*Participant Slip for the Study on Effortful Writing and Body Image*

Your participation in this study involves 4 short sessions during a two-week period and 1 short follow-up session one month later. To receive the extra credit and to have a chance at winning $500 in cash, you must complete **ALL 5 sessions**.

For the sessions on this page, you must be available on **Mondays and Wednesdays at 10:00am**. If you are available on these days and times, and if you wish to participate in this study, take this sheet for you to keep as a reminder of the dates, times, and location for each session.

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| **Session** | **Date** | **Time** | **Location** |
| Session 1 | September 6, Monday | 10:00am-10:50am | PSY 312\* |
| Session 2 | September 8, Wednesday | 10:00am-10:30am | PSY 312\* |
| Session 3 | September 13, Monday | 10:00am-10:30am | PSY 312\* |
| Session 4 | September 15, Wednesday | 10:00am-10:35am | PSY 312\* |
| Session 5 | October 18, Monday | 10:00am-10:05am | PSY 312\* |

\* PSY 312 is room 312 on the third floor of the Psychology building, across from the elevator.

If you absolutely must miss a session, email the researcher at JL1622@txstate.edu as soon as possible to reschedule the session.

Description of the Procedures for this Study

Participation involves 4 short sessions during a two-week period and 1 short follow-up session one month later. In the first session, which will take 50 minutes, you will first complete the Eating Attitudes Test-26 that includes 26 statements such as “I am preoccupied with the thought of having fat on my body.” For each statement, you will indicate how often you feel that way. Next, you will complete a body image questionnaire that includes 7 questions asking for demographic information such as your weight and ethnicity, and asking you to identify one of nine figures that you feel is closest to you, is closest to an ideal figure, and is closest to a figure that the opposite sex prefers. Finally, you will spend 30 minutes writing about a designated topic: your room (e.g., “Describe the arrangement of furniture, colors and textures of objects in your bedroom, and any other facts about your bedroom”), a traumatic event (e.g., “Write about specific traumatic experiences that you are currently having, experiences you have had in the past, or your feelings about these issues and how they have influenced your life”), or your physical appearance (e.g., “Write about your deepest thoughts and feelings about your weight, shape, appearance, or other physical characteristics”). In the second and third sessions, which will take 30 minutes, you will spend the time writing about the designated topic. In the fourth session, which will take 35 minutes, you will spend a final 30 minutes writing about the designated topic and then complete the body image questionnaire for a second time. In the last session, which will take 5 minutes, you will complete the body image questionnaire a final time.