeping, confidentiality for consent forms will be maintained separately from the anonymous answer sheets and both will be secured in Dr. Ginsburg’s office, 212B, Psychology Building at Texas State University for a period of five years following the study. A summary of the findings will be provided to participants upon completion of the study, if requested. Participants may access results of study on the Psychology Department Website or by emailing Dr. Ginsburg, [hg01@txstate.edu](mailto:hg01@txstate.edu). Upon completion of data analysis at the beginning of the next semester. The IRB approval number for this research is 2009T6154. All participants are over 18 years old and parent/guardian and researchers need not sign the consent form. The data collection is to be conducted anonymously, and the signed consent forms will be collected separately from other data (e.g. surveys, experimental behavior, etc.). The data is not collected via an internet-based survey.

By signing below, each participant must indicate that he/she fully understands the consent form and its contents before participation is allowed. The research does not involve minors under 18 years old. Only students 18 and older may participate. Any students under 18 may obtain the extra credit by completing the alternative paper. Participants will receive a copy of the consent form for all data collection protocols. The copy consent forms are available at the front of the room and will be provided upon completion of the survey. Signature lines for both the participant and the researcher:

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Printed Name (for assigning extra credit) Class Instructor’s signature

The consent form neither asks nor implies that subjects are waiving any rights or releasing the researcher from liability. By signing, the Researcher affirms that the participants will be treated as the Researcher would expect to be treated were they a participant. By signing, the Class Instructor affirms that student’s decision’s to participate, decline participation or withdrawing from participation will remain confidential and will this page information will be used exclusively for the sole purpose of recording participants’ beneficial extra credit points to their class grade.